Kudos for Kim

Willyce Kim is known locally as a fine poet who's been on the literary scene since the days of the Women's Press Collective. Now, with the publication of her first novel, DANCER DAWKINS AND THE CALIFORNIA KID, due out from Alyson in April ($5.95), it seems she is going national. All the pre-publication reviews have been positive, but this from the Jan/Feb issue of The Feminist Bookstore News seems to sum it up:

"I read this novel, pre-pub, in early January and panicked. I thought: 'I'm going to have to write this book my Novel of the Year award; and it's still January!' Can't help it. I'll just have to make up new compliments for anything else that comes along. 'Dancer' is superb. You may remember Kim from her two books of poetry, 'Eating Artichokes' and 'Under the Rolling Sky'. I always get nervous when poets start writing novels. I thought: 'If it's clear in to plot, and then turn into irrepressible plot. True to Life adventures of young dykes moving to San Francisco in the high days of the Haight-Ashbury. I read it back to back with 'Blue Water', and it surely made clear the difference between merely describing lesbian relationships and delighting them. Get ready to expand your life to include Dancer. The Kid, Jessica Riggins, Ta Jan the Korean and Killer Shep, the aging and highly astute German shepherd who's the only one who really understands it all. Because of the underlying consciousness, there's an additional satisfaction when one of us writes, but we're rarely treated to such a delightful read such as 'Dancer' gives us with its provocative imagery and well-crafted, innovative form. Or, as Judy Grahn put it.

"Willyce Kim has created a wonderful rip roaring Western Lesbian Adventure that left me warm, tickled, and crying with a dozen more. I loved it . . . .

See the calendar entry, May 11 for news of the book release celebration.

BOOK BLURBS

Our new books section is bursting with good, important, and readable books... some downright exciting. After a few years, we are on the move and we should have more contact info than we have in the past. Some of our other visions and dreams and visions, and bring you up to date. But first we want you to try something; to see for yourself. If you have any questions, call us at 428-9684.

Now that it's officially Spring and ideas for Mama Bears have been gestating all winter, it's time to let you know what's happening—our dreams and visions, and bring you up to date. But first we want to thank you for all your wonderful support (energy, time, money, ideas...) over the past several months. Thank you! Thank you! Thank you!

First, to bring you up to date on the air cleaner situation. Last Spring a woman graciously loaned us $500 to go toward buying up one cleaner for Mama Bears. After a lot of research, etc., we found one that would be the best. We made a long story short, we placed our order, paid our $700 (including trucking charges), and with our money in hand the company filed bankruptcy! So, we lost about $700 and still no air cleaner. Getting the money back will be tedious, and a faint hope, at best. We have paid back the loan, so that part's okay, but here we are back at square one, looking for an air cleaner and the money to finance them. If this is a priority for you, as it is for us, you can help by becoming a 'Capital Investment Sponsor'! (See explanation in a later paragraph.)

Businesses like ours, in which important services are not necessarily profit-making bear the constant headache of raising improvement capital. If you want to put your money to work at Mama Bears, please call Carol soonest.

Some of our other visions for improvements at Mama Bears, besides making it more accessible to women with breathing problems, include fixing up the Patio (with umbrellas, etc.), and our New Books section is bursting with good, important, and readable books... some downright exciting. After a few years, we are on the move and we should have more contact info than we have in the past.
Dear Mama Bears,

In early 1983 we asked the candidates for Oakland City Council to support Lesbian/Gay Rights Ordinance. At the end of that year the Oakland City Council passed the strongest such Ordinance in all of California. Cause and effect?

It's Oakland election time again. We have some important issues.

We want to press the mayoral candidates to support lesbian and gay men to Oakland Commissions. We want to press the City-Council candidates for desperately needed social services for persons with AIDS. We want to press the School Board candidates to equalize the budgets for women's and men's Physical Education Departments. We want to press the Board of Education to cease and desist from the destruction of our children in the school curriculum.

We have some important issues. We want to press the City Council to support affirmative action in all aspects of municipal work. We want to press the mayoral candidates to support a Domestic Partners' benefit policy and a "Comparable Worth" wage policy for all Oakland public employees.

Tom Brougham, President, East Bay Lesbian/Gay Democratic Club

Mama Bears comments:

"2 out of 3 adults who live in poverty are women. What would happen if we all went to the polls?" Oakland elections are April 16. Please vote.

Here's an excerpt from a letter written to Susan, of Mama Bears, By Daryl M. Woods, author of "Afraid of Everything: A Personal History of Agoraphobia".

Afraid of Everything is autobiographical and is written for the professional as well as for the general public. To the best of my knowledge and research there is no other work of this type available. There has been considerable media attention given to agoraphobia but most of it has been of necessity brief and not too enlightening. I think my book will help correct that. Unfortunately most agoraphobics are not even aware of the true nature of their problem and I hope the book will help in that area too. In its simplest terms agoraphobia is a biochemical imbalance which causes its sufferers to experience extreme anxiety and panic attacks which lead to withdrawal behaviors. This means that agoraphobics lead very restricted lives. Often they cannot travel, shop, socialize, work or participate in the mainstream of life. Some cannot leave the security of their own homes.

I have tried to capture a feeling of some of the waste of human potential that this disease causes. It has been ignored or misdiagnosed by the professions, families have labeled a member who is agoraphobic as everything from weak willed to crazy. It's time that some light was shed on the topic and I have tried to make a beginning.

My own experience with agoraphobia is part of the story. I was a PhD candidate in psychology, when I developed the symptoms. My career was aborted and my life since then has been concerned with understanding and living with the ignorance surrounding the subject. I have been fortunate because medication and therapy have helped me personally. I am not cured (we are still waiting for the proper medication) but I am improved and I can prove what I know to others.

I am 56 years old and consider myself a professional writer. I have just completed a lesbian novel and I am currently working on a second book on agoraphobia. I welcome all questions and comments.

Diane Rusnak, President, East Bay Lesbian/Gay Democratic Club

Mama Bears comments:

Daryl and her lover have appeared on local radio station talk shows in San Luis Obispo--and hopefully will be able to do a reading and discussion at Mama Bears in the near future.

Diane Rusnak

The gentle, loving, creative and determined energy of Diane Rusnak permeates Mama Bears this calendar period; we are displaying her new work COLLAGES, see Art Seen Around, on page 11. She is doing 2 slide show lectures on women artists. See calendar entries for April 9 and 23. Diane Rusnak has emerged upon the San Francisco women's art scene as a major force in two women's art as an artist, teacher and historian. Since 1971, as described by Rosemary Anderson in International Women Artist, Archives, Dec. 1984: "In the last twelve years, Rusnak has pioneered two courses which motivate and focus women artists. Over 1,000 women, including myself, have taken WOMEN AS A SERIOUS ARTIST, now called WOMEN IN ART HISTORY, these courses were either free or low tuition, which enabled many low income women to take them too. She says, "I take my students serious, I expect them to build self-confidence, acquire a strong art identity through their work, and project themselves out into the world. We look toward government, artists and society at large and how they can help or harm our own art survival. My compulsions are to pass on and share what has happened to me."

(Continued on page 12)
New Wave! NEW WAVE MUSIC!
What’s that got to do with you, me, ask? I’ve asked myself that question for the past 6 years, wondering what could be worth enduring so much abuse. Several old friends, otherwise intelligent and sensitive women in their forties, not only went for it but have remained steadfast adherents. And for 6 years there’s been some gulf of confusion between us.

My old companions of music and change wondered how I, who they thought was with it, could fail to eagerly embrace what was now ‘happening’, now that something finally was, again. They were impatient with my apparent satisfaction with jazz, reggae, and women’s music. But, while I do admit to a stubborn fondness for melody, it’s probably more germane that I am more eclectic than they, who are musicologists and have been more involved with other media these past 6 years. I didn’t need what was happening in music enough to endure the scuzzy clubs, the outlaw hours, the feeling of out of place, particularly as I couldn’t hear the music anyway, due to the volume and the treble off the guitar.

I wondered how someone screaming their anger out at you could be important enough to sacrifice your hearing. My friends doggedly maintained the attitudes and lifestyle of the younger generation and arbitrarily dismissed other forms of music, all of which was a bit off-putting. The love wasn’t affected, by the way, so that we, approach again, sort the Jimmy’s so to speak the gulf goes.

Coincidentally, for feodious reasons, I’ve started listening to New Wave music, and I want to pass on the process for getting in to it. My friend Perkins started taping an hour and a half of KAIX, the UC Berkeley radio station, now and then KAIX and, to a lesser extent KLFE, seem to play the best of the genre. With the ability of taking it in at one’s own speed, skipping what I abhorred, repeating what interested, becoming able to be in the same room with the stuff, I discovered that some of it is very good, musically, some conscious and relevant, some just delightful, some just outrageous. The objective, assuming one exists, seems to be to leave no stone unturned, which I can relate to.

None of this seemed very important, however, until I started looking at New Wave as rock and seeing it in the context of the Rock & Roll tradition. Those friends of mine are all what you might call ‘rockers’. I realized, and the thing about rock is that it always breaks out of suppression.

White society ignored Rock as long as it stayed in the black community during the 50’s. There were songs such as ‘Work With Me Annie’, a joyous sexual invitation, that white artists would clean up and cover (tread steal) and get hits like ‘Dance With Me Henny’, but the social isolation of that decade kept the music from being a threat, because it didn’t reach white ears.

Until, that is, Elvis and his ilk started seducing the youth of decent society with unseemly primitive music and unvarnished truth. It began, the pattern of Rock breaking through and causing a change in social consciousness, followed by a boxing decade or two while things filtered down as the change went to adulthood.

In the 1960’s it was white boys on drugs. The Beatles, Bob Dylan, whose musical roots led straight back to black music. A generation got religion and a myth of evolution and change. Following that excitement, we spent a decade of endeavor, working to change ourselves and our world.

Women, ecology, and peace grew up.

When the word ‘devolution’ arrived with the New Wave, it sounded irrelevant and irresponsibly iconoclastic. Safety pins and slam dancing were anathema to what we women sought to promulgate. Punks isolated themselves with a social style that was more than just cool people could bear to see in themselves. As a small fringe movement, it proved very tenacious and, by size and isolation, beyond the forces of adulteration. It has grown and developed over the years but the body is still underground, protected from the sharks and their image games.

All waves are new. stirring things up from the bottom, making withdrawals or deposits on the land. Being composed of the substance from which they emerge and forming by whatever conditions prevail at the time, waves are current phenomena. New Wave music is loud, violent and curses and so is the world. Punks, on the whole, pretty genteel people, are angry and dense toward the absurd and malevolent system and they have a high priority to avoid compromising, and cooperating with it.

Women’s music of the past decade, as a genre, has reflected our concern to heal and unite ourselves. It’s obvious that the times they are a changing, as the man said, and the experience of New Wave music gave me ideas about what’s happening. Perhaps the time is approaching when we are going to have to step out and deal with or really affect the world we live in. If so, our music will begin to reflect this change. The movement and content of the music, if it’s to remain a viable part of our lives, will be changing as well, and possibly will move out toward the new wave, begin to incorporate the harsh realities of the world and get us in step. It won’t matter, in that case, whether we like it or not, not if Mom says we have to do it.
"The area’s women artists’ venue has changed from the 70s. Diane no longer attends 4+ political meetings each week, and is no longer working on alternate structures.

"Most of us are quietly doing our art, and meet occasionally at art openings, classes, and elsewhere. Some of us have children and are in good couple relationships, and new women (12) died of breast cancer. Not a day passes that I don’t run into some woman from a past group and find out that she is shining, studying, exploring new avenues.... There is generally a cheeriness and strength of identity in these hopeful meetings. An important friendship and art business network exists. Some of these women are new, part of the art establishment, curating shows and running art businesses. Many have gotten graduate art degrees, and some have had to go into full-time, better-paying positions.

"Diane is now teaching a Women In Art History course for Contra Costa College held at The First Unitarian Church in Kensington (above the Arlington, near Mountain Lane) on Wednesdays nights 7-10 p.m., which you are welcome to drop in and visit or attend. About the course, Diane says: "I am emphasizing pre-twentieth century work this spring semester. We will be looking at 19th century work, but I am teaching a Women In Art History course for Spring 1993. We will be looking at 19th century work, and will be including women artists who have not been included in the traditional art history curriculum."

"Next fall I will be covering 20th century artists. Diane also teaches a Right Brain Drawing Course privately, and advertise in "Open Exchange". The next session is on Thursday evenings (April 11 thru May 16) in North Berkleley, 7:00 p.m. for 6 meetings, $48 a session.

"I want to talk today and, I think, the next few weeks, about Gynosophy. This is a Gynosophic Worship Service, what on earth does that mean? It means woman wisdom—the wisdom of woman.

"You know, where I come from God is a Woman. And her name is Thinking Woman or Thought Woman. Among the Aches, who are my people, The Great Mystery is identified as thought. Because it is thought that this world that we're in is devoted to. She is the Ancient Grandmother of our four worlds, but she's also the one who brought the people, and fire, and the Goddesses and the gods, and the katasino to this world, which is the Fifth World.

"And this world, then, is hers, and it's called Thinking. That's what we're supposed to be doing here. In the Mediterranean her name (one of the many which comes down to us, and the one that's in the name of this service) is Sophia. And I'm going to read to you from the Woman's Myths and Sacred Encyclopaedia, about Sophia, so that you can see some of what she is.

"The Great Mother, the Latin Sapientia, sapiens, you remember homosapiens, he knows everything. Yes, that's him. Sapientia means 'great is Sophia', the spirit of female wisdom, symbolizes the dove of prophecy, later transformed into the Holy Ghost, and it is She, Spirit, whom we pay attention to. She who is Spirit whom we ask to come to us, to be with us on these days.

"The Tratteo Gnostic said that Sophia was God's Mother. The great, revered virgin, in whom the father was concealed from the beginning, before he had created anything." That's a quote. She was identified with Isis Hathor, the seven emanations given each Egyptian; the seven souls that each person had. And the Chortrek, by the way, say the same thing, that we all have seven souls, and that's how we come into physical manifestation. And they come from her; they are her emanations that create us.

"In other words, Sophia, like Hathor, was the mother of the seven planetary spirits, whose names were listed in the Gnostics. Papyrus as the magic-working, secret names of God. The Clementine Apologies called Sophia the All Maternal being; the Queen; Lady Wisdom, Early Gnostic Christians held, that he was Krishna and Shiva, or like Dinnus and Zeus, Christ and God together merged with Sophia as an androgyny.

"This is a quote: 'The son of man agreed with Sophia, his course, and revealed himself a great light, as beossip. His male nature is called the savior, the begetter of all things'. But his female nature is Sophia, mother of all.'

"So, in other words, in this translation God is either a faggot or a dyke, and that's interesting!

"A Gnostic creation myth said Sophia was born from the primordial female power seed, which is silence. And our word 'music', our word 'words', our words 'mutter', and 'mumble' come from the same root, they come from 'silence'; the power to make comes out of the void, out of the silence.
that's kind of funny. They call themselves men, and say, "Only men can think," can have access to knowledge, to wisdom, to Sophia.

I was browsing around in the Indo-Germanic dictionary for some other reason, and I ran into a wonderful entry, which is 'men', m-e-n, that's the Indo-Germanic word. And what m-e-n means is, to remember, to think. In Sanskrit, the word was m-an, m-a-n, to think; mind; to understand. In another form it was 'mana' mind, or 'manas or maa, to remember. The Greek word 'menos' means spirit, courage and in another formulation, or construct, it means madness. The Gothic had the word 'man' which meant to think. "Anglo-saxon's 'gemand' means memory.

In Jewish and Christian systems, Adam was thrown out of paradise because he sought and gained wisdom and fed him some. The account makes clear that the patriarchs believed that knowledge and wisdom are the possession of their God, and are under their control. And their reign has been characterized, in all of its aspects, by this act.

White women particularly suffered from this prohibition, because they have no other sources of knowledge than the patriarchy, which went to great lengths to obliterate all of their other sources, to prevent them from access to information or the skills, wherein lay the ability to gain and organize information. They substituted, in its place, laundry list, and piles of false information. You know, if you can settle the lands of our own conscious choosing, from real knowledge, based on each of our own experience, our own intellectual competence, our own willingness to acknowledge and to claim our intelligence.

I'm angry; I've just had a number of things happen this week that just set me off, so if I shake, it's rage!

Not are men in a much better position, here, for they are subjected to the same systematic depredation, falsification, and punishment, for exhibiting intelligence and clear thinking, as are their sisters. Though in some ways applied in slightly different forms, it's the same deprivation. So, our sons learn to make lists and then consider themselves intelligent. That's not intelligence. It's just rote learning. Stupification of subject populations is the hallmark of the colonizer. It's the hallmark of the patriarchy. And its presence in those populations has as its major symptom an inability to think and a deep-seated repugnance for the patriarchy. We've talked a lot about poverty, consciousness. Prosperity consciousness. The reason why millions of people are poor is because they cannot think. And because they have been trained, not only to not think, but to be terrified at the thought of thinking. So when you begin to think, you will notice stinging voices in your head, contemptuous voices in your head. Boring voices in your head. And you will come across this great wall of imposition. And a lot of that has been implanted systematically, for thousands of years, in your minds.

If you want wealth, not only for yourself, but for this earth, for this world, then you must learn to think. Magical thinking cannot replace real study, and risking, which is the soul of choice. Affirming what is not so, will not change the underlying reality. It will only enhance and increase the power of the patriarchal hold on our minds. The underlying reality is that some have, as the expense of many who have not. We must storm the gates of heaven, because heaven is the mental plane; it is our mind. And we must take our minds back. Thinking and choosing and making decisions and assevering results, and then gathering new information that ensues because you made decisions and choices and acted on them. Being open to that new information; being able to revise your action, your decision; being able to change your preconceptions, when the new information warrants it. That is thinking. And that is what has been brainwashed out of you. When you were small you said something smart in class, and you got punished. When you were tiny, you said something smart at home, and you got punished. When you went to learn something, you got punished. When you went to learn something, you got punished. Whenever you attempted to learn, you probably fell flat on your face, which is how we learn, and instead of somebody saying, "Oh, good," you fell flat on your face, isn't that grand? Now, let's see if you can do it for longer, before you fall flat on your face. No, we're told, you fell flat on your face. Boy, are you dumb!

What is it you get for trying to find out something. So, over a period of time, our power, our mind is taken from us. It can't be taken; it can merely be colonized. Barriers can be put up so that you can't get through to yourself; so that you can no longer know who you are, or what you need, or what you want, or how to find out any of those things, because the wall is huge, between you and your own heart. Your own knowledge.

Consciousness, consciousness, awareness, knowing what is and what is not. Knowing how to pattern, to organize information; knowing how to get accurate information. Knowing the difference between lists and knowledge, between labeling and comprehending. Knowing how to see the 'in's, which I'll explain at another time. Being willing and able to do battle with the conditioned stupidly, the conditioned repugnance for your own mental capacities. Learning to face the induced fear, and rage and confusion, and blanking out that were trained in to you. Learning to value conscious knowing and conscious choosing, over hypocrisy. Step-by-step learning in consciousness, experiencing consciously what 'theory' means, and what 'abstractions' might be in your real life when you put them into practice. Claiming your right to know, and in consciousness, learn to struggle, to fail, to seem foolish, to seem ignorant, inadequate. Opening yourself to these, and accepting them as knowledges, as learning. You need to learn to do these things, and to reproduce in every failure.

There is a war. One that has been raging for several thousand years, and has now reached every corner of the world. And that war is for dominance; for exclusive possession of the mental plane. We must claim it for ourselves and our descendants, and for the generations that we live with now. In this service, every Sunday we say a prayer, the opening prayer.

Grandmother of the Sun

Grandmother of the Light

Let the dawn come

Let there be peace

and we say it because it is the instruction of She who is wisdom, who is knowledge, who is thinking woman, who is Grandmother Spider. For there can be no peace, until we settle the lands of our own conscious choosing, from real knowledge, based on each of our own experience, our own intellectual competence, our own willingness to acknowledge and to claim our intelligence.
THURSDAY April 4
WOMEN'S SOCIALIZING EVENING
We stay in touch with one another as we women's socializing. A time for reading and writing, or meeting, or playing one of the card and board games we keep handy. (Ask at the counter.)

FRIDAY April 5
WOMEN'S SOCIALIZING EVENING
(See Calendar Listing for April 4)

SATURDAY April 6
WOMEN'S SOCIALIZING EVENING
(See Calendar Listing for April 4)

SUNDAY April 7
THE GYNOSOPHIC GATHERING
"This is a woman's worship service celebrating the bond of womanliness among ourselves and in connection with our sisters on every continent, celebrating the bond of womanness with our sisters on every continent, and created a sense of well-being."

Paula Gunn Allen

Thursday, Karen will show selections from a work-in-progress, titled Dike-umentary. There will be time for a question and answer period, and discussion, after the show.

7:30 p.m. Women only. $3-$5.

TUESDAY April 9
SLIDE SHOW AND TALK BY DIANE RUSNak
"EXHIBITION OF WOMEN'S SURREALISTS"
This is the second show talk on surrealist women artists given at Mama Bears by Diane Rusnak, noted artist, art historian and teacher. In tonight's presentation Diane will discuss and show paintings by the following artists:

LEONOR FINI. Born 1916, raised in Tunisia, now living in France. An internationally known artist. There is elegance, seduction, and power in her paintings. She is featured in "Interviews with the Muse; Remarkable Women Artists on Our Time", "Chips from the Goddarn Wizard".}


DIANE RUSNAK. Born 1942 in the USA, she is an American expatriate living in France. She was one of the founders of Devestle before 1914 and the end of that war. She was a German anarchist, artistic and political circle."

In 1947 she fled to Paris where she now lives with Andre Breton's widow, Eliza.

DOROTHEA TANNING. Born 1910. An American expatriate living in France, wife of Max Ernst. Her early works have very strong female themes; later works are more abstract.

TOYEN. Born 1902 Maria Cernovska, in Prague, the Magical City of the British. She was one of the founders of Devestle before 1914 and the end of that war. She was a German anarchist, artistic and political circle."

In 1947 she fled to Paris where she now lives with Andre Breton's widow, Eliza.

BON. Born 1926 in Italy and she owns her Surrealist roots to Ferrare, the Metaphysical City. Lives with poet Andre Derain and among a variety of materials in her work and a strong personal symbology, featuring snails.

7:30-10 p.m. Women only. $3-$5.

WEDNESDAY April 10
VISUAL JOURNEY III: SLIDE SHOW PRESENTATION BY KAREN ANNA, PHOTOGRAPHER
We were dubious when Karen Ania approached us some months back about doing a slide show on photog­raphs of Hawaii. A nature show? However, we welcomed her, and were very glad we did so. That show was wonderful-the color multi-image scene of trade wind blowing in and out of each other were sensual and entrancing, a sense of braided by the love of the photographer was almost as good as a hot tub! We invite you to enjoy her show tonight; it will be a multi-image nature and special effects presentation, similar to this month's show, with musical accompaniment by Margot Kimble.

In addition, Karen will show selections from a work-in-progress, titled Dike-umentary. There will be time for a question and answer period, and discussion, after the show.

7:30 p.m. Women only. $3-$5.

THURSDAY April 11
WOMEN'S SOCIALIZING EVENING
FIRST ORGANIZATION MEETING FOR LIONS & TIGERS, MAMA BEARS NEWLY FORMING SOFTBALL TEAM
Well, that title tells the whole story! If you're ready to play ball, come to the meeting! It will convene at 7 p.m., while our regular socializing evening goes 7:30 p.m. - 10 p.m. Women only. $3-$5.

FRIDAY April 12
NEW FACES IN MUSIC - MONICA MAMA BEARS NEWLY FORMING SOFTBALL TEAM
8 p.m. Women only. $3.00

SATURDAY April 13
JUDY FJELL IN CONCERT
Judy Fjell, whose album "This Side/That Side" was released last month (and is on sale at Mama Bears), is a wonderful singer, songwriter and performer, and we're delighted she's performing at Mama Bears. Reserve in advance to make sure you get a seat.

7:30 p.m. Women only. $4-$6.

SUNDAY April 14
THE GYNOSOPHIC GATHERING
(See Calendar Listing for April 7)

WEDNESDAY April 17
EVERYTHING YOU NEED TO KNOW ABOUT THE ARIES PERSONALITY-TALK BY ELAINE BLAKE, ASTROLOGER
Tonight all the Aries and Aries watchers come to Mama Bears to hear Elaine's gentle but clear analyses and remarks. (Lots of great Aries energy around Mama Bears recently!)

7:30 p.m. Women only. $3-$5.

THURSDAY April 18
WOMEN'S SOCIALIZING EVENING
(See Calendar Listing for April 4)

FRIDAY April 19
SDiane Bogus & Cheryl Coleman:SLIDE SHOW LIGHT HEARTEDNESS
SDiane Bogus and Cheryl Coleman are from Chicago, by way of California, Illinois, and Wisconsin. They are alsodrop-in, and jointy across the country: from Ala­bama to Illinois, California and Wisconsin. They love a good time, and they've been quite busy these days, helping to change the women's world for the better. Tonight Diane and Cheryl will have time for a slide show of their work last year from local, and private collectors. There are several excellent books on the market now of English language art history texts.

7:30-10 p.m. Women only. $5.00.

WEDNESDAY April 24
POETRY READING BY ETTEL ADNAN

ETTEL ADNAN is a woman-identified lebanese poet and novelist (author of "Silent Sari Malli") who reads at Mama Bears a couple of months ago and who has invited us all to return. Tonight at 7:30 p.m., Women only. $3.00.

THURSDAY April 25
WOMEN'S SOCIALIZING EVENING
(See Calendar Listing for April 4)

S-SESSION Astral classes with Susan Neave starts tonight (for details see classified under CLASSES).

FRIDAY April 26
WOMEN'S "OPEN MIKE" VIDEO NIGHT
An evening of relaxed video watching. Hopefully, a lot of women making video tapes pertaining to women-end otherwise experimenting with this medium, will bring us tapes. If not, we'll have some woman-fun commercials on video on hand as back-up. Video artists: contact Mama Bears about showing your work.

8 p.m. Women only. $2.00.

SATURDAY April 27
THE GOMEZ & PALACIOS-COMEDY PIESTA!
Stand-up comedy and sketches by Margo Gomez and Monica Palacios, the only latino female comedy duo in the universe. Margo and Monica are getting zanier and funnier by the minute! Don't miss it. To reserve a seat, contact Mama Bears. 8 p.m. Women only. $5.00.

SUNDAY April 28
THE GYNOSOPHIC GATHERING
(See Calendar Listing for April 7)

[AND IN THE AFTERNOON] ANOTHER GYNOSOPHIC GATHERING - LINDA MOAKES & DANNY WILLIAMS
As we know from observing Pat Bond and Quentin Crisp, among the best and funniest...don't miss it! It's an evening of relaxed video watching. Hopefully, a lot of women making video tapes pertaining to women-end otherwise experimenting with this medium, will bring us tapes. If not, we'll have some woman-fun commercials on video on hand as back-up. Video artists: contact Mama Bears about showing your work.

8 p.m. Women only. $2.00.

SATURDAY May 1
THE GOMEZ & PALACIOS-COMEDY PIESTA!
Stand-up comedy and sketches by Margo Gomez and Monica Palacios, the only latino female comedy duo in the universe. Margo and Monica are getting zanier and funnier by the minute! Don't miss it. To reserve a seat, contact Mama Bears. 8 p.m. Women only. $5.00.
BILLBOARD

Mama Bears - April/May

---AD IN THE EVENING---

FRIDAY May 10

AND IN THE EVENING - FEMINIST WRITERS GUILD SALON
An evening to share work and socialize in a casual setting. For more information please contact Pat Mason.
7 to 11 p.m. Women only. $2 (members). $3 (non-members)

TUESDAY May 7

CPR COURSE (CARDIAC PULMONARY REBUCILITATION)
The Race for Life course, with ARC certification ($60.00). The life you save may be your lover's or mother's. Taught by Sharon Mason, certified Red Cross instructor. Mama Bears staff took Sharon's CPR course last year here at Mama Bears and felt it was very valuable. We couldn't have a better teacher. We're taking it again, because it's really helpful to have a yearly refresher. Number of participantes limited. Contact Mama Bears for preregistration.
6:30-9:30 p.m. Women only. $6.00

WEDNESDAY May 8

EVERYTHING YOU NEED TO KNOW ABOUT THE TAURUS PERSONALITY - A TALK BY ELAINE BLAKE
Sometimes Elaine tells us more than we want to know, but it's always gentle. This writer, a Taurus rising, looks forward to standing around and pawing the ground with other taureans tonight.
7:30 p.m. Women only. $3.50

THURSDAY May 9

WOMEN'S SOCIALIZING EVENING
(See Calendar listing for Thursday April 4)

FRIDAY May 10

OPEN MIKE CABARET

(See Calendar Listing for Thursday April 4)

SATURDAY May 11

BOOK PARTY & CELEBRATION OF PUBLICATION OF "DANCER DAWKINS AND THE CALIFORNIA KID" by Willyce Kim
Willyce Kim fans have been waiting a long time for this - her first novel, and it's great! We invite you to join us by the buffet party celebration, and meet Willyce, or renew acquaintance.
3:45 p.m. Women only. $5.00

AND IN THE EVENING - OVER THEIR HEADS - KAREN BIRLEY, TERESA CHANDLER, ANNIE LARSEN
Maddening girls with nuns, swedes, and nerds - OVER THEIR HEADS strikes again. These people are crazy! Great comedy all the way plus great singing by Teresa Chandler, one of the best around. Teresa: when you gotta make a record.
6 p.m. Women only. $4.50

SUNDAY May 12

THE GYNOSONIC GATHERING
(See Calendar Listing for Sunday April 7)

TUESDAY May 14

MODIFIED FIRST AID COURSE
Taught by Sharon Mason, certified Red Cross instructor. Nathan. Contact Mama Bears for preregistration.
6:30-9:30 p.m. Women only. $6.00

WEDNESDAY May 15

READING & PARTY TO CELEBRATE PUBLICATION OF "RAGING BULL" - POETRY BY DONNA LEE DONNA brought her newly published book of poems to us to sell at Mama Bears and we liked it so much we wanted to have a celebration party for it. Come and meet Donna, and hear her read and enjoy the buffet-party afterwards.
7:30 p.m. Women only. $3.00

THURSDAY May 16

WOMEN'S SOCIALIZING EVENING
(See Calendar listing for Thursday April 4)

FRIDAY May 17

LAURIE ANN TEACHES FOXTROT, TANGO... AND THEN WE HAVE A DANCE!
This should be a fun evening! Laurie will be teaching from 8:00-9:30 p.m., and the dance will go on from 9:30 to 11 or longer.
8 p.m. Women only. $3.00

SATURDAY May 18

AFTERNOON ASTROLOGY READINGS BY ELAINE BLAKE
(See Calendar Listing for Saturday April 5)

AND IN THE EVENING -

WOMEN'S SOCIALIZING EVENING
(See Calendar Listing for Thursday April 4)

SUNDAY May 19

THE GYNOSONIC GATHERING
(See Calendar Listing for Sunday April 7)

AND IN THE EVENING -

LESBIAN NUNS: BREAKING SILENCE AN EVENING WITH ROSEMARY CURB AND NANCY MANAHAN
The past decade and a half has seen many upheavals in institutions, where women pre-dominate; but in none were the upheavals more major or more secret than in the convents. It's become clear that nuns were going through changes, but keeping quiet about them... for tactical reasons of their own, no doubt. The publishing of "Lesbian Nuns: Breaking Silence", by Rosemary Curb and Nancy Manahan, by Naad Press (publisher Barbara Prior, formerly of Crossing Press). Nancy will be here tonight.
Join us with tonight in welcoming editors Rosemary Curb & Nancy Manahan, who are traveling around the country doing speaking engagements and book signing. No doubt by now they have much to share about their work. This writer found that just picking up the book and looking at the contents, which shows that there are about 50 articles-50 different women talking to us here - some still in the convent, created a physical, emotional, energy charge all the way. The universe reorganized itself around us; we were amazed at how, with the book in hand, we were able to immediately and fully discuss the issues. We're really excited about this book, and especially about the response.
NEWS & NOTES (Continued from page 1)

building more storage shelving behind the counter, new table cloths, painting, etc. We also want to get an ice machine, maybe a tofu machine, and hopefully, a hood, so we can expand our menu (soup anyone?) and...and...and...

(Perhaps you've noticed some improvements over the winter. Many of these are due to Susan, Alice's latest. Contrary to popular myth Carol and Alice are not lovers, just married--no judge in the country would give them a divorce!)

One idea for financing capi-}

tal improvements that's good to us, and that is being implemented by women's and alternate bookstores around the country, involves the use of a discount card system to generate dollars to finance capital improvements.

Here's how it works: for a $20 donation (or more than $20 naturally welcome!) you receive a Capital Investment Discount Card good for 10% off on the purchase price of any merchandise (not including food or drink) for a year. The card also entitles you to 100 cents off the admis-
sion charge for any Mama Bears event. Basically this would be like a $20 loan paid back at $100 per event.

If you would like to be a Capital Investment Sponsor, please talk to Carol or Alice.

STOP THE PRESSES! We've just been informed of an unexpected financial emergency (possibly). It seems our original landlord hooked up the gas lines in our building so that only some of the tenants have been paying for everyone's gas. Well now we've been using gas without a meter. PG&E bill us for a year's worth of gas. How they'll figure it out or how patient they'll be we don't know yet, but yikes!

About the new expanded News & Notes: you are reading this because obvious, last News & Notes time—with the increased postage rate, and the growing number of women receiving News & Notes—that our production and postage costs were getting outrageous! (Even bulk mail is not cheap to over 2000 women.) So we finally were prompted to contact potential advertisers. Thanks to the phenomena of printer's response and support of the many women in businesses and services in our community. Their ad dollars made this discount card possible. We thank them and hope that in turn you will all support and 'matronize' these businesses.

Also new are some of the faces at Mama Bears. Kathie works at the food counter weekdays, and Saturday, Suzie is Carol's all around right hand. Joanie is a dear friend and supporter who works Mondays and Sunday afternoons. Margo and Mary are our MCs for open mikes and other events. Tina, who fills in behind the counter in a pinch, is a pheno-
menal Amazon who among other things, is a singer and writer worth catching—which you can do by coming to Mama Bears Saturday evening, May 25 (see Calendar for details.)

BOOK BLURBS (Continued from page 1)

Tina has taken on trying to keep Carol organized, nourished and enjoyable, and feels well loved. Kathy and Alene are our new 'bear cubs'. And finally, Raging Bull, it seems he is not dead. He's lazy. According to Suzie he does tricks.

Among the less visible new faces are Jeri, who helps Carol with the bookkeeping and keeps all of us going with massages; B. Langley, our typesetter, and Sharon Mason, our computer whiz. These two women work long hours diligently into the wee hours of the morning with us, trying to get News & Notes out on time. (We almost made it this issue and hours before, finally the hectograph machine went down, delaying us two and a half days—oh well, maybe next issue...and we were doing so well.

Special thanks to Kai, Macaroni, Natalie, BS, EP, and Kayla for their extra special women hours, energy and love—especially during the Flu time, (with Susan in the hospital twice). We sure appreciate you!

And how about Lions & Tigers, the Mama Bears softball team now forming! Intrepid Pat Sandston and the Founding Mother and energy of this team, agreed to be Manager, and that is the team has started right the ball. Pat, a Food Consultant, really knows how to take care of business and look out for peoples' pocketbooks. With any luck, Shirley Kelly, champion baseball player and physical therapist specia-
lized in chronic pain management, will agree to be Coach. No ball team could ask for more support! The first meeting is at Mama Bears, April 11, at 7 pm.

BERRY GROVE
Dog Training Center
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Owner/Instructor
Trained dogs for ten years of love and trust. Be a positive and effective team together.
Non-Violent
Lesbian Owned
Private and Group Classes
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BARBARA
KAIMOWITZ, M.A.
Feminist Therapist
(415) 525-6118
MCFC #1896

GAY BOOK

THE GAY BOOK is dedicated to continued service to the Lesbian community on the move. And we hope that it will provide you with the re-
sources to network within our community for all our Growth, Knowledge, Political Clout and Economical Power.

LET YOUR COMMUNITY KNOW WHERE TO FIND YOUR BUSINESS!

FOR MORE INFORMATION CONTACT
MARY CLASS
DIRECTOR - GAY WOMENS
BUSINESS SECTION
(415) 863-3333

BEING A PART OF BUILDING
A BETTER
GAY AMERICA

(Continued on page 12)

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GAY AMERICA

(Continued on page 12)
Living, a Dying Reality

(Notes from intensive training session: The AIDS Project, Pacific Center, Berkeley)

Sometimes hostile facilities. We learned of the need for us soon-to-be counselors to be prepared to help with both dignity and respect. We learned of the ever-growing AIDS statistics which are affecting all people, not just gay men. And we learned much about our own capacity to listen, to offer support without providing answers and to be truthful about our own limitations.

The next week-end we greeted each other warmly, long-time friends of short acquaintance. Another guided meditation into forgiveness and another into grief and again we collapsed in the exposure. But the love we shared brought us back together. We listened to a demonstrated roleplay provided by two of the training directors. Dave, trussed up with catheter, IVs and a respirator, had AIDS and Annie portrayed the counselor who had come to the hospital to try and detect Dave's immediate needs even though he could not speak. The roleplay became real and we were all crying when they were finally able to say a silent goodbye. The love and dedication of the staff for the Project is easy to observe. They have all been touched, have involved themselves intimately with these clients. The personal involvement is apparent, and the sharing sometimes overwhelming. But they are professional in every way and their steadfast contribution to help others in true crisis is immeasurable.

We ourselves were involved in many role-plays, learning to listen, to counsel, to let go and not try to do everything or to control another's decisions; we learned to help and not to be afraid to care. I held a man's hands while tears of grief for his brother's death poured from his eyes—so deep and blue that I thought of an ocean full of love and pain. Together we shared that release and I reflected on my sister's death. A time for me of loss, and pain, but in particular, anger. After fifteen years of confusion and suffering he was finally able to let go of those steel threads and reach himself to silken threads woven from open love, sharing and caring. Gossamer threads only briefly seen, but strong enough to commence healing and realize that death robs nates of us and we will live, as victims until we can learn to grow from the experience. To learn that we can face death head-on and learn not to allow our deaths to inhibit our lives.

The last evening we danced goodbye without words, we nurtured, offered support, love and caring. My heart was reflected in my tears, flowing tears from one who rarely allows release in crying. My tears were of gratitude for what I had been allowed to share. I came to offer help and in turn received help. I learned that love is available in this world. Unquestionably caring and sharing of strength. Because I am leaving the area for a while I will not be able to work immediately in the Program, but I am grateful for those four or two hours and those fourteen people. I am grateful for the Program, the directors and especially those men with AIDS and their counselors.

Taking the training was obviously not an easy experience. Exposure to who we are inside without the names, professions, rock-papers, or persuasions can make one feel quite vulnerable. Understanding that we do not cry for other's problems, but for what we see reflected in our own lives, opens us to the vulnerability of all of us. It is difficult to wash away the pain and grief of caring from our souls and still go on, allowing access into our hearts. But it is a tremendously growing experience, one that can bring us closer into understanding that we are in this together. We do come into and leave this world alone but there is a lot of time in between. Time to get to know another and show that we care.

This training was a gift. I'm sure that each of us learned different things. For all of us it was intense. For me, it was an experience in learning to trust and to share the inevitable path we must all travel. To the men and women with AIDS, my love is with you. You are not alone, we all share your direction. Thank you for helping us learn how to travel less burdened.

Sharon R. Mason

If you are interested in doing grief counseling, contact:
O Shanti Project, S.F., 350-9641
O Pacific Center, Berkeley, 848-8281
O Namaste, a new group forming in the East Bay to serve the general population. Training starts Friday evening, May 3. Call Laura at 547-3275 for the phone number for training, or if you are in need of a counselor.

Sharon will be giving First Aid and CPR classes at Mama Bears, May 7 and 14. See Calendar Listing.

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TIME OUT... time for yourself or give it to a friend

KAM McCauley, M.A. 233-0337

BIORHYTHM CHARTS & CONSULTATIONS by Red River

FOR A YEAR CHART
FOR APPOINTMENT CALL: (415) 655-5499

CLASSLESS/WORKSHOPS

VOICE CLASSES for singers and speakers with MARIA JUTISJA COLEMAN, M.A., who is in private practice at the Gertrude Stein Opera Company. I am creating my own therapeutic method, the Rech­ scial, Rechian body awareness, im­ provisational and choralistic musical excellence for the voice teacher, voice work called 841-8295.

RESONANCE WORKSHOP
2 Day Workshop * April 27 & 28 (Sat. /Sun. 10 a.m. to 4 p.m. Berkeley location * 841-8295 Local resonance aids the healing process by reaching parts of the subconscious through movement and mas­ sage cannot penetrate. My approach opens emotional and body blocks that stand in the way of a free voice and feelingful singing. I use Reichian principles and techniques integrated in a unique system. For people whose thymic and chest remain tight and cannot yell out without pain and contraction; for singers, actors and speakers; for those with weak, boarse, nasal voices, choking, hoarseness. I teach clients, various voice lessons also: Maria Jutisja Cole­ man, M.A.

Maria Jutisja Coleman is in private practice in Berkeley where she is also a teacher/consultant and director of the Gertrude Stein Opera Company.

Z BUDAPEST
KFFA-FM radio's favorite Tarot reader: Change your life and bring out your own Goddess consciousness. Don't wait until I am on the road or in the middle of a personal change to experience doing a reading for your own life. Call (415) 444-7724 or write P.O. Box 11363 Oakland, CA 94611

PSYCHIC READER & TEACHER Christie Niebel

Singles/couples/groups. Short or long term. Sliding scale. Joanne, MA, M.F.C.C.

COUNSELING Continued

COUNSELING-TERAPY - MEDITATION

DOG TRAINING - Train your pet for safety and health. A structured way of being in­ stead of against! understand behavior and reactions. Be a positive and effective pack leader. Non-aggressive. Les­ bian owned. Privates or groups/classes, competitive rates. Call 652-9028 or 549-0534.

BIORHYTHM CHARTS

Individuals by appointment.

MAMA BEARS Coupon Call 661-6660 and ask for Mrs. Podell. Every Friday until June 14th, 7:30-11 p.m. - Practical professional - Theater work. Con­versation and exchange of ideas for women who want to discover what their fantasies/dare to be different. Celebration and empowerment, self heal­ ing, exploration sound as a tool for self expression, understanding, self discovery.

We are for women who want to discover what their fantasies/dare to be different. Celebration and empowerment, self healing, exploration sound as a tool for self expression, understanding, self discovery.

COUNSELING Continued

ELISSA BROWN, J.D. BUSINESS LAW

Mama Bears Billboard for Info. _______ 548-4024

PSYCHOLOGICAL SUPPORT GROUP for women's issues. Contact: Marin County Women's Center 641-2674.

VOLUNTEERS

NAMASTE
Volunteer counselors needed to give emotional support to preg­nant women experiencing drug abuse or alcoholism in our lives.

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BOOK BLURBS

(Continued from page 8)

MOTHER TO DAUGHTER, DAUGHTER TO MOTHER, an anthology of poems between daughters and mothers, selected and shaped by Tilitl Olsen, (The Feminist Press, $9.95) Tilitl Olsen, by bringing together this remarkable collection, from so many women, has dramatically brought to our attention the fact that between mothers and daughters there is great passion. I would call these women poems when the movies, and plays, and novels and operas and popular songs are as full of the mother-daughter sagas as they are with romantic love, you will know that we are in a matriarchy. Part of reclaiming our bodies ourselves is the reclaiming of the various passions that exist among women. (Some of these poems would make great arias.) This is an important consciousness raising book, one to cherish and keep handy. "I'm mother!"

INLAND PASSAGE, by Jane Rule (Rainbird, $7.95). This is a new collection of short stories by Ms. Rule, and very satisfying reading they are, indeed; the author has become quite a storyteller, and a way of being quietly outrageous.

THE HIGHEST APPLE - SAPPHO AND THE LESBIAN POETIC TRADITION, by Judy Grahn (Spinsteps Ink, $5.95). A joyous exploration and connecting of our Lesbian poets past and present, in the glow of the past lit up by ANOTHER MOTHER TONGUE (Judy Grahn, Beacon, $19.95), our gay and Lesbian history. Through her research Ms. Grahn has arrived at a sense of what lesbian poetry is; she lays it out clearly for us and gives examples, and is able to start piecing together a coherent history of this sensibility we share with each other and the Lesbians of the past.

Judy does this--uncovers our whole history--by moving from poet to poet, from time to time, showing the similarities they (and we) share in their lives and works. To put it plainly, Judy spent so much time with these women over the past two decades at least, that she's just ready to wax freely. And she was steeped in our ancient matriarchal past during her 10 years of research for Another Mother Tongue, and so steeped in living outside the patriarchy law in women's houses, growing woman culture that she assesses each of these women of the past--whom no one really understands--from a completely new frame of reference that will provide a point of entry and direction for Lesbian scholars and academics that can keep them busy for the next 10 years, if, for example, you have never been able to get near Gertrude Stein, or H.D., read this book, it gives those of us who don't read poems a reason to do so.

The underlying theme of this book is women's houses of power, from the past to the present. Judy says in the book: "The movement of the modern lesbian poet has been toward establishing a Woman's House of Power, which to speak as a healing and critiquing voice, directly into each community. We are a part--and these are specific to each author and diverse from each other. And now the lesbian nuns are opening the doors to their lives, see reference to mother daughter sagas as they are with romantic love, you will know that we are in a matriarchy. Part of reclaiming our bodies ourselves is the reclaiming of the various passions that exist among women. (Some of these poems would make great arias.) This is an important consciousness raising book, one to cherish and keep handy. "I'm mother!"

The range of possible expression and purpose with video is as limited as your imagination. By virtue of its increased public and low cost it saw a very powerful strategic tool for political, cultural, and social change. I want to see video change and inform and touch our souls - to recall the enduring human essence in us all.

Mama Bears would like to encourage all women using this medium. And invite you to share your videos with other women at our open mike video nights!

MOTION PICTURES

Now you see it - Now you don't.
They used to watch the stereopticon, called it 'The Magic Lantern'. Each frame was true, but something moved, in the dark, between them. Every frame was, then, different, unique, a contradiction. Motion needs changing pictures to be perceived. And everything that is, is motion. © 1985, bsbull

SDIANE BOGUS
&
CHERYL COLEMAN
POETRY & MUSIC
APRIL 19 AT MAMA BEARS

The woman who owned

The underlying theme of this book is women's houses of