

MAMA

VOLUME 2 NUMBER 4



BEARS

AUGUST
SEPTEMBER 1985

NEWS & NOTES

AUTUMN EQUINOX BENEFIT

Aided and abetted by the love of a number of wonderful, committed, and caring women, most of whom had been around the collective block a few times themselves; Mama Bears was born.

The encouragement and faith of you women was one of the things keeping us going by September 21st, two years ago, when we were almost dead on our feet.

Your ranks have been swelled by the many who have discovered Mama Bears since then — and taken it to their hearts — all contributing to its continued existence, and each other's and being aware of Mama Bears contribution to all our lives.

Many of you ask how you can help...we're shy about holding benefits for ourselves, but when the Over Our Heads comedians kept asking when they could do one, we gave up our embarrassment and made a date with them for September 21st. And then began to remember the past... especially the time just before we opened.

Therefore, on Saturday Sept. 21, 1985, you are invited to attend an Autumn Equinox Benefit to raise money for Mama Bears, and to memorialize that point in time 2 years ago, when we pushed toward birthing.

Giving the *Gathering of the Spirits* ritual she initially bestowed to protect Mama Bears when we opened, will be Paula Gunn Allen. Judy Grahn will read or talk.

(continued on page 6)

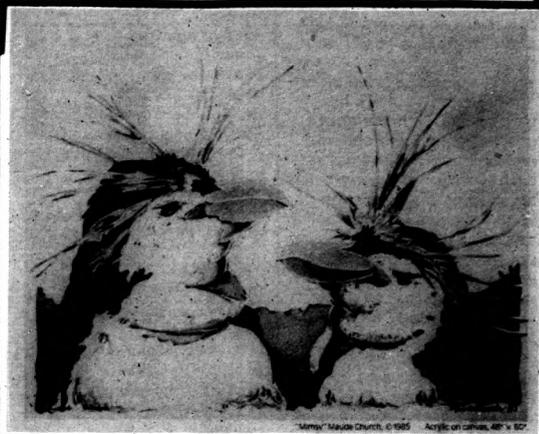
NOTES & NEWS

An update in the continuing saga of the Smoke Filters: Those of us that have been holding our breath (literally) will be delighted to learn that the company that declared "Chapter 13" (something akin to bankruptcy)...with our \$600.00 in hand...before sending our filter systems, just wrote to let us know that they will be shipping them shortly. At last!

"The common woman is as common as the best of bread
And will rise
And will become strong
I swear it to you
I swear it to you on my own head
I swear it to you
on my common woman's head."

When Judy Grahn published that vow in 1971 she empowered and bonded a whole generation of women, and she continues to do so. We're honored that Judy is letting us print her latest poem, *Descent to the Butch of the Realm* (page 2). It is part of her forthcoming book, *The Queen of Swords*. — The time of Inanna is dawning...when Judy read the Inanna translation at the Gynosophic Gathering, the walls echoed and reverberated, the sound rolled about us, invoking a spirit that

(continued on page 6)



Art Seen Around... "Critters"

MAMA BEARS 'GALLERY'
Sept. 1 - Oct. 12, 1985

We're honored to have Maude Church's work in our gallery this calendar period...beginning with her print "Cretan Woman" (still selling, after all these years—we've got it at Mama Bears), she has put out warmly colorful, frequently droll paintings (her "Evening Camel" for example) some of which are available as prints and post cards.

Maude Church, a native of the Bay Area, has shown her paintings and drawings throughout the Bay Area, Los Angeles, New York and Europe since 1972.

She recently completed an album cover for Holly Near and Redwood Records ("Watch Out!") and one of her paintings, "Evening Camel" is included in the 1985 Contemporary Women Artists Calendar.

Besides painting and lecturing, Maude Church has also been teaching over twelve years on the faculty of the California School of Professional Psychology in Berkeley. She teaches "Psychology of American Art", a survey course on the development of American art and artists.

This exhibit includes Maude's (continued on page 16)



The eclectic and Sagittarian Ms. Molloy continues to astound me at the oddest moments. Her casual announcement last month that this issue of 'News & Notes' was likely to be about creativity was a skinner. For one thing, her knowing what any given issue was going to be about, before she put it together, was a definite first. I had a flash of paranoia at the apparent incursion of journalistic

tradition, wondering if expanding to 16 pages, or growing from an 8 1/2 x 11 sheet of paper in less than 2 years, was all too much. Were we about to assign ourselves titles, list the staff in a box, schedule editorial policy meetings? Being free to operate on instinct, up to now, has meant a lush serenity of agreement that I would be loathe to lose.

We are much too permanently

Some B.S. from B.S.... Creativity and the Business of Warriors

For any of the above, of course, but it did bring to mind the real philosophical bar to any such personality changes: our sharing the grandmother commitment, the commitment to the pursuit of truth. I know "commitment to the pursuit of truth" is a mind-eluder, like "immortal soul", "polyunsaturated", and "fully amortised", but I can't think of a better expression for it. It's something that, once you get it, makes bullshitting people really difficult. I dub it, Grandmother because so many things are dependent on it; like creativity, getting real with each other, love, being in touch with our instincts, relationships, happiness, and, in fact, having any real credentials in the Women's Movement.

Having other prior commitments or attachments of a type that close the mind makes people into undependable robots. For example, having a priority to protect, say, one's self-image, political or religious belief, romantic notion, a judgement that justifies one's behavior or some game of power/control. People who are ruled by their fears are likely to let one down. People hung in stasis cannot respect themselves or others.

So, that's the creativity bottom-line, the truth commitment; and it helps eliminate a self-consciousness to remember it. All that creativity is, of course, is being open to the sources of irrational knowledge within ourselves. Art, I suppose, is expres-

sing it with developed craft. Everyone, therefore, is or could be, creative.

Many of us would have no problem being creative, if we could ever let ourselves risk such heartbreak again. I think, actually, that it was the work losing its purpose in the end, more than the betrayals, that did us in, those of us who took a side trail for a cycle. Now we are starting to get together and apply our appropriate skills to projects that feel like they're "ours". It's not like "me and the Muse and the frontier visions", like creativity used to be, but oh well. Because everyone is, at bottom, creative, how it "works" on those projects seems like it would work for a family or

(continued on page 4)

...a few Miner details

When Valerie Miner stopped by Mama Bears a while back to make arrangements for a book party and reading to celebrate the American publication of her new novel *WINTER'S EDGE*, this jaded bookseller (and writer) was quite astonished to hear that she wanted it to be a short reading-reception, followed by, of all things, a dance! (You ever hear of a writer wanting a dance? Usually only the eyes move.) It was a good reminder to me that, as Emma Goldman said, "It I can't dance to it, it's not my revolution."



Photo by John M. Burgess

Valerie Miner is that very rare writer: one who keeps a political sensibility completely in the foreground in every line (both "international" and "private" politics) and still spins a yarn that is gripping and satisfying to read. Books to curl up and be absorbed in. They're also darn good "thrillers." She who can combine the satisfactions of "woman's movement" novel and mystery-thriller

without violating either genre is also rare - Valerie's other books available at Mama Bears are *Movement* (Crossing Press), *Blood Sisters* (St. Martin's), and *Murder in the English Department* (St. Martin's).

We invite you to join with us Friday September 13, to meet this warm, wonderful writer, and enjoy a dance! (See Calendar for details.)



REVIEWS

WINTER'S EDGE

WINTER'S EDGE is a rare glimpse into the lives of two older women, Crissie MacInnes, age 65, experienced political activist and waitress (seemingly with tenure) at a Tenderloin cafe, and Margaret Sawyer, 70, the antithesis of Crissie, who retorts, "I don't believe politics answers problems, it causes problems", and who prides herself on looking 10 years younger and still working "from early morning until after dark" at a popular newsstand, also in the Tenderloin.

Friends for over 30 years, they know the other's strengths, idiosyncracies and frailties as intimately as lovers. Their love is non-sexual, arising from the deep abiding well of traditional affection that continues to grow even as we finish the last page.

It's also a rare glimpse into the complexities of the inner city life of the Tenderloin district where hookers, the indigent, the aging and tourists coexist amidst a myriad of avarice and greed and where, in Crissie's words, "The very, blocks are targeted" for urban development. And to Crissie, this means war. She loves her "community" and fights vociferously for its sur-

vival much to Margaret's chagrin (she prefers to keep quiet about things.) Political intrigue, mystery and danger are the surrounding atmospheric conditions which permeate the two women's lives along with the chilling dampness that invades the crevices of alleyways and the very bones of Margaret who can tell a change in the weather by the swelling of her corns. Marissa Washington, popular black activist and friend of Crissie's from early Civil Rights days, is running for District Supervisor in their community. Jake Carson, a politician, corrupt in nature, is her opponent. Crissie knows his pockets are lined with illegal contributions and sets out to prove it. When she gets a little too close, violence erupts. It is Margaret who holds the key to the solution but Margaret prefers to keep her mouth shut for fear of endangering Crissie further. How she does accept this responsibility is the turning point of the story.

There are a substantial number of characters in the story - a gay man who runs the flower stall and falls in love with the policeman on the beat. (Who reciprocates.) My favorite very substantial character was Slocum, Margaret's soft bellied old dog who warms Margaret's feet under the counter at the newsstand, and the local minister, Roger Bentman, a man Margaret becomes involved romantically with.

This is a tough and tender novel, as ordinary at times as the lives of the people involved, but since most all courage exists in everyday ongoing life, this is a courageous story as well.

BOOK REVIEW of *Winter's Edge*, by Valerie Miner (Crossing Press); \$7.95 Softcover, \$16.95 Hardback
The Diaries of Jane Somers, by Doris Lessing (Vintage) \$6.95

Since 1983, more books which deal with the experience of old women have been appearing. Readers like myself who are both old and female will find that these books have a profound and lasting impact on their thinking. Invisibility in print is only one aspect of the social erasure of old women. Any change in these circumstances can be seen as positive, and hopefully part of a trend. However, it puts a demanding onus upon the books which emerge into this image vacuum.

One such book is a novel by Valerie Miner called *Winter's Edge*, a new release by The Crossing Press. It is an action-filled story of the friendship of two old women who live and work in the Tenderloin of San Francisco. The plot is fast moving, the supporting cast, varied and interesting. Chrissie and Margaret, in their mid-sixties and seventies respectively, have chosen to remain working rather than to subsist on Social Security. This is the price they are willing to pay for "belonging" in their neighborhood, being needed, having demands made upon their attention and emotions by other people. The primary concern of the community to which they belong is an upcoming election, in which development of their neighborhood is the dominant issue.

Chrissie and Margaret's friendship of twenty-five years is strangely mismatched. Their reliance upon each other survives Margaret's repeated alliances with various men over the years, but not without tension and jealousy on Chrissie's part. It is not an alliance of expediency, although by allowing the reader to be privy to the thoughts of both of them, it is sometimes hard to believe their solid allegiance to each other. Neither of them outwardly exhibit any of the pettiness which may divide one old woman from another in real life. The other recent novel which

(continued on page 5)

We come to know these people amidst the action around them; slowly, by observing their behavior and listening to the nuances of conversation, much like hanging out with the neighbors. In getting to know them this way, they become very real and at the end of the book, one simply wants to hop on a bus and go visit the Tenderloin being sure to walk on the street following Margaret's advice. "Keep to the edge of the sidewalk, alert so you can run into the traffic if you need to escape."

(By the way, neither Margaret or Crissie are listed in the San Francisco directory; they must have unlisted numbers but they shouldn't be too hard to find.)
-Ann Hershey

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One Poem Can Be Worth A Thousand Pictures



Photo by Simone Farah

California being that most American of American places, no doubt because it is the furthest point from Europe, there is a certain kind of European-(French) woman intellectual style that one just doesn't see around here much. Having developed a taste for this style in New York where I grew up, my first reaction upon meeting Etel Adnan and chatting with her a while was intense intellectual joy...she carries the subtle and sublime excesses of this style to the edge of exquisite drollery, and I have missed that, here in the West! And she was raised in Lebanon, with that intellectual style, also. And by now has lived 30 years in the US of A (traveling, studying and teaching philosophy, writing, painting, and designing tapestry) and so knows that anything is possible.

The second thing I noticed about Etel is that she is part imp... always twinkling.

The third thing I observed, during a poetry reading she gave at Mama Bears some months ago, is her spell-binding reading voice... coming, we can tell by the

words of the poetry, from a heart broken again and again for the pain of others, many many others. The world of those who have lived as expatriates here and there around the globe, and who speak several languages, is different from yours and mine.

We invite you to join with us Wednesday Sept. 25 (see Calendar) for a book party reception-buffet with Etel, to celebrate publication of her new book, *The Indian Never Had A Horse* (Post-Apollo Press, \$9.95.)

The poetry in this book has a magical quality, partly created by the sudden movements from one thing to another. For example:

"I did not invite you to my funeral
Nor, by the way, to my engagement
everything I hold to be true lies on the surface of the rivers I loved."

When one is heartfelt, and aware of everything, and rigorous in one's thoughts - as Etel is - this is the kind of poignant, bittersweet ache one experiences.

One thing I like very much about this volume is that the poems are long; there are six poems, ranging in length from 7 to 30 pages each. Each poem consists of verses 3 to 10 or so lines long. Each verse could stand alone as the capturing of a moment in universe time; taken one after another, they are like individual waves invoking and evoking feelings, and the cumulative effect is awesome. I am already nostalgic about the experience of reading them, especially the angels that pop up here and there in most of the poems, unexpectedly.

Etel's *Love Poems* (pages 57-65) are to be cherished, giving out as they do that special erotic seasoning, done so casually, which only a woman mature in years and experience is capable of.

Two of Etel's other books, *From A to Z* (poetry), and *Sitt Marie-Rose* (a novel of contemporary life in Lebanon, how it is for a woman), both published by Post-Apollo Press, are also available at Mama Bears.

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WOMEN, INSTITUTIONS, and RECOVERY an anthology

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The editors of a forthcoming anthology addressing *Women, Institutions and Recovery* are seeking submissions from women who are adult children of alcoholics, have been incarcerated within either the prison or psychiatric system(s), who are in recovery, and are willing to share their stories/poetry/experiences with us. (Please note: anonymity will be respected upon request.)

Institutions and Recovery, in addition to the high risk and incidence of adult children of alcoholics themselves becoming alcoholic, co-alcoholic, drug users or compulsive over eaters, many adult children of alcoholics have experienced institutionalization. The basis of the experience of having been institutionalized lies in the same dysfunctional family system(s) which led many of us to develop the compulsive/addictive/destructive behavior patterns which served to protect us. We believe it is important to the process of restructuring our lives to begin to talk about the experience of having been incarcerated as it interrelates with our patterns/addictions and, also, as it has related to the process of our recovery.

The Editors: We are two women, both of whom have been incarcerated, both of whom are in recovery and are committed to the belief that a very deep and very necessary level of healing and growing can come from the sharing of experiences and the process by which we are making new choices for our lives.

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Hall's perspective stems from her long career as a psychotherapist. (She has worked as a counselor for seventeen years). Even more of her concerns, however, come from her own experience as therapy consumer. A perennial patient, Hall's introduction to therapy occurred three decades ago when, alarmed at her insistence on six-shooter and blue-jeans, her mother hauled her off to a psychiatrist. After many intervening years of binging on group and gestalt, couple and cognitive therapies, her therapy career has culminated recently in a silent two-year stint with a traditional analyst. Hall is pleased to report that the labyrinthine ways of her analyst's persian rug have been thoroughly plumbed during this period. She cannot, however, say the same for the intricacies of her own psyche. Maybe someday she will find the right counselor...

We invite you to join us Wed. Aug. 28, see Calendar, for a book party and buffet with Ms. Hall, to celebrate her new book, *The Lavender Couch: A Consumers Guide to Psychotherapy for Lesbians and Gay Men*, (Alyson Press) \$7.95.

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BOOK BLURBS

NOW IN PAPERBACK:

Pure Lust, by Mary Daly, Beacon, \$11.95. *Other Women*, by Lisa Alther, NAL, \$4.50.

Incidentally, if you look in our classified ad section (p. 15) you'll see that there's an announcement for a Mary Daly workshop. Should be interesting.

BACK IN PRINT:

Les Guerilleres (originally published in USA in 1971.) by Monique Wittig, Beacon, \$7.95. Monique is the author of *Lesbian Body*, *Opoanax*, and *Lesbian Peoples*. A tripe of warrior women use guerrilla tactics to destroy patriarchal institutions.

ARRIVING IN HARDBACK LATE AUG. OR EARLY SEPT.:

Jaguar Woman and The Wisdom of the Butterfly Tree, by Lynn Andrews, H&R, \$14.95.

A Woman Like You, by Rachel V. H&R, \$15.95. Life stories of women recovering from alcoholism and addiction.

ARRIVING IN PAPERBACK SEPT.: *Another Mother Tongue*, by Judy Grahn, Beacon, \$9.95. *Goddesses in Everywoman*, by Jean Shinvder(?) Bolin, Harper, \$7.95.

RECENT ARRIVALS:

Lesbian Words - A Santa Cruz Anthology, ed., - Irene Reti and Sue McCabe, \$4.95. "This book is about lesbian reality as seen through lesbian words." (from the intro.)

With The Power of Each Breath: A Disabled Women's Anthology eds., Susan E. Browne, Debra Connors and Nanci Stern, Cleis Press, \$9.95. "...breaks the silence of disabled women's lives, bridging the gap that separates disabled women from one another and from non-disabled women. A valuable tool in leading us to examine and challenge our ableism, without defending it. *With The Power of Each Breath* demystifies disability and the lives of disabled women." (from jacket.) See Calendar for Sept. 6

reading by the editors and some contributors.

NEW ARRIVALS:

Martina, Martina Navratolova Knopf, \$16.95. Autobiography. Many think Martina is the thinly disguised Carmen, heroine of Rita Mae Brown's *Sudden Death* (Bantam \$3.95). I haven't read Martina but maybe we'll get her side of the story here.

-Alice Molloy

The Mother Machine: Reproductive Technologies from Artificial Insemination to Artificial Wombs, by Gena Corea (author of *Hidden Malpractice*), Harper and Row, \$18.95.

IN MEMORIAM

Of the 40th Anniversary of the horrible atomic bombing of Japan.

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AUGUST 7 - NAGASAKI

For those who died then and all people who have died since from atomic power and all those who will die in the future before this insanity is cured.

standing of female aging, as long as we recognize that they don't complete it. Here is a quote from *The Diary of a Good Neighbor*, a dialogue between two midlife women-Jane and her best friend from her office:

"Don't you think it is odd, how all of us, we take it absolutely for granted that old people are something to be outwitted, like an enemy, or a trap? Not that we owe them anything?"

"I don't expect my kids to look after me."

And I felt despair, because now I feel it is an old gramophone record. "That's what you say now, not what you will say then."

"I'm going to bow out, when I get helpless, I'm going to take my leave."

"That's what you say now."

"How do you know, why are you sure about me?"

"Because I know now that everyone says the same things, at stages in their lives."

"And so I'm going to end up, some crabby old witch, an incontinent old witch-is that what you are saying?"

"Yes..."

by Baba Copper

ity, social isolation and dependency. The unequal relationship between the successful middle-aged journalist, Jane Somers, and depicts in intimate detail the powerless circumstances which standardized social programs cannot alleviate for the very old woman. Her fashionable heroine, who stumbles into involvement with Annie, Eliza, and Maudie out of guilt over her detachment during the earlier deaths of her mother and husband, seems to find meaning, perhaps even atonement-in her selfless devotion to their needs for everything from listening to cleaning up their shit.

Both writers have chosen an unpopular-almost forbidden subject as the theme of a story they needed to tell. Were their novels among a shelf full of recent works by and about old women, I would applaud their efforts with more enthusiasm. Lessing is an unflinching and acute observer. Miner is an idealistic weaver of lively tales. Both are separated from their subjects-old working class women-by differences of class and years. However, Lessing avoids entering the inner thoughts of her old women. Rather, she uses the first person form to reveal the inner life of Jane Somers-a middle-aged, successful, single working woman approaching old age. We all become old women if we are lucky, sooner or later. Women writers are beginning to respond to the absence of visions of possible aged futures for women. Women readers need them to reveal the complex, many-faceted possibilities which are the gifts of age. They must be discouraged from "coloring younger women wrinkled". They must avoid the stereotypes about the dominant pre-occupations of old age, partly to free women's imagination. In short, the books of Miner and Lessing are both important, valuable additions to our under-

WINTERS EDGE

(continued from page 3)

each old woman she befriends, is precisely detailed. Lessing takes her reader deeply into an experience which might well evoke "a determined indifference, an evasion" of all old women.

Which brings me back to the onus which rests on the writer who enters the image vacuum which surrounds old women. Both Miner and Lessing may recognize this problem but, if so, they deal with it in opposite ways. Miner creates an imaginary world where ageism does not limit the choices of her protagonists. Neither of her old women have been eased out of their high-visibility jobs, either as a waitress or as the cashier at a newsagent. The interactions of Margaret with the younger men who are customers and friends are charged with covert sexuality. Her pastor, a widower ten years her junior on the prowl for a new wife, is portrayed in hot pursuit of her throughout the book. These circumstances are a reversal of the usual sexual erasure suffered by old women.

Lessing, on the other hand, focuses on the experience of old women is Doris Lessing's *The Diaries of Jane Somers*, which includes two books, *The Diary of a Good Neighbor* and *If the Old Could...*, published separately under the pseudonym of Jane Somers in 1983. These books got little critical attention or readership as long as they were unrecognized as works of Lessing. One wonders how much of this can be attributed to the fact that they are about midlife and old women. The old women of Lessing's beautifully crafted work are also working class, and older by ten to twenty years than Miner's heroines. The issues which concern them are diminished mobil-

When a woman reaches a certain age she begins to have faint memories of a distant past, echoes, of a distant past when she and others like her ruled. It is not enough to notice that one has been chained, it is necessary also to remember that one has ruled.

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Photo by Ralene Faiman

An Art of the Self

DIANE RUSNA

Begin with yourself—your feelings, your particular life journey, your specific history, memories, dreams, fantasies. Sometimes you have to begin with the pain since it calls out the loudest. This keeps many people from using this personal approach—they are afraid of the pain; yet this is the growing edge and the pain will be transformed into something else. This is self-growth. The gray areas, the mysterious areas, the repetitive dream images are all rich veins to your deeper self.

Let the images unfold after you focus on them. These images have the power to guide you to a new growth place if you only trust them. Start with any part of the repetitive dream and let the work unfold. (Starting with the repetitive dream is a good start because it is a strong emotional charge; also, you can remember it, and there is obviously something to learn about yourself since you are being given this vision over and over.) Give up some of your control and go into the unknown. Trust this thing that is so close to your heart, this fragment known with your deeper body knowledge.

Try to keep your trained artist self from judging the beginnings of this art venture. Hold off on saying, "It isn't drawn well enough," "The medium isn't just right," or "It doesn't look close enough to what I saw." These messages subvert you from exploring an unclear area. Resolve some of these technical things later, once you get a firmer hold of the imagery. Later you can decide, "Does the media I work in allow the full power of the images to unfold, or does it restrain them?" We are concerned here with the process of content; years ago, we were concerned with the process experienced in art materials and techniques.

When you create your visual experience with honesty and strong feeling, this will communicate to the viewer, and if those at that particular growing edge will connect and understand the imagery and relate their own experience. An honest piece of work has a power that is at least partially understood by many people look at it. The more people that look and understand, the more this work moves toward being "universal" in art: a common human vein has been tapped.

When I was an art student and for many of my beginning teaching years, I felt that I was not allowed to be personal; instead, we tried to be self-consciously "universal" and we utilize the dictated, rewarded, art-world styles as our visual vehicles. This approach created a loss of and ignoring of the sense of self that was large. I didn't understand it until ten years later when the women's art movement started to question this personal invisibility which is condoned by the establishment, art education and art business worlds. Artists, even up to this day, seldom are encouraged, let alone trained, to articulate, to express their feelings in regards to their work. Perhaps this is because it is an awkward and often embarrassing area. There is no clear way to teach it, and the teacher, realizing that the teacher must also take personal, expressive risks, therefore stops the process.

Another part of doing art is to become visible in an increasingly impersonal society (particularly for the female in this culture)—to feel and live in a fuller self by bringing to consciousness some of the many subconscious layers of the self. Once I've painted or drawn these images, the power of the personal symbol teaches me and nurtures me—a necessity in my life. This word-based society generally empties me; pictures and visual things almost always fill me up. They nurture me, center

me, empower me and heal me:

Although I was trained in Abstract Expressionism, the expression part was treated as a mystique and only spoken of in the most fuzziy manner in our art critiques, if at all. Only the formal Bauhaus-school design language was used. This is still going on twenty years later in art education! The student gets no help and little encouragement in expressing content, yet this is one of the strongest motivators in art work—the interest in having something to say. It took the humanist psychology movement and the women's art movement to encourage a language for feelings among visual artists, which in turn validated their content-oriented work.

In working from these submerged personal images and in giving them conscious birth through ten years of journal writing and drawing (the source of my paintings and drawings), I have personally moved into a less anxious place than the one I once occupied: I feel more at home in the world. That is the greatest gift I could have given myself through my own art. Had I continued to be an abstract artist as I was in the 60's, I would not have had this rich growth experience; instead, my journey would have been one taken through materials and techniques, a much different one.

I tell this story, teach art classes and show my pictures in the hope of connecting now and then with people who might find this process useful, perhaps a necessity.

INNER AND OUTER IMAGERY

Mine is an art of inner imagery and it is done mostly in the city. But in Mendocino, one of the most beautiful places in the world, the stimulation for most artists is from the outside—the beauty and power of nature. For many artists, however, there is a great pull toward imitating nature in some way instead of interpreting it. This is reinforced by the purchasing tastes of many tourists and the market for recognizable landscape art. It is extremely hard to hear your individual self in the roar of these waves. An important goal could be to become aware of your feelings and sensations in relationship to the landscape, and to create some wonderful, fresh visual dance which incorporates the outward splendor with your inward self—to not merely to be a servant of copying nature which generally results in some thin version of what is "out there."

THE ENERGY DANCE DEPICTED

Artists make visible the life energy between and within every space—between objects and space, between the animate and inanimate. We invent ways to show this felt movement. The older formal art language for this idea talks of composition, positive and negative space, value arrangement, etc., but doesn't quite cover it all. We could call this energy dance "spiritual" or the living visual dance, or the aliveness of all things, or the great flow. Beginning student work usually lacks this and is flat and dull because attention is being paid to the parts of the picture while learning a specific technique rather than the whole. The breathing energy/magic of the picture is missing.

Eastern art realizes the aliveness of the empty space and the interaction between all things, visible and invisible. Also, the visual forms of the pre-Christian era (in the time of the Great Goddess)—our earliest known sculpture and painting—emanates from this kind of consciousness. Some of our great 20th century artists who have realized this are Remedios Varo, Frida Kahlo, Suzanne Valadon, and Helen Frankenthaler—all surrealists or expressionists, and all women.

Diane recently held an art show, COLLAGES, at Mama Bears. Besides regularly showing her art in the Bay Area, Diane

(continued on page 12)

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As of July 8th, 1985, the physical location and telephone number of my office will change, but the therapy, the philosophy, and the same supporting care will continue as is the past.

In addition, I am pleased to announce that an excellent and understanding General Practitioner, Ruth Marlin M.D., is sharing office space with me. She has been providing medical care and women's health care to her patients at the Berkeley Holistic Health Offices. She is available by appointment.

Sincerely,

John D. Michael, M.D.

JOHN D. MICHAEL, M.D.
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MAMA BEARS

ONGOING EVENTS

ONGOING

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DAILY

MAMA BEARS IS OPEN FROM 10 AM DAILY FOR YOUR ENJOYMENT. COME IN FOR SIMPLE BREAKFAST, LUNCH OR LIGHT DINNER, TO RELAX, HANG-OUT OR EVEN GET TANNED... (OUR PATIO IS NOW OPEN WITH TABLES, UMBRELLAS AND SUNSHINE! ...THE ONLY WOMENS "BEACH" IN OAKLAND!)



Photo by Irene Young

SUNDAY MORNINGS

GYNOSOPHIC GATHERING 10:30 AM.

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- Paula Gunn Allen
 Spirituality, feasting and gossiping... mingling in the marketplace, Mama Bears...as they did in past woman-centered cultures.
 Woman-Centered Worship Services women only.

THURSDAY

WOMAN-ONLY SOCIALIZING AT MAMA BEARS, until 11 p.m. Mama Bears is always a clean and sober environment!



FRIDAYS

TAROT READINGS BY SUE NIMON every 2nd and 4th Friday Afternoon: 1-5 p.m. Three-card reading, ½ hour, \$7.00; full reading, 1 hour, \$15.00. Call to reserve specific time.



Photo by Jane Scharr

SATURDAYS

ROUNDTABLE WRITERS' WORKSHOP CONDUCTED BY JENNIFER STONE 10 a.m. - 12 noon, at the round table in the Used Books section. Limited to 6 or 7 women, \$3.00 per session. To sign up, call Mama Bears more info in Notes and News column.

FRIDAY EVENINGS

SATURDAY EVENINGS

SEE CALENDAR

More on page 8 →

august

MAMA BEARS

FRIDAY August 2

OPEN MIKE CABARET NITE AT MAMA BEARS

Singers, writers, musicians... all welcome. Performers, please sign up in advance. Women only. \$2.00, 8 p.m.



Photo by Lisa Beck



SATURDAY August 17

THE MOTHERPLUCKERS PERFORM. Fine Country music by Fay Cuthbertson, Loretta Norton, and friends. Women only, 8 p.m. \$3-5. Call to reserve seating.

country plucking and singing by Fay Cuthbertson, Loretta Norton, and friends. Feel free to join in. \$2.00 (donation), 3-6 p.m.



Photo by Bonnie Steiner

SATURDAY August 3

CAROLE LYNNE SINGS & PLAYS GUITAR.

East Coast singer of folk, political, and 50's and 40's songs, here on a short visit. Women only. 8 p.m., \$3.00. Call to reserve seating.

SUNDAY August 11

YES, WE HAVE NO INANNA!

Reading: Students of Judy Grahm (center) will participate in an August reading scheduled to begin a 7 p.m. at Mama Bears in Oakland. Among those reading will be Betty Meador (left, rear), Nyla Gladden (right, rear), and Barbara San Severina. Also reading, but not present when picture was taken, will be Carol Seajay, Mary Nordseth and Lisa Beck. Women only. \$3.00



Illustration by Sudee Rakusan



TUESDAY August 27

WHAT EVERYONE NEEDS TO KNOW ABOUT THE VIRGO PERSONALITY - Discussion by Elaine Blake, Astrologer. Women only. \$3-5, 7:00 p.m.

WEDNESDAY August 28

BUFFET BOOK PARTY AND READING WITH MARNY HALL, Author of *THE LAVENDER COUCH - A CONSUMER'S GUIDE TO PSYCHOTHERAPY FOR LESBIANS & GAY MEN.* Women only, \$3.00. 7:30 p.m. see article page 4.

FRIDAY August 30

WOMEN'S SOCIALIZING
What! You're not leaving town for the week-end! Well, we'll be here too! Come and socialize (till 11 p.m.), read, or play one of the games we keep around. Women only.

FRIDAY August 9

SINGLES DANCE NIGHT AT MAMA BEARS.

(CLEAN & SOBER) with DJ MARGO, a lively mixture of ballroom, jitterbug and rock and womens dance.music. Women only. \$2.00.



Photo by Karen Arns

WEDNESDAY August 14

WHAT EVERYONE NEEDS TO KNOW ABOUT THE LEO PERSONALITY

- Discussion by Elaine Blake, Astrologer. Women only. \$3-5, 7 p.m.



Photo by Irene Young

FRIDAY August 23

IRISH NIGHT - A BENEFIT FOR THE WOMEN OF ARMAGH PRISON IN IRELAND.

Some planned Irish songs and stories, and bring your own. Buckwheat (conceiver and organizer), Maura Shannón, Kathy Rote, and Marilyn Harmin. Women only, \$3.00, 8 p.m. Call to reserve seating.



Photo by Irene Young



Photo by "Quintinham"

SATURDAY August 24

TERESA CHANDLER IN CONCERT. One of the Bay Area's best and most entertaining singers. Women only, \$4.00, 8:00 p.m. Call to reserve seating.

SUNDAY August 25

AFTERNOON MUSIC BY THE MOTHERPLUCKERS. A regular 4th-Sunday afternoon of laid-back

SATURDAY August 31

OVER OUR HEADS. COMEDY & IMPROV BY KAREN RIPLEY, ANNIE LARSON, & TERESA CHANDLER. Women only. \$3-5, 8 p.m. Call to reserve seating.

FRIDAY August 16

THIRD FIRDAY FUN - KAREN RIPLEY'S IMPROVISATIONAL CLASS.

Drop-in improvers and comics welcome. (Each performance will be a benefit for a women's project.) Women only. \$3.00. 8:30 p.m.

SATURDAY August 10

RAINBEAU PERFORMS!

A wonderful nite of high-style theatre dance, a multi-media performance by Rainbeau. \$3.00, 8:30 p.m. Call to reserve seating. Women only.

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September



Wednesday September 4

AFTERNOON RECEPTION WITH MAUDE CHURCH TO CELEBRATE HER SHOW "CRITTERS". 4-7 p.m. [See Art Seen Around, page 1].

EVENING SLIDE SHOW: A TEN-YEAR RETROSPECTIVE OF THE ART OF MAUDE CHURCH, WITH COMMENTARY BY MAUDE. 7:30-8:30. Women only.

FRIDAY SEPTEMBER 6

WITH THE POWER OF EACH BREATH:—A BOOK-PARTY BUFFET AND READING WITH THE EDITORS AND SOME CONTRIBUTORS. We invite you to join with us in celebrating the just-published *With the Power of Each Breath, A Disabled Women's Anthology*, and its editors (Susan E. Browne, Debra Connors, Nanci Stern) and contributors. Women only. 7:30 p.m. \$2.00.



SATURDAY September 7

DEBBIE FIER PERFORMS ON PIANO. And Mama Bears is getting a piano for the occasion! A rare visit by this East Coast dynamo, whose record *In Your Hands* is sheer delight. You are advised to make reservations. Women only. 8 p.m. \$5.00



WEDNESDAY September 11

WOMEN SHAMAN: MAX DASHU'S NEW SLIDE SHOW. On drummers, dreamers and ecstatic priestesses, the herbalists, healers and wise women. Women only. 8 p.m. \$5.00.

FRIDAY September 13

BOOK PARTY-BUFFET CELEBRATING VALERIE MINER'S NEW BOOK, WINTER'S EDGE— followed by a

DANCE!

[See story on page 3]. Women only. 7:30 p.m. \$3.00.



SATURDAY September 14

RAW SUGAR AND DEBBIE SAUNDERS. Debbie played here recently and friends Renne and Dejuana (Raw Sugar) joined in. What an evening! In a community full of great musicians these 3 women stand out for the virtuosity of their phrases, and sheer musical joy. Don't miss it. Reservations advisable. 8:30 p.m. Women only. \$4-\$6.00.



WEDNESDAY September 18

IN A WORD: Longtime writers group working with Sandy Boucher read stories, poems and memoirs. Kris Brandenberger, Catherine Dunsford, Teri Greunwald, Grace Harwood, Denise Jacobson, Joan Lohman, Barbara Mercer, Joan Robins, and Rhonda Smith. Proceeds go to Emergency Response Network. 8:00 p.m. Women only. \$3-\$5. Sliding scale



FRIDAY September 20

THIRD FRIDAY FUN - KAREN RIPLEY'S IMPROVISATIONAL CLASS. Drop-in improvisers and comics welcome. (Each performance will be a benefit). Women only. \$3.00. 8:30 p.m.



SATURDAY September 21

AUTUMN EQUINOX RITUAL, BUFFET, AND BENEFIT FOR MAMA BEARS. A wonderful night of blessing, humor, music, and poetry is being concocted by several of our regular performers to help Mama Bears over the cash flow tightrope of a 2 year old business. Join in with your energy and cash! (See story on page 1.) Women only. 7 p.m. \$5-10 sliding scale.

SUNDAY September 22

AFTERNOON MUSIC BY THE MOTHERPLUCKERS. A regular 4th Sunday afternoon of laid-back country plucking and singing by Faye Cuthbertson, Loretta Norton, and friends. Feel free to join in. \$2.00 (donation). 3-6 p.m.

WEDNESDAY September 25

BOOK PARTY-BUFFET CELEBRATING PUBLICATION OF ETEL ADNAN'S NEW BOOK, THE INDIAN NEVER HAD A HORSE, WITH READING BY THE AUTHOR (See story on page 4.) Women only. 8:00 p.m. \$3.00.

FRIDAY September 27

OPEN TIL 11 P.M. FOR WOMEN-ONLY SOCIALIZING. No events, just a quiet night of browsing and chatting.



SATURDAY September 28

SINGLES DANCE w/SLIDING SCALE. Come dance to a great new womens group. Jessie Ortiz and friends play funky latin grooves, and contemporary fun music. \$6-4.00 9-midnight (or later.) Women only.



SUNDAY September 29

POETRY READING BY JOYLETTA ALICE. We welcome Joyletta back from Nebraska and are anxious to hear her new poetry. Come join us for her reading and a buffet.

684 for event reservations

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Bodywork



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the gynosophic gathering

WELCOME TO THE GYNOSPHERE

We have begun to form a rainbow of our own, one that is made of shared energies, shared knowledge (a bit, at least) and an embryonic gestalt on the psychic/astral plane that is this Kopishtaya--you and your spirit bands + me and mine + assorted others +? The Woman Who Is the Godhead. I have given a great deal of thought to how to proceed, given my goals, my fears and "withholds" and my own directions, also given my essential lack of information regarding yours. In discussing my goals, dilemmas, and wishes with Judy (Grahm), (part of an ongoing conversation, to be sure), we came up with a direction, a plan, and a program that I think fits well with what I want/am up to. Basically, let me say that for a long time I have known that my path lies in spiritual teaching, but for a long time I have been gaining training, clarity, strength and focus.

Only recently have I begun to realize exactly how deep that direction is in me, or how it is, in fact, my life work (spiritual guardianship/teaching/guiding). Having realized that, and that my commitment to it must be total and clear, having made that leap, having begun the Rainbow Path classes at MB's as a token of that commitment and a move towards outside-direction/clarity, I found the next step had to be formed and taken.

Over the weeks I prayed, thought, visioned, dreamed and spoke, read and talked, even wrote some, trying to find the way. Is it a church I want? (Sort of, not exactly). Is it the sort of thing Lynn Andrews does? (Sort of, not exactly). An ashram? Well, closer. A coven. (No, not exactly). A sacred hoop? (Better). An astral/psychic/spiritual circle? (Even better). An occult school or academy? Yes. One that does real things, not just "finding myself" or "evolving" or "being spiritual."

Something that links idea and worship and psychic competence and politics and ecology and me and other women and the world, that reflects and enters and is a conscious, objective and focused partner with the Consciousness-thriving interlocking internetwork that is what is. (Yes, that's IT). I called it The Rainbow Path (provisionally), for reasons explained in one or more of the lectures. It is composed of the varieties of psychic/worshipful/idea-ful/disciplines we have looked at so far. Spiritualism, Theosophy, Gurdjieff, Seth, Castenedas/Andrews, Native American Women's Spirituality, Feminism, Spiritual Feminism, PGA's variety of these + my understanding, development of Native American Woman's Spiritual Being in Tribal Cultures: all this becomes our Gynocratic neo-Tribal Spiritual Warrior Being-ness of Dykes and other woman-centered women, our Rainbow Path, whose purpose in brief, is to change the world. Not in huge, cataclysmic ways, which would be beyond us to do and which we wouldn't want to do in any case, but in definite, determined ways that will make a big difference in the long run.

Gynosophy, as I have formally designated this movement, is the vehicle within which Astral Warrior Women of this age can act in concert with the principles of harmony, balance, kinship, and respect, and the group will be known as The Gynosophic Gathering. Gynosophy means Woman wisdom, (gyn = woman; sophy = wisdom, Sophia = the Goddess of Knowledge). Familiarly known as Grandmother, Grandma, Gramma, The Great Goddess, the Thrice Goddess, The bearer of life, death, and Thought is the deity to whom this gynosophic gathering is devoted; it is her church, her kirk, her circle, her road, her path and her way, and we, her gynosophic warriors, are her devotees. It is once again and at last, her time. She who is mother, daughter and grandmother, granddaughter, matron, maiden, dyke and crone, maigi, warrior, healer and maker is source(ess) and aim(ess) of our studies and actions, our dreams and our work, and our lives.

The question is, do you want to join me in this enterprise? Are you willing, able and obsessed with becoming a fit midwife to a Goddess? (Are you or have you ever been a Mania-c? [see box])



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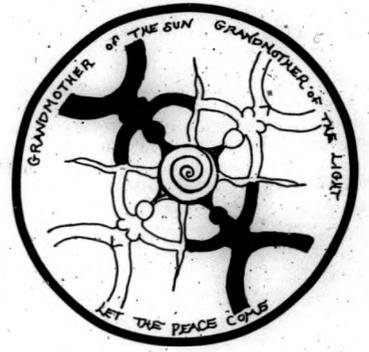
Meet Etel Adnan at
Mama Bears on Sept. 25

THE INDIAN NEVER
HAD A HORSE

ON THE WORD MANIA - AN EXCERPT FROM PAULA'S 12/30/84 HAGGLE

...mania, means irrational faculty of the mind. And it means active intelligence, and it means the womb, all at the same time. So the connection is, if you wish to think rationally you should be maniacal. And if you wish to think in a way that will gather things that you need so you can send them out to the rest of the earth, you should be hysterical. And if you're maniacal and hysterical, one of the things you're going to be, besides passionate, is angry. Those are the things that are going to happen. A person who has a mania, is obsessed, and when you're obsessed with a thought you will bring it into physical manifestation. That's what will always happen, because thoughts are things, but they're things that operate on a different plane or in a different sphere, than say, this candle does. But, if you think 'candle' long enough, candle will manifest in the material universe, in the other universe of the mother, because she has, at least, two.

Mania, also, was the muse mother. She's the mother of the muses. She's the mother and the goddess of the shades, of the spirits, of the shadows, of that stuff that the Moari's say is of the blood. That if it decides to become materialized, that it stays in the womb, when the woman holds the blood in the womb, and then that spirit emerges as a human being. All of these things are connected with one another. The muse is like the force, or energy. A particular vibration, that you move-into, and by maniacal focusing, then you bring that muse into expression. On the planet, for example, music, memory, art, painting, poetry, housemaking, households, all of these things are governed by different muses. A muse is like a valance, it's like a vibrational field, and it's feminine, not masculine. So if you wish to court the muse, then you find ways to move into her orbit, into her orbit, her valance, then she will express through you, if you're ready, if you're worthy, then she will express through you. And you can do it best if you are maniacal.



GYNOSPHERIC GATHERING: SERVICE

Candle Lighting:
To re/member and restore to women the traditions from our long ago sisters who were the Keepers of the Seven Fires, we light seven candles. They signify the four directions plus the above, the below and the center, as well as the seven chakras. (American Indian, Wiccan, Mesopotamian, SE Asian Tribal).

While candles are being lit, the women gathered for this service say the following prayer together:

Mayan Peace Prayer
Look at us, here us!
Heart of Heaven, Heart of Earth!
Give us our descendants, our successors,
as long as the sun shall move.
Let it dawn, let the day come!
May the people have peace.
May we be happy.
Give us good life.
Grandmother of the sun
Grandmother of the light,
Let there be dawn!
Let the peace come!

(Native American)

Healing Prayer

By the touch of this water that is the blood of my Mother the Earth, I will be healed. By connecting my energies with the life-giving energies of Earth Woman, I will be healed. By re/membering the women of all the ages who gathered at the springs of life, I will be healed. As my body was formed in the waters of my mother, my body now is re/formed according to my intention, in the waters of my Mother Earth. Let her healing go out to all I hold in my thoughts, and all who I name now.

Passing the Healing Bowl

The bowl filled with water signifies the well or spring, anciently the traditional meeting place of women and the home of spirits, woman-gods, and healing energies. (The christian practice of baptism is an adaptation of this fact coupled with the idea that birth [in their case, rebirth in the spirit] must be accompanied by immersion in water). If you need healing, dip your fingers in the water and sprinkle your face, wrists or head with a few drops. Take a moment to experience healthful strength and joy fully in your body. Thank the Woman in the Earth for her gift of water and wholeness. (Combined Mediterranean, European, Indian (India) and American Indian ritual practice.)

Song

Honoring the Moon

Honoring Chant I and II

1.) (Elder Woman Honoring Chant)

We honor the fire within you that burns to illumine our minds
 We honor the experience you hold
 We honor the living history that is imprinted in your body/mind
 We honor you for keeping on, for continuing
 We honor the knowledge of life that flows in you
 We honor the cycle of seasons that grows in you
 We honor the power of woman that flowers in you
 We honor the fire that burning ripens and enflames your thought
 We honor Old Woman in you*
 find in ourselves

*Old Woman is a term of great respect among Native American peoples.

2.) (Menstruation Honoring Chant)

We honor the woman in you
 We honor the flame of being that flows from your body
 We honor the water of life that flows from you
 We honor the order of creating that courses in you
 We honor the cycle of harmony that graces you
 We honor the rose of beauty that moves in you
 We honor the power of woman that moves in you
 We honor the moon that moving moves you
 We honor the woman in you
 find in ourselves

Text

Readings from Lesbian Poets: Judy Grahn, Butch Diakon; (With other readers, on occasion).

Song (All)

Haggle*, Paula Gunn Allen, Pasture (or guest haggler)
 Haggle: a persuasive speaking that a hag engages in.
 Nagging. (see Mary Daly, *Gyn/ecology*, and *Pure Lust* for more on these terms.)

Meditation Period

Blessing (All)

I add my breath to your breath
 That our days may be long on this earth
 That the days of our people may be long
 May the Mother bless you with life
 May our life paths be fulfilled.
 (Laguna Pueblo Indian)

Closing Song

Sharing Food, Drink and Gossip

There is food and drink to share as a way of honoring Earth Woman and Water Woman, as the candles honor Sun Woman, the prayers, poems and song honor Sky Woman, and the menstrual prayer honors Moon Woman. There is a basket on the table with the food that you can put money in as a contribution to the supplies and foods for future services.

SPECIAL NOTES

This is a woman's worship service celebrating the bond of womanness among ourselves and in connection with our sisters on every continent, island, sea and in the sky.

Gynosophy

GYN = Woman; SOPHY = Wisdom. SOPHIA is one of the primary names of the Thrice Goddess, Warrior-Mother-Sage, who through HER THOUGHT brings all that is into being, and keeps in dynamic equilibrium every plane and all realms of being, including all intelligence-life/forms upon them.

Altar

A Round table, not Arthurian but Kitchen-ian, spread with a length of cloth to re/member our ancient tradition of woman as weaver of life and death, is set with seven candles, signifying Fire; a shell (given us by Maori Warrior-Dyke Ngahua from New Zealand), containing a handful of dirt, signifying Earth; two eagle feathers, signifying Air; a bowl of water, signifying Water; a Lakota Four-Winds Pipe and a likeness of the Goddess, signifying Woman Creation/Universe; flowers, reminding us that the Way of Woman Wisdom is the way of openness, vulnerability, beauty, erotic power, and continuance; one red candle, signifying Woman Moon/blood, the outer wisdom fire that creates and supports our planetary existence and one white candle, signifying the inner wisdom fire that creates and maintains our spiritual/psychic existence.



NAMES/OFFICES

Pasture

A gynosophic variant of the word "pastor" which is derived from Latin and means feeder, or one who feeds.

Diakon (pronounced di-kon)

The Lesbian/warrior/Gynosophic form of "deacon" from the Greek, and means Dia (double, twin, second) + konos (servant). In one (archaic) usage, deacon was a person who spoke the words of the psalms, hymns, etc, before they were sung. A Dike was a ceremonial lesbian who officiated at sacred rituals and acted as a medium of transformation for humans and other beings at the Crossroads or Confluence points where two or more entities of varying realms interacted. Our Gynosophic Diakons speak the words, coordinate the music and provide properties and help for the Feasts, and are variously in charge of those segments of the services. For a really useful understanding of this office see *Another Mother Tongue*, pp. 139-41 by Judy Grahn.

Weavers/Websters (Women Who Coordinate a Gathering)

Following the above format of the service, and coordinating the theme with the Pasture, the Music Diakon (Diana Seagiver), and the Poem/Words Butch Diakon (Judy Grahn) (so the songs, haggle and other speaking will be suited to the chosen theme and to the spirit of Gynosophic Gatherings), the planners set the theme for the service, choose readings, opening prayers and healing prayer (leaving the Honoring Chant as is); provide properties (like candles, prayer sticks etc—except incense, as some of us are allergic to it); and select and provide food and beverage. Except for the haggle, planners will perform service and/or select those who will perform given parts of it.

GYNOSOPHIC GATHERING® 1985 Paula Gunn Allen. All rights Reserved. No part of this service may be reproduced without written consent of Paula Gunn Allen.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

GENERAL'S INFORMATION

A collective of one isn't any fun,
 but it can be, lots of fun
 A collective of two just won't do,
 but it does, very well
 A collective of three what's in it for me
 A collective of four we'll have a war
 A collective of five room for more jive
 A collective of six let's play tricks
 And so on. A. Molloy

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Listed below are just a few of the books challenged or banned as reported in the Newsletter on Intellectual Freedom from May 1984 thru May 1985.

Valley of the Horses - Jean Auel - Challenged at the Bastroys Tex. Public Lib. (1985) because "the book violates Texas obscenity laws." Banned from the Stroudsbury, Penn. High School lib. (1985) because it was "blatantly graphic, pornographic and wholly unacceptable for a high school library."

Changing Bodies, Changing Lives - Removed from the Sandy, Oregon Union High School. (1984) due to "foul language and disregard for a wholesome balance about human sexuality." Challenged at the William Christmas High School in Independence, MO (1984) because it is "filthy."

Unidentified Flying Objects - Jim Collins - challenged at the Escambia County, Fl. school district because the complainant claimed the book indicated that "Ezekiel had seen a UFO when he spoke in the Bible about seeing something that looked like a wheel in the sky."

DO NOT READ THESE BOOKS??

Woman's Guide of Safe Abortion - challenged at the Walpole, Mass. Public lib. (1984) because the book is "inaccurate factually, because it's deliberately misleading and deceitful, and because it's avowed purpose is to promote a behavior - killing unborn babies...By maintaining and displaying this material at public expense; to the public, and in particular to pregnant women who are vulnerable and may be in need of real guidance, the Walpole Pub. lib. is promoting and abetting abortion.

Our Bodies Ourselves - challenged at the William Christmas High School in Independence, Mo. (1984) because the book is "filthy."

Sapphistry - Pat Califia - Seized and shredded (1984) by the British customs office.

11 Judy Blume titles - Restricted at the Lindenvold, JH elementary school libraries (1984) because of "a problem with language." Banned but later restricted to students with parental permission at the Peoria, Ill. school district libraries (1984) because of "...strong sexual content and language and alleged lack of social or literary value, etc., etc." Both *The Joy of Gay Sex* and *The Joy of Lesbian Sex* were seized and shredded by the British customs office (1984).

The Color Purple - Alice Walker - Challenged as an appropriate reading for Oakland, Ca. high school honor class (1984) due to the works "sexual and social explicitness" and its "troubling ideas about race relations, man's relationships to God, African history and human sexuality." After 9 months of haggling and delays, a divided Oakland Board of Educ. gave formal approval for the books use.

A Way of Love A Way of Life - Challenged at the Fairbanks, Alaska North Star Borough School District libraries (1984) because schools should teach the basics, "not how to become queer dope users."

My Deep Dark Pain is Love: a collection of Latin American Gay Fiction - Seized and shredded (1984) by the British customs office.

The Ten Commandments (re-written)

Update of Deuteronomy, Chapter 5, verses 3-2

The WOMAN made not this covenant with our fathers, but with us, *even us*, who are all of us here alive this day.

The WOMAN talked with you face to face in the mount out of the midst of the fire,....saying,

I am the WOMAN, thy Self, which brought thee out of the land of the Patriarchs, from the house of bondage.

Thou shalt have none other than love for me.

Thou shalt not forsake me for *any* graven image, or any pretense of *any thing* that is in heaven above, or that is in the earth beneath, or that is in the waters beneath the earth:

Thou shalt not bow down thyself unto men, nor serve them: for I the WOMAN thy Self am a wise Woman, visiting the nurturing of the mothers upon the children unto the third and fourth generation of them that I love.

And showing affection unto thousands of them that love me and keep my commandments.

Thou shalt not take the name of the WOMAN thy Self in vain: for the WOMAN will not hold *him* guiltless that taketh her name in vain.

Keep thy loving way to sanctify it, as the WOMAN thy Self hath commanded thee.

Six ways thou shalt labour, and do all thy work:

The first way is in wisdom and the second is with effect. The third way is without malice toward those who will come to oppose you, but with compassion for their grief. Fourthly, thou shalt labour with all thy heart and with all thy mind, and fifth, with all the strength of thy soul, so that the sixth way may come to pass, although the fruits thereof will be not yet.

But the seventh way is the loving way of the WOMAN thy Self: *in it* thou shalt not do any harm, thou, nor thy daughter, nor thy son, nor thy woman friend, nor thy man friend, nor thine ox, nor thine ass, nor any of thy cattle, nor thy stranger that is within thy gates; that thy woman friend and thy man friend may love as well as thou.

And remember always that thou wast a servant in the land of the Patriarchs, and that the WOMAN thy Self brought thee out thence through a mighty hand and by a stretched out arm: therefore the WOMAN thy Self commanded thee to keep the loving way.

Thou shalt honor thy child and all her works, that her days may be comforted.

Honor thy mother and thy father, as the WOMAN thy Self hath commanded thee: that their days may be prolonged, and that it may go well with them, in the land which the WOMAN thy Self giveth thee.

Thou shalt not kill.

Neither shalt thou love unwisely.

Neither shalt thou take what is not given.

Neither shalt thou endure hypocrisy against thyself nor thy neighbour.

Neither shalt thou desire thy neighbour's husband, neither shalt thou covet thy neighbour's home, her work, or her woman friends, or her man friends, her ox, or her ass, or any thing that is thy neighbour's.

These words the WOMAN spake unto all your assembly in the mount out of the midst of the fire, of the cloud, and of the thick darkness, with a great voice; and she added no more. And she wrote them in two tables of stone, and delivered them unto me.

© Jennifer Stone,
April, 1977

AN ART OF THE SELF (continued from page 6)

teaches a WOMEN IN ART HISTORY class thru Contra Costa College, meeting at the First Unitarian Church in Kensington on Wednesdays from 7-10 p.m. beginning Fall Semester on September 11th. Over 1,500 women artists in the Bay Area have taken this course in the past decade. She uses a personal approach involving basic questions about art motivation and the creative process in women. Slide lectures of visual artists in the 20th century and study of their lives serve as role models for our own art survival.

Diane also teaches a private SELF AND SYMBOL WORKSHOP which explores the ideas presented in the above article. In addition, she teaches RIGHT BRAIN DRAWING advertised in "Open Exchange" newsletter. This is about learning to draw outer reality, more accurately (as opposed to the Self and Symbol class' inner reality approach - both are needed in doing artwork). Based on Betty Edwards' book. Call Diane at 524-0422 for further information.

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Medicine Woman, \$6.95 *The Flight of the Seventh Moon*, \$6.95, Harper & Row.

"IT IS HARD TO KNOW ONESELF WITHOUT MAKING AN ACT OF POWER OR AN ACT OF BEAUTY"
—Agnes Whistling Elk.

As a woman who desires that each act/function performed as part of my daily life be meaningful in itself and also contribute to a larger whole—I found this quote from *The Flight Of The Seventh Moon* significant. This is not a book review per se, rather a sharing of some thoughts generated from recent readings.

Most of the women I've spoken with in the past year say they're experiencing major changes in all areas of their life. This could be attributed to Scorpio in Pluto (transformation through crisis); the collective unconscious in exponential growth, or a new age rising from the destruction of the old structures.

However, what I can attest to is my own deep levels of change. This period has been marked by a synchronistic influx of information/voices in book form. These books that are coming to me weave a web of personal insight and broader understandings that reflect myself and my relation to the global community at this time on earth.

Two of these books are written by Lynn Andrews. *Medicine Woman* and *The Flight Of The Seventh Moon—The Teaching of the Shields* are first person ac-

OVERLAY. Contemporary Art And The Art of Prehistory, by Lucy R. Lippard (Pantheon) \$16.95

This book is an overlay of Lippard's concern with new art on her fascination with the ancient art of lost civilizations. A second level of that overlay is her concern for the dialectic between nature and culture, as a socialist/cultural feminist, and the social message from past to present about the meaning and function of art. The book is an exercise in breaking away from conventional ways of looking at the visual arts. Her subject is not prehistoric images in contemporary art, but prehistoric images and contemporary art. She explains, "I have tried to weave together the ideas and images of very different cultures by making one a metaphor

counts of the author's journey in becoming a 'Heyoka', a medicine woman in the Native American tradition. In the process, Andrew is confronted with her old beliefs and fears as she undergoes the lessons during training with her teacher, Agnes Whistling Elk.

Agnes tells Lynn: "You are always faced with choices. You have the choice to nourish or you have the choice to destroy with your power. When you teach apprentices about power, it is very important to take them through their fears in the beginning, because evil and manipulation are caused by greed and envy, which are born of fear. To go through your own fears you have to learn of yourself. It is hard to know yourself without making an act of power or an act of beauty."

In *The Flight Of The Seventh Moon*, Andrews learn about her power/self in making a series of shields. Initially I am inspired by this to focus my creative art work to symbolize my changes literally, in a series of masks, drawings

Now I am receiving this in a in a ritualistic process to mark a passage of self understanding.

Now I am receiving this in a more expansive way (than focusing on my art). This act could mean creating a relationship or baby, healing oneself or channeling energy that helps to heal others writing a book or a Fourth Step inventory-making food, music or love. Regardless of the form that this act manifests—the potential inherent is one of learn-

Reviews

ing about oneself.
A circle begins from the point a woman risks seeing her own reflection. Who she is at the time she makes her Act. It is then she begins to change. As she enters Not-Knowingness. As she moves step by step to other points along the Circle. As she acknowledges her Act. Finally, as she releases her Act of Power or Beauty into the world with free will. Through this she is transformed. The circle is complete. The circle begins again.

"To learn medicine is to spin or to weave the concept of life into tangible forms. To lift beyond your ordinary vision and see forces that give us life."

Agnes Whistling Elk

I hear a voice inside that calls me to make Acts of Power and Beauty. These books speak to me. I share with you in part to understand this better. Perhaps you will find your own meaning, in reading Lynn Andrews' acts in their full context.

—Lanza

JAGUAR WOMAN
AND THE WISDOM OF THE BUTTERFLY TREE



LYNN V. ANDREWS
Author of *Medicine Woman*

Jaguar Woman and *the Wisdom of the Butterfly Tree* will be available in the Fall. Harper & Row. (\$14.95)



for the other, and vice versa."
While anthropologists, archeologists and astroarcheologists scream in the background, "You have no right to put forward new ideas in these academic areas!" artists, visionaries and dedicated hobbyists forge ahead with

theories, spirit messages or intuitive findings concerning the use or meaning of these ancient sites to the culture which created them. Such new ideas later to be proved correct by the "professionals"

In the late 60's, time itself became an important ingredient for Minimalists and Conceptualist artists. With time came timelessness and a new self-conscious awareness of the history of history and finally of prehistory. At approximately the same time, Einsteinian physics was reintroducing the primitive or cyclical notion of time and the relativity of time in that field. C. G. Jung comes across the same facts in his exploration of the human unconscious with theories of racial

(continued on page 16)

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Creativity and the Business of Warriors

(continued from page 1)

community as well. The "commitment to the pursuit of truth" bit, (COPT?) is essential for maintaining trust and respect. Each has to deal with her own garbage while working and not dump on others, (defensive armor is down), not hold secrets, hidden agendas or other hostilities. And there has to be room to blow it.

In the early 70's media collectives (like the others) insisted that politics was where it was at. We progressed our programmed bigotries, both the arrogant and the oppressed among us, and eventually proved to ourselves that such politics breeds counter-productive power games. Unfortunately the "mere" artists among us were often vilified and invalidated into retirement in the process (a notable exception being Cris Williamson, whose lack of politics Olivia Records abhorred (how then could they control her?) but whom they had to lay off of because she kept the company afloat). The gift of creativity didn't draw much notice in those days, nor did the burning and disillusionment of artists.

So, here we are in 1985, finally talking about creativity, and I've got decades worth of thought on the subject. (Some members of my creative family met each other over 20 years ago in the Haight-Ashbury. I was 28 and I'd been looking for the women artists all my life). And I happen to believe that creativity and/or spirituality

and/or accessing instincts and inner knowledge, etc., is the true power of the Women's Movement. (We all know something's happening, right?)

We certainly haven't gained any real political or economic power in the meantime that "they" couldn't withdraw tomorrow if they chose to. But, we are publishing books, pressing records, and, you've noticed, doggedly infiltrating the credits that follow TV shows, specially the few good ones. We've got an edge for video because we are not so tied to linear progressions and we've got some brand-new attitudes to offer to the hungry maw.

We've taught ourselves production, technology, and the businesses. Funny how doing a business on someone sucks (doesn't it imply lying?), but doing business with someone is a silly kind of fun. An entity like Mama Bears is in the "form" of a business, because it's the only form such an entity can be to score space, sell things, and nourish us, etc.) and still enjoy freedom—a prime requirement for creativity.

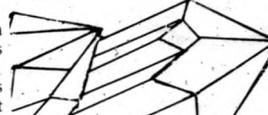
"News & Notes" began as a way to tell as many women as possible about Mama Bears, and that we needed them to survive; and to publicize the events and books. We also wrote nutty articles to tell the world's most important writers that here was a writing space to wail in, as soon as we attained credentials (watch this space!) A multiplicity of minds seemed like something that might

protect us from the corruption of power, should we happen to take some, and also generate wisdom. A dream, you understand.

Well, I found the previous issue of "News & Notes" exciting. The letter from the irrational fringe trying to start a religious war, for God's sake. (No COPT for them, heaven forbid they should participate in a gathering and maybe have to dilute their rap with facts). Then the individual and swell answering letters. Then Paula's Haggie. The paper had a tingle to it. Of course, attacks are really about power and suppressed anger, no matter what labels are used.

There are a bunch of things that fall into the general category of making joy and beauty hard for each other. The attacking and the dumping, the using of secrets for power, the petty trips that come before the pursuit of truth and the giving of respect, and the way they mess with people's reality systems, and the judgments that make love conditional (Mommy won't love you). The relevancy of all these things to creativity is that they kill creativity, joy, beauty, and freedom, and according to Dr. Paula Gunn Allen, where beauty's involved it's the business of warriors.

Hey, calling all warriors out there... —Barbara S. Bull



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TIED OF PLAYING BEAT THE CLOCK? Learn to slow down and still be productive. Classes in stress reduction, imagery/visualization and attitude awareness. C.E. credit available for nurses. For schedule and information please call Elena Cancro, R.N. M.A. Psy., 569-6273.

HEALING OURSELVES THROUGH PLAY AND LAUGHTER

Workshops - For those coping with grief, bereavement, and depression. Humor, play and laughter are our Natural Healers. Through the playful experience we heal ourselves, bringing balance, happiness, and joy back into our lives. For info, call Michaela Vargas, M.A., 531-6257. Fee: \$35.00 WA-Also on-going groups now forming.

Learn word processing or spreadsheet application - private computer training. Upgrade your clerical skills to earn better pay & job advancement. IBM-PC with many software programs to choose from. Lease &/or Lessons. Evenings, 465-0480. Sliding scale available. Also open to barter or trade.

Singing class for women with Lynn Retsky, combining group & individual work to free the voice that is yours alone (and have fun at the same time!). Emphasis is on relaxation, body awareness, & self-acceptance as we hone a wide range of musical skills, including: listening, tuning, rhythm, improvisation, clear emotional expression, and performance. Sliding scale. Private lessons, too. Call 465-9306.

GROUPS

WANTED: Women who would like to study/read/discuss any or all of Mary Daly's books. They are: *Beyond God the Father*, *Gyn/Ecology*, and *Pure Lust*. We could use the books, as a spring board for our own creative Spinning and find ways to put our Feminist Energy/Gynergy into focus in our lives. When we have three or more women we'll set up the time and place for our circle. No fees, just bring your energy. My name is Connie Rogers, phone: 841-9697.

Lesbian Witches interested in doing full moon, equinox, solstice rituals, and womyn's mysteries contact Artemis and Moonwise at 654-1591.

PERSONAL/POLITICAL SUPPORT GROUPS WITH MARGO ADAIR. Look at political side of personal problems and the personal side of political problems, share insights and support. Sliding Scale. Call 861-8838. Tues. 7:00 pm, East Bay (rides home to S.F.)

We ar 4 feminist women, meeting weekly to explore personal and political issues in our lives using metaphysical techniques (guided meditation, affirmations, Tarot) as problem solvers, we are looking for new members. If interested call Kayla at 655-8259 or Kate at 653-0885.

SouthEast Bay Women's Group: Meet exciting women, have fun at various activities; discuss current topic of interest at weekly "rap sessions" (Thursday 7:30 pm) share the wonderful experience of being woman oriented. Hayward area, for information call Julie 895-2194 or Carol 581-0132.

GROUPS CONT.

PARENTS & FRIENDS OF LESBIANS AND GAYS. Free, safe (confidential), caring support groups. Non-denominational. Meets 2nd Tuesday of each month at Pacific Center, 2712 Telegraph, Berkeley, Calif. Betty, 547-4657; Ann, 486-0534.

COUNSELING

LESBIANS IN CRISIS
Experienced, older, therapist. Individual or group. Sliding scale. Berkeley, near Mama Bears. Bonnie Crosse. MFCCI, Ed. D. 534-8834, anytime.

BEYOND POWERLESSNESS AND HOPELESSNESS
Individual and couple sessions. Sharon Kaiser, MSW 547-4961. s/s WCA. Sharon Kaiser

COUNSELING/PSYCHOTHERAPY
I welcome clients dealing with depression, self-esteem, sexuality, chemical recovery, co-dependency, ACA, working class issues. Individuals, couples, families. Sliding scale. Cathel Kirchgasser, MFCCI 5876 to P. Morfin, LCSW. 841-6500.

FEMINIST THERAPY: Through a down-to-earth approach in a supportive atmosphere. I work with individuals and couples in crisis and for long-term counseling. Sliding scale. Barbara Kaimowitz, MFCC 525-6118

MARION SORENSEN, M.A. Older supportive, feminist counselor. Self-acceptance orientation. Individuals and couples. Sliding scale. Berkeley. 525-7154

COUNSELING THERAPY-MEDIATION

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 communicating 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.

METAPHYSICS

ASTROLOGY: Need perspective? A reading can help clarify the issues and your options. Sliding scale fees based on your income. Initial session (1 1/2 hr.) \$50-75; update (1 hr.) \$40-55. Elaine Blake, 536-4399. Oakland, PS. Gain insight into your friends and family come to the Sign-of-the-Moon talks at Mama Bears! Coming up: Leo (Aug 14) and Virgo (August 27), 7:00 p.m. \$3-\$5.

Psychic Readings
Also healing energy, problem-solving, clearing and blessing, guided meditation, and skill sharing. Experienced. Sliding scale \$20-\$40, 1 1/2 hrs. Kathie Bailey, 547-1327.

PSYCHIC THERAPY
PAST LIFE readings. TRANCE for pain control. Sliding Scale \$25-\$45. Merrill-236-6660.

HEALTH/HEALING

HOLISTIC CARE OF PMS. Acupuncture, herbs, visualization to help you feel good all month. Practitioner/instructor with five years' experience in women's alternative healthcare. North Oakland. 658-1831.

THE ESSENCE OF CHANGE - BACH AND FES FLOWER ESSENCE CONSULTATIONS. Listening carefully, asking questions, using my intuition, I help you choose the right essence combination for needed changes in your life. Essences are catalysts to gently break destructive patterns, release buried emotions, and establish a new life-affirming balance. One hour consultation. Sliding scale. Lorraine Segal, 658-9859



BODYWORK

RELIEF FOR SORE BODIES!
Stretch and dance to build muscle strength and improve body image. Develop comfort and ease in movement. Morning or lunchtime classes. Call Jodi at 536-2080.

ACUPRESSURE ENERGY BALANCING
Experience acupressure and feel the waves of change dissolving your muscular tensions and emotional blocks as you float in a peaceful relaxation. My work is helpful both as preventative wellness maintenance, and in relieving chronic discomfort or stress-related problems. Classes and individual sessions. Aji Hammer. 654-8765.

TIME OUT. 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 McCullum. 233-0337.

PHYSICAL THERAPY-PAIN MANAGEMENT
Shirley Kelly, registered physical therapist. Pain Management Specialist & Consultant. Individuals by appointment. (415) 937-4995.

SERVICES

Tax Preparation and Consultation: Experienced tax preparer specializing in working with women & self-employed people. Enrolled to practice before the IRS. Jan Zobel, EA 821-1015 (SF).

MAINTENANCE

IF YOU WANT IT DONE WELL - HIRE AN AMAZON. Waxing Moon Cleaning offers non-toxic office janitorial, vacant apartment clean-ups and hard-core house-cleaning. Light hauling. Call for rates and refs. Zahn 654-8765

PLUMBING

Naomi Friedman, Plumbing Contractor. State Contractors Lic. #369184. New, remodel, repair, and solar installations. Telephone (415) 482-5183.

Wonder Woman Plumbing installations, leaks, now construction, and remodeling. Call Myra at 632-7939.

PAINTING

Interior/exterior. Meticulous preparation by skilled professionals, guarantees a quality job in your home or office. Extensive references. Free estimate in East Bay. Call Barbara 763-1264

WALLPAPER

Removal and installation. Careful preparation including all types of wall and ceiling patching. Quality assured. Excellent references. Free estimates. Call Ginger. 525-7467

GARDENING

Horticultural Consultation: Irrigation, planting, pruning, maintenance work, with owner or alone. Free estimates. Marianne's Enterprises. 652-2593.

MOVING & HAULING

Specializing in small moves (studio and 1-2 bedroom apartments) and clean hauling. Call Kathie at 547-1327

CUSTOM SEWING

CUSTOM SEWING For quality construction of clothing, cushions & other projects. Call Silke 653-9094.

SPECIAL EVENTS

SELF-EMPLOYED TRADESWOMEN: support, information, networking. Potluck & meeting on second Tuesday of the month. Call Penny 540-7276 days.

WOMEN'S VOLLEYBALL

Every Monday, 6:30 pm, Hayward. For Directions call: Carol 581-0132 or Julie 895-2194

CURRENT AD RATES AND CIRCULATION INFORMATION

Classified Ad Rates: 10¢ per word.

Display Ad Rates: 8.00 per column inch
10% additional for paid placement.

Circulation: Mama Bears is growing. We are currently mailing to over 2600 women.
printing 6000 copies.

Deadline for our next issue is SEPT. 15 1985.
We reserve the right to edit or reject any ad.

VOLUNTEERS

NAMASTE
Volunteer counselors needed to give emotional support to people with life threatening illness or grieving. Call 547-7702

DRIVERS WANTED
PRISON MATCH NEEDS YOUR HELP! To transport children of inmates to visit parents at Federal Correctional Institution, Pleasanton, California. For information, call Janine, 763-0518; Marcy, 452-4953; Wilbert, 846-6908.

EMPLOYMENT

EMPLOY-ESAE
Employment services offering access to jobs and providing free assistance to employers. A service of the DAVID INFORMATION NETWORK (415) 861-6329, 4033 18th St., S.F.

HOUSING SPACE AVAILABLE

OFFICE SPACE
Furnished SF office space for rent part time. 23rd and Valencia. Call Jan 821-1015.

TWO'S COMPANY
Roommate referrals, rentals, and relocation services offering free listings to landlords and people with rooms to rent. A service of the DAVID INFORMATION NETWORK (415) 861-6329, 4033 18th St., S.F.

FOR SALE

CHRISTA
Edwina Sandys' controversial sculpture of a female Christ. Posters available: \$15.00 post paid. Center for Woman & Religion, 2465 LeConte, Berkeley, CA 94709.

VACATION RENTALS

April Cottage: Charming, secluded, in a misty redwood forest near Mendocino. \$25 for two includes continental breakfast. Peppercorn (707) 937-0020. Box 464, Albion, CA 95410.

MISCELLANEOUS

TOURISTS & NEW RESIDENTS
New in town? Visiting? Get your complimentary Visitor Information Packet (I.P.P.) with area guides, coupons, and gifts at the DAVID INFORMATION NETWORK 4033 18th St., S.F. (415) 861-6329.

Anyone interested in working on a Mama Bears resident writers anthology as a donated fundraiser contact Sharon at 465-0480 evenings.

BOOKS WANTED
I want to buy copy/copies of "The Not So Helpless Female" by Tish Sommers. Call Faith, 483-0721.

Woman writer (grant proposals, PR, features) will EXCHANGE SERVICES for professional massage in your Elmwood home or other services (typing, other?). Women only. P.O. Box 5153, Berkeley, 94705

(continued from page 1)

has not been thus invoked since those Inanna lines were first written thousands of years ago. Vickie Noble talked about Inanna at her Mama Bears talk...and JoAnna Griffin tells us that her collected poems included a long Inanna poem she wrote some years ago —

Congratulations to Judy and *Another Mother Tongue* (due out in paperback this fall) again getting highly deserved recognition. It won the "Gay Book of the Year" award given by the American Library Association, as selected by its Gay Task Force

And, she made *Newsweek Magazine* (July 15 issue) in the review of *The Norton Anthology of Literature by Women*, eds. Sandra M. Gilbert and Susan Gubar (Norton, \$28.95) 2,457 pages worth! They singled her out, along with Maxine Hong Kingston, Alice Walker, and Audre Lorde as being "significant new voices" — Congratulations All!!! Apparently this Norton book is a biggie, because it will be the textbook in colleges all over the country for years and years.

Speaking of women in the limelight, our thanks to Irene Young—who photographs them—for her gracious acceptance of our apologies for leaving off the photo credits in our last issue. Look for her show in Mama Bears Gallery in the near future!

We are approaching the Autumn Equinox, September 21, and on that day we hold a ritual and benefit for Mama Bears (see story, page 1). According to what I gathered from Elaine Blake, astrologer, the Autumn Equinox is a time of harvest and a time of preparing for winter scarcity (or *Winter's Edge*, which is the title of Valerie Miner's novel about 2 older women.) According to Elaine, it is mostly craftswomen and artists who celebrate it.

Thank you to our advertisers whose support makes it possible for News & Notes to grow and to reach thousands of women (we are currently mailing to close to 3,000). By the way, we use News & Notes for our referrals. (Pacific Center is even directing women to us for referrals.) Mama Bears is a Women's Center: the kind one gets through private enterprise. A Women's Culture Center actually. Carolyn Whitehorn of Feminist Forge, whose beautiful jewelry is on sale at Mama Bears, reminds us that it is the arts and the crafts that are preserved for future cultures to recognize who we were. (Carolyn's been blacksmithing in bronze and will have a show of bronze goddess figures at Mama Bears soon.) A very serious woman. Some of the other jewelers and craftswomen whose work is available at Mama Bears are Jane Sipe, Marguerite (Amazon Earthworks & Zahn Hamm.

Another very serious woman, for all her blamey, is Jennifer Stone, whose articles and reviews appear in local newspapers, and

who's on KPFA regularly. Jennifer is an actress, a writer, and a thinker. Especially a thinker, in the grand Irish tradition.

Jennifer has a whole grab bag of writings (Jennifer doesn't just think, she thinks up) and in making arrangements with her for her Saturday Morning Round Table (see Ongoings, page 7) sailed one of them our way. An updated 10 Commandments (see page 12)

Barbara S. Bull, in her column on creativity in this issue begins an unraveling of where we went and what we learned during the past 16-ish years of the movement of women. Many of us, now, that enough time has passed that patterns can be identified, are doing the same. Many women are beginning to compare notes, as it were.

Simultaneously, our spirituality, creativity, and culture flourish. Our seeds are flowering and our flowers are cross-pollinating. As a community bonded by our journeys, we are emerging from the long night of alcohol abuse and its ramifications and by acknowledging the past, present and future griefs in our lives, reclaiming our lives.

Max Dashu has spent the past decade researching women's history and giving impressive slide shows that empower all of us who've seen them: our hidden history, not the one of domestic enslavement. Max's focus is on the "entire races and cultures... eliminated from standard history (exactly what the Norton Anthology does, and Judy Grahn, in *Another Mother Tongue* and *The Highest Apple*). Our history becomes us. And we become it. Max will show her "Shaman Woman" slide show at Mama Bears Sept. 11. (See Calendar.)

if the pain controlled me
I might tear through my flesh
and pull open the back bones
spine by spine

if time controlled me
I might never sleep
there's so much left undone

but I have learned the power of each breath
in and out

an excerpt from *The Wolf*, by Susan Hansell, printed in *With The Power Of Each Breath, A Disabled Women's Anthology*, eds., Susan E. Browne, Debra Connors, and Nanci Stern published by Cleis Press \$9.95.

For those of us who live in pain, and, must take our bodies into consideration more than others, who must spend our time vainly trying to concentrate on the task or joy at hand while our attention is gripped by inner-body or outer-world complications of disability, life can be mastered only by she who develops such characteristics as the patience of a saint, a wise woman, a zen warrior. Most of us will know what it means to be and feel disabled sooner or later. We invite you to join with us in celebrating our victories over circumstances. Only each disabled woman and her lover knows what is endured day by day.

The book party at Mama Bears to celebrate publication of this

book promises to be an exciting evening. The "coming out" of another group adds to our power.

Joyletta Alice's reading from her collection of poetry in progress — *Sudden Reunion* (September 29) is also, a "welcome back, Joy"...after 6-ish months in Nebraska. It was supposed to be forever, but she couldn't stay away. (By the way, welcome to California Jenny and Chris... Joy brought her family back with her.)

Joyletta Alice is a renaissance woman ready to rise, with ease, grace and intelligence to the task at hand; whether it be as administrator, poet, kitchen worker, singer, MC. She too, is mulling over Women's Movement experiences of the past decade. Her poetry reading are likely to include a few songs, and ready wit (and you might see her join in Mama Bears Third Friday Fun Nites, with Karen Ripley and her Improv class.

Joyletta is the author of a book of poems "Secrets". She is also the producer of the Mama Bears Autumn Equinox Ritual and Benefit...

In closing we'd like to let you know that Mama Bears is going to Yosemite! We'll be at the West Coast Women's Music & Comedy Festival in a booth at Yosemite Labor Day Weekend, selling books and hanging out...drop by and say Hello!

EQUINOX BENEFIT

(continued from page 1)

Karen Ripley, Annie Larson, and Teresa Chandler - will perform as well as Fin & Flame, Anne McDonald, Jenny Thornton and possibly others. Joyletta Alice is the producer.

When we realized we had scheduled this benefit on Autumn Equinox, I thought: "Wow! We'll do a Equinox Benefit!" Making this connection—woman's spirituality rituals as part of the benefit popped open doors in my head, and two energy streams met with a "thwump! sizzle!" and I thought: "Maybe the energy created at this Benefit by the women who cherish Mama Bears was one of the things that kept us going 2 years ago!" (the future affecting the past). And for me, that became a reality.

This event is for all of us who were there then, 2 years ago, to celebrate how far we've come... and for all of us who have joined in cherishing Mama Bears since then, to unite in having helped give birth to Mama Bears 2 years ago by being here tonight.

Come and donate your joy and love, and enthusiasm, your wits and visions. Donate used women's books for us to recycle. And if you can, bring money. Bring loans! Each dollar you contribute benefits all of us far and above its face value...and make it possible for us to do all the other things we do besides simply "running a business."

Almost every night Carol drifts off to sleep trying to figure out how to lay Mexican tiles on our very uneven floors and we haven't even got the tiles yet.

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ART SEEN AROUND

(continued from page 1)

new acrylic paintings and oil pastels, based on scrupulously researched studies of wild and semi-wild animals. Maude's goal is to express the depth of spirit and intrinsic value of each form of life, including penguins, tigers and pandas. The fact that most of these creatures are also endangered species only underlines this concern. Maude's colors and lines are so joyous and exuberant that one can almost sense auras around the subjects she depicts.

The show will be on display from Sept. 1. There will be a buffet-reception for Ms. Church on Aug. 4, 4-7 p.m. At 7:30 there will be a woman-only slide show by Maude, a retrospective of the past 10 years of her art. (See Calendar).



Photo by J. Robinson

REVIEWS

(continued from page 13)

denying any connection between her art and her-female experience, yet she evokes what the earliest people saw—the spirit of the object.

Lucy Lippard was an accomplished art critic before she became a feminist and no one has fought harder for an activist art—Art can recapture its ancient vitality in social life; that art might change perception and thereby the world.

Many women artists are represented in OVERLAY, from Anna Sofaer, the rediscoverer and movie maker of Sun Dagger, the sun and moon dial of Fajada Butte, Chaco Canyon, New Mexico—to Georgia O'Keeffe, still