

DEMETER

Women's News of the Monterey Bay Area

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Springing Into Another Semester

By JT Mason

Eight years ago Monterey Peninsula College established a Women's Studies department, a re-entry program and a women's center. Although the re-entry program and the women's center have become casualties of budget cuts and low administrative priority, the Women's Studies department is going strong, offering diverse and stimulating courses.

Scheduled for the spring semester are 10 courses ranging from literature and history to health and psychology. All courses in Women's Studies are cross-listed in appropriate campus departments and students can receive credit in the department of their choice.

Among the classes being offered for Spring are four new ones: Literature By and About Women, Sex Roles in Contemporary Society, Women's Health Care and Psychology of Women.

Literature By and About Women, WS 102-Engl. 102-8, taught by Lynda Marin, will meet Tuesdays and Thursdays from 1 to 2:30 p.m. This three unit course will study both poetry and fiction concerning women's lives throughout the centuries. Just a sampling of authors who will be studied include Rita Mae Brown, Dorothy Parker, Adrienne Rich, Patricia Watson, Nikki Giovanni and Anne Sexton.

Sex Roles in Contemporary Society, WS 104-Soc. 104, taught by Jennifer Birnbach, will meet Thursday evenings from 7 to 10 p.m. This course will study the various

and often subtle ways that women are socialized to bend to the "requirements" of female roles and the impact that has had on their lives. The class will also explore alternative patterns of development, new ways of being female, and tactics for creating political, social and individual change. This course may be taken for three units.

Five Issues in Women's Health Care, WS 295-40-Life Sci. 295, taught by Margot Edwards R.N., M.A., will meet Tuesday evenings for five sessions from 7-10 p.m. for one unit of credit.

Edwards is a health educator, associate editor of *Birth: Issues in Perinatal Care and Education*, and author of *Tests and Technologies: A Consumer's Guide*. She will be

giving a balanced view of both conventional and alternative methods and perceptions.

The course will include readings from the resource guides published by the National Women's Health Network, panels of women, and medical and feminist speakers. Topics will include politics of self-care, birth control, breast cancer, menopause, childbirth after 30 and osteoporosis (a bone thinning in older women).

Psychology of Women, WS 195-01-Psych. 195, taught by Jennifer Birnbach, will meet Mondays, Wednesdays and Fridays from 10-11 a.m. This course will focus on the entire life cycle of women and the female experience. It will explore the role of women in the mental

health system, ethnic diversity and women's consciousness and creativity.

Among some of the returning classes for Spring are: Images of Women and Dealing With Stress.

Dealing With Stress, WS 195-Pers. Dev. 295, led by Diana Case, meets for two eight-week sessions starting Feb. 2 and again on April 6, on Wednesday evenings from 7-10 p.m.

This is an informal class which will provide an understanding of stress, its effects and the relationship to illness-wellness. The class emphasizes a variety of practical, self-help techniques in stress management and relaxation including: preventive stress management, "breaking the stress response cycle," nutrition, exercise, breathing, affirmations and guided fantasy. The class is available for one and a half units per session.

Images of Women In Western Culture, WS 133-Hum 133, taught by Paula Butterfield, will meet Monday, Wednesday and Friday from 11:10 a.m. to noon.

This course will examine women in the arts, literature, music, dance and film, from pre-literature to present day. It will honor the contributions of women as well as analyze the historical contexts in which they lived and did their work.

These are just six of the interesting classes being taught through the Women's Studies department at Monterey Peninsula

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Paula Butterfield teaching a class

Unveiling Our Culture

By Emily Fireweed

To trust one's own creative vision may be a revolutionary act.

—Kate Miller

It is Wednesday at last, and we are making our story circle again. We are so glad to be here together that we laugh, hug, indulge in the joyful silliness often seen among proud strong women.

This gallery is a good place for us to meet. The walls are lined with paintings by Jan Wagstaff, ethereal visions on fabric that remind me of a spirit in flight.

Tonight we are here to learn about "Politics and Art: Changing the World." It is the third in Kate Miller's series of six classes called collectively "Women's Issues, Women's Lives." (We met at the Pacific Grove Art Center on Wednesday nights in October and November. Perhaps we will continue.)

Kate has brought her usual stack of books with pictures to share with us and thick notes to help her tell her stories. Tonight we will hear the lives of Maria Martinez, Lorraine Hansberry, Romaine Brooks, the Inuit artist Pitseolak, Rosa Bonheur, and Kathe Kollwitz.

First we all introduce ourselves. Each of us has a chance to say something about who she is, how she is feeling. Most of us simply share how much we love this class, how much we love and admire Kate. Kate glows. She is the most excited of all of us and says, "I have never felt so loved."

I look around at the 25 or 30 women here, and think how wonderful it is that all of us come here. This is real education: a subject that matters, a teacher who inspires, a place to share. This is what Adrienne Rich dreamed of when she spoke of a "Woman-Centered University." This is tribal teaching and learning, matriarchal education.

I have come without a notebook, rebellious against my obedient tendency to take notes, but when Kate begins to tell her stories my fingers grope quickly for a pen. I scribble all over the handout sheets. I should have remembered. Kate's ideas always start my mind racing.

Kate says the art made by women is always political art, because it reaches out to society. It brings a message of transformation. I object: isn't that the meaning and purpose of all art?

Kate disagrees, gently. She says in a culture where one is constantly devalued, trusting one's own creative vision is a revolutionary act.

She tells us about Maria Martinez, the potter of the pueblo; of how her work is a creation of the community, rather than an egotistical statement. I think, that is because it is like all tribal art. Community art is not gender-specific.

But pottery is a woman's art, in many tribes. Tribal pottery is for the family, by the family, has function as well as beauty, and enlightens daily living.

I think again. Remember the giant egos of the men who taught me pottery, then remember the centered, humble approach of Mary Caroline

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Reaching Through the Isolation

By Aly Kim

What race? I've heard there is only one race and that is the human race. Ideally, if the people of the earth lived that way, it would be great. We all haven't. I have felt race divisions in hearing "chink" or Chinaman; in hearing of Klan cross burnings, one near my home, in reading of Japanese internment and of black segregation.

I sometimes wonder about "internalized racism." Is there such a thing? Or is it a bias or a prejudice that people of color have? The semantics of it all becomes confusing. I know that I have certain reservations about other cultures that are not true. They are beliefs that, somewhere along the path of my life, I have picked up and held onto. It is scary to let go and find out the truth. Ignorance is bliss. Finding out the truth means having to

confront my feelings with others as well as with myself. So many times I do not see things that I have not wanted to acknowledge.

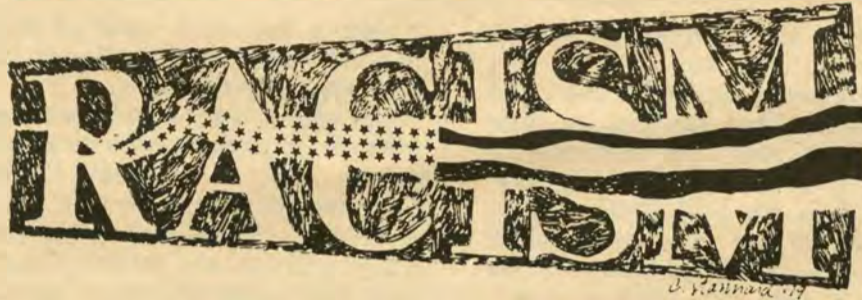
This is my idea of what it is to be culturally outwardly different. It's taken me a long time to look at who I am in this perspective. It wasn't until I was about 15 that I even dared to step outside the shelter of my inner sanctum, to accept and realize I was different, to stop turning my eyes inward because I

didn't want to look out. That was brief. It was at that time my sister and I began responding to "Ah so" with our own version of "Asshole." Those were harsh words for us since we never did cuss and here we were saying it to some tough marines who roamed the pier at San Clemente.

Most often, I would consciously forget I was, looked, acted differently and would be busy living my life when those kinds of things would hit me. I can see now that a

lot of my "forgetting" who I was had a lot to do with not wanting to be different. I wanted to be like everybody else. I wanted the same choices. I wanted to prove I was just as good and I worked hard to prove I was even better. I didn't realize all these things until now. Just as it's taken me years to acknowledge my lesbianism, it's taken me years to acknowledge my feelings about my ethnic background. I'm just beginning to see how rampant classism is and its interrelation with racism. I am Chinese. I am Korean. I am working-class American. I'm hungry to know others of similar experience. There is an amount of isolation being a feminist woman of color in a small feminist community. In addition, being a lesbian and wanting to connect with another of the same cultural background

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letters

Fairness Doctrine Challenged at KCBA

Editor:

I am currently involved in a dispute with television station KCBA which involves the rights of women and gays in Monterey and San Benito counties.

This station broadcasts a split schedule of Spanish language programs, the content of which I haven't enough Spanish to judge and an English language schedule which consists solely of fundamentalist evangelists such as Jerry Falwell and the La Hayes. As activists, you must be aware of the positions taken by these personalities: anti-abortion, anti-ERA, and anti-Gay rights.

Under current Federal Communications Commission regulations, the concept of the Fairness Doctrine still applies. This is a regulation which requires all broadcasters to present a balanced offering of opinion on controversial subjects. Under that provision, the conservative views of Falwell and others *must* be balanced with opposing viewpoints. This doesn't happen at KCBA.

I have contacted both the station and the FCC about this matter, and I'm sending you copies of the correspondence. That station

demands documentation of unfair programming, something that will require daily monitoring of their broadcasts, and exact details of what was said and when.

That's difficult for me to do alone. I would appreciate any help from those interested in insuring that listeners in this area are afforded a well-rounded presentation of ideas, particularly on subjects that are vital to you and me. Anyone who would like to help by watching KCBA for an hour or two each day or week can contact me at 659-4155.

There's a very good reason for doing this now. The Reagan administration has announced plans to dismantle the Fairness Doctrine and free broadcasters from any restrictions in presenting controversial subjects. If KCBA can delay decision until that happens, you will have lost your voice on that station, and many minority rights will be ignored there.

Patrick Franklin
Carmel Valley

A Sobering Anthology

Editor:

We are seeking material for a new anthology about survivors of

alcoholism-drug addiction, and the communities they live in.

The idea is to gather together, for the first time, the stories and dreams of those of us who are making sober and clean lives, in lesbian communities as well as in communities of our birth cultures and classes. This is a call for material from any woman who:

- has become a clean and sober dyke or
- loves clean and sober dykes or
- wants to live in a community where there is strength and joy and the beginning of an end to victimization in lesbian lives.

We are looking for articles and artwork in almost any style: journals, letters, fiction, poetry, songs, speeches, graphics or photography. We are interested in seeing anything honest that is not sloganeering or rhetoric.

Please send material to 11 Broderick, No. 5, San Francisco, 94117, by January 1.

Editors
Sober Dykes and
Our Friends
San Francisco

We Are Reality

Editor:

This letter is in response to an article in the October *Demeter* on Women, Work and Freedom.

There are parallels between the author and myself - I am 31, childless, intelligent, capable, etc., not to mention (dare I say it?) beautiful. The latter is my greatest liability and finally my greatest asset. For I say as I look in the mirror, "This is who you are. This is what is. Nothing more, nothing less."

I take a good long look. Yes, we are our bodies. For truth, we *must* look to ourselves, not society, or men, or parents, or most obviously, money. For we are part of society, part of the world, part of men, part of the universe. In short, we are Reality.

My only security is my free will. I am thankful daily for it and hope there will always be somewhere in the world I may be, where it is allowed.

Eve Lissner
Soquel

notes from Demeter

Our cover is a graphic by Carmel Valley artist Lynn Zanetta. We want to encourage local artists and photographers by providing space for their work. If you have artwork or photos that you would like published, please send them to *Demeter*, 229 Seventeenth Street, Pacific Grove.

Traditionally, December is the time of giving gifts and good cheer to loved ones. What could be better than giving friends a year's subscription to *Demeter*? Each month they will have delivered to them local news and events, stimulating articles, challenging viewpoints, updates on every area concerning women. And if that were not enough, also included will be poetry, book and movie reviews. Your gift of *Demeter* will keep your friends informed of real women's issues. Now, where else are you going to find all that?

A subscription to *Demeter* is only \$8 for a whole year. Remember - extend the joyful holidays into a joyful year, subscribe to *Demeter*.

We publish our deadlines on the calendar every month. If you have questions regarding deadlines, appropriate subjects and length of articles, or if you need help in writing an article, please call us at 375-5629.

When *Demeter* incorporated three years ago, we had to decide on the tax exemption issue. The pros were obvious: for example, we could receive tax deductible donations. Because of this we were able to obtain our typesetting equipment.

The other side of being tax-exempt is that we cannot take some types of political stands. We feel that being a thriving feminist newspaper is quite a stand in itself; however, we are not able to endorse a candidate or a specific issue. We report the facts as we see them and we will print letters to the editor that voice your concerns, but we have to be careful on the way we word it. It is tricky and sometimes frustrating but we think being a non-profit, tax-exempt corporation is worth it.

DEMETER

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Demeter is a feminist newspaper published monthly on the Monterey Peninsula. Our goal is to provide a forum for the exploration and formation of feminist issues and concerns and to provide information on events, news items and organizations of interest to the women's community. Opinions expressed are those of the individual author and not necessarily those of Demeter. We welcome and thrive on input from the community and will consider for publication material of interest to women which is not sexist, racist or homophobic in content. Material should be typed and double-spaced. We reserve the right to edit copy, but will contact the author if major changes are required. Please include name, address and phone number. Material will be returned only if the author specifically requests it. Deadline for copy is published each month in our calendar. Demeter's office is in the 17th Street Women's Professional Building, located at 229 17th Street, Pacific Grove, CA 93950. Our phone number is (408) 375-5629. Demeter is a non-profit, tax-exempt corporation. All contributions are tax-deductible.

The Gift of Attention

By Emily Fireweed

Women are taught always to think of other people first. Even as little girls we are trained in the ways of traditional motherhood. To give and give, to be "selfless," that is the ideal.

We have passed down from daughter to daughter a lineage of "selfless" women — women who do not know themselves, cannot care for themselves. We are a culture of women who go through life in dissatisfaction, bitterness and guilt.

Barbara Licht-Greenberg, a feminist therapist, is offering a series of three workshops designed to help women experience more satisfaction in their lives by learning what might be called the art of creative selfishness. I attended the first of the series, entitled "Giving Yourself the Gift of Attention," on Saturday, Oct. 30.

"Giving Myself the Gift of Attention" is an all-day workshop for women who are interested in developing self-care skills. Self-care is a process of developing self-awareness, self-acceptance, self-worth and discovering one's purpose.

This workshop is designed for women who understand the value of periodically setting time aside to catch up with themselves, their feelings, re-evaluate their relationships and their goals. The workshop will be held in a quiet safe environment.

For more information please call Barbara Licht-Greenberg at 375-8111.

Twelve women gathered at Barbara's home in Carmel Highlands. It was a drizzly day, but we were warmed by a blazing fire and the glow of the big room with its beams, its meditative music and its double view: one view looking out over the hill and the Pacific below, the other seeing through the many paintings on every wall, watercolors painted by Barbara herself.

It was a time for sharing, but

within a structure. We were guided through exercises or "processes" designed to help us re-evaluate our lives, our attitudes, our feelings. Barbara began by asking dozens of questions: How do you feel as a woman? What excites you? What angers you? What is important to you? With little time to think, it seemed our most spontaneous answers contained much truth.

The truth surprised me at times with its sudden simplicity. We spent the morning sharing our answers to these questions, and got to know one another better; but most important, we came to know ourselves a little better, too.

Lunch was a picnic, including a hot tub and easy conversation or a chance to be alone. During the afternoon we each chose an issue, a personal concern, to "work on." With writing, talking, imagining, and remembering, we found some new ways to look at our lives. We were guided to fully accept our feelings, then LET THEM GO. There was a tangible excitement in that room. There was also the comfort of mutual trust and support.

I had at least one moment of "insight" into myself, a sudden falling together of the pattern in a new and simple way. In the days that followed, it became clear to me that real change had occurred around my own "issue." The process had been painless, in fact pleasant, though not without tears. It amazed me how in such a short time, I felt a new easiness: comfort with myself and my situation.

It is hard to say in printed words what the experience of Barbara's workshop was for me. Certainly, it was different for each of us. I already "knew" it is important to be aware of my own needs, to accept myself. But I usually forget how to do it.

Taking care of myself is both more familiar and more difficult that I had thought. It was not a new lesson, but one which I seem to need to learn and re-learn.

Motherpeace Tarot Workshop



Vicki Noble

On Sunday, Dec. 12, from noon to 6 p.m. there will be a "Motherpeace" workshop for women with Vicki Noble, co-creator of the round feminist *Motherpeace Tarot Cards* and author of *Motherpeace: A Way to the Goddess Through Myth, Art and Tarot* (Harper & Row, January 1983).

The workshop will include slides, material from the *Motherpeace* book, and use of the *Motherpeace Tarot Cards* for visualization and conscious personal change. The focus will be on the healing power of the female force — the feminine archetype of the Goddess in her ancient forms as well as the way she manifests for us today.

Motherpeace cards will be for sale, and with luck, early copies of the book will be available for sale at the workshop.

The workshop will be held at a private home in Pebble Beach. The fee is \$30 and to register, call Ingrid at 624-5717 or Vicki at (415) 339-0878.



Safe Transition Homes

By Susan Silver

The YWCA Domestic Violence Program is in dire need of Safe Home providers. Do you know of anyone who may be interested? Maybe even you?

Safe Homes are a crucial component of the shelter program, serving several functions:

— Often, the shelter is full and there are still women in need of services. A Safe Home fills this need until a bed opens at the shelter.

— Some of the women who call the crisis line are not ready to make the 10-day commitment that is a requirement at the Shelter. Often they need a safe, calm place to stay for the night "until things cool off," or until the light of day when decisions come more easily.

— Some women who complete the shelter program are not yet ready

to live alone. In some cases, this is the first time they have not been with parents or husband. Some have never written a check, paid a bill, or worked. These are called Transition Homes.

Safe Homes entail a limited stay, usually no more than three days. Transition Homes entail a longer stay and can be arranged in a variety of ways.

Some women are not ready to live totally alone when they exit the Shelter. Another problem is the lack of affordable housing on the Peninsula. Some clients are virtually forced to return to a volatile situation just to maintain a roof over their heads.

If you can help, need more information, or have questions, please contact Bobbie Severson at the YWCA, 276 Eldorado, Monterey, 649-0834.

New Semester at MPC —

(Continued from page 1)

College for the Spring semester. In next month's *Demeter* we will look at the remaining four.

There had originally been more classes planned for the semester such as Women in Film, and a course on Third World Women. These were not available for a variety of reasons. Women's courses in general and courses on women of color in specific, are not given high administrative priority. One way to help the administration understand the need for Women's Studies courses is to demonstrate a high enrollment in courses presently offered.

Pre-enrollment is important for the continuation of a course since any class that does not have more than eight students pre-registered before the semester begins will be cancelled. A course that does not have at least 15 students enrolled at the beginning of the semester will be cancelled.

If you would like to take a course through Women's Studies, it is imperative to register as soon as possible to make certain that the class is not cancelled. Registration by mail begins Nov. 29. Registration packets will be available at the

Admissions Office in the Student Building at a cost of \$2. They must be completed and returned by Jan. 7. Regular on-campus (standing in long lines) registration takes place Jan. 24-26. Failure to attend the first class meeting will result in cancellation of your enrollment in that class.

Women's Studies courses are essential in the promotion of women's culture. For many it is the first time that they have heard or thought of women's accomplishments in history. For others it is the spark and the encouragement that keeps them going in these hard conservative times.

These classes are different than most schooling we have all endured. They may be taken for a letter grade or credit-no credit. And, whatever your reason for taking a Women's Studies course, you will be amazed at how much women have done against incredible odds, you will be proud of women's heritage, you will have gaps in traditionally taught history filled in, and no doubt, a renewed enthusiasm for yourself and your own directions. Please support Women's Studies — you will be doing yourself a favor.



Diana Case (left) and Paula Butterfield

Compiled from Her Say

Women's Vote Decides

Women's votes were decisive around the country last month in boosting pro-women's rights candidates to office.

The National Organization For Women is reporting that of the 109 candidates it supported with campaign funds from its political action committee, 66 were elected. Supporters of women's rights, NOW says, carried off 21 new seats in the House of Representatives.

The women's vote, NOW says, was equally effective in state races. The women's vote, the group says, tipped the balance in races for the governorships of Michigan, Texas, and New York State. In Florida, Illinois, and North Carolina, three states which NOW had blamed for the defeat of the Equal Rights Amendment, pro-women's rights candidates won in substantial numbers. Ten anti ERA state senators were unseated in Florida, and the numbers of women state senators were doubled in that state. In Illinois, the numbers of women senators nearly doubled, and in North Carolina, pro-women's rights candidates won in 26 of 35 races targeted by NOW.

What this means, a NOW spokesperson told Her Say, is that if the ERA were to come up in these states today, it would pass.

Fewer Secrets

A new film titled *No More Secrets* is teaching children how to defend themselves against incest.

Children in the 13-minute film demonstrate ways to say no when adults touch them in uncomfortable ways, and explain that children are not to blame when such abuse occurs. The film also comes with an instruction book for discussing

incest with children. The movie's producer, Oralee Watcher, told the *New York Times* this is the first film on incest made specifically for children.

The film was produced under a grant from the National Center on Child Abuse and Neglect, with advice from programs for preventing sexual abuse.

FBI Takes Out Trash

Newly-released documents obtained under the Freedom of Information Act have revealed that the FBI did indeed spy on Gay and Lesbian groups during the 1970s.

Stanford University gay activist Ray Koskovich says he obtained 19 pages of material in response to his request for information about FBI surveillance at Stanford. Koskovich told Her Say he was "completely amazed," however, when he found the bureau had sent him information about spying at other schools as well.

The FBI documents indicate the bureau kept tabs on lesbian and gay groups at the College of San Mateo, the University of California at Berkeley, and California State University at Hayward, as recently as 1975. The file sent to Koskovich includes a letter sent from a woman gay rights leader at the College of San Mateo to singer Joan Baez. A heavily expurgated memo attached to that letter, Koskovich says, explains that the informant had "found the materials on top of a trash can."

Koskovich says Stanford's Gay and Lesbian Alliance is filing an appeal to the Assistant US Attorney General in Washington for the release of additional documents. He adds, he is notifying the groups listed in the FBI dossier of the bureau's interest in their affairs.

But Not 'Positively'

A watchdog committee formed by the Nestle Company decided last week that the firm had indeed responded "positively" to World Health Organization (WHO) guidelines on the marketing of baby formula.

However, organizers of a five-year boycott against Nestle claimed as recently as last week that the giant food manufacturer had committed 30 violations of the WHO guidelines in eight Asian and Caribbean countries.

A spokesperson for Clergy and Laity Concerned said the boycott would continue to "encourage full compliance with the code and effective implementation in all countries."

Nestle's critics charge the firm's aggressive marketing of its formula has led to the deaths of infants who were given formula mixed with unclean water or formula that their families over-diluted as a cost-cutting measure.

Domestic Partnerships

San Franciscans may soon be joining their hands not in marriage, but in "domestic partnership."

That's if San Francisco Supervisor Harry Britt has his way. Britt plans this fall to introduce a landmark city ordinance which, according to a Britt aide, will protect gay and lesbian lovers, straight couples who live together, and other partners in close relationships that don't actually involve marriage.

The ordinance would reportedly give domestic partners the same rights as spouses when seeking insurance coverage or visiting a city jail or hospital. Under the proposal, unmarried people will be able to

register their domestic partnerships with the city clerk.

San Francisco's city attorney is currently studying the idea.

Women's Research

As federal financing fades for Women's Studies programs, a new network has formed to help fill the gap, the National Council for Research on Women.

The council, according to the *New York Times*, aims to promote collaboration in research projects, and to build a network of researchers and programs on women. Council President Marian Chamberlain predicts the council's 28 scholarly centers will "play an increasingly important role in both scholarship and policies of this nation."

Fairness for Midwives

The American Medical Association doesn't want midwives competing with doctors for hospital delivery rooms, and it's willing to cut the powers of the Federal Trade Commission to keep them out.

The FTC is currently looking at a number of cases in which nurse-midwives have been denied hospital delivery room privileges. According to *The Washington Post*, nurse-midwives charge less than doctors, and spend more time with patients, but their practices are frequently limited to home births because hospitals will not accept their patients. The FTC is reportedly looking into such restrictions as possible restraints of trade.

The Post reports that the AMA and the American Dental Association have raised almost 2.5 million dollars to back legislation that would limit the powers of the FTC to pursue this kind of investigation.

Reaching Through the Isolation

(Continued from page 2)

makes the community even smaller. It is for these reasons that we, lesbians of color, need to build strong networks, to make the space and time to be together, to reach out and to be visible to each other, to know who and where we are.

I want that support. I want the visibility. I want to go to meetings and see there are more feminists and lesbians of color. I want to see that we aren't all hidden in isolation. Part of oppression is keeping peoples divided. As people of color, as women, as lesbians, as feminists,

we need to take our differences and work together.

This year Califia held its first women of color feminist camp. My eyes were opened. But I still felt isolation because there were few Asian women and we were not vocal. I have a lot of questions about that. Why aren't we represented more? It is because our cultural attitudes say that women should be passive, submissive, modest, not make waves? (We know that feminism is making waves.) For me, visibility is a burning issue. I was hoping for more.

I wonder also, in hearing that we are one race, the human race, are we buying into a system that invalidates our feelings by saying we are one, so why be divisive. It is not divisiveness, it is coming together in common experiences and sharing individual cultures. It is building a community on diversity and similarity.

Holly Near says it clear in her song, "Unity . . . Doesn't always mean agreement. . . It doesn't ever mean the same. . . We are the sailors and we're in mutiny. . . The safety of this journey depends on Unity."

In times when right wing attacks

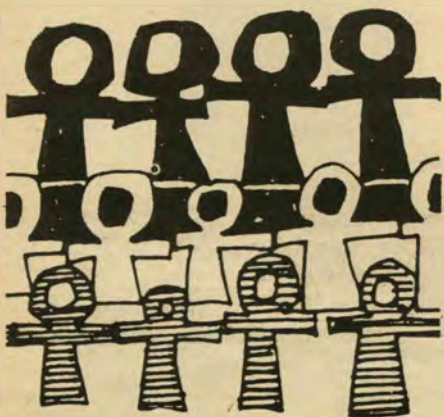
are stronger than ever there is a need for us to work together building support systems, networks and communities.

The networking and community began with the first Califia Women of Color Camp. It has continued and bring us to Women of Color Califia II. The second annual camp will be held Memorial Day weekend (May 1983) at a yet undetermined location. Any woman of color interested in doing a workshop or any other work for the camp can contact Women of Color Network, Califia Community, PO Box 1034, Studio City, CA, 91604.

Los Angeles Lesbians of Color are also working on expanding our network and community. They are planning the first National Lesbians of Color conference to be held during the weekend of July 4, 1983, at a southern California camp. The theme for this 'mini-vacation spiritual oasis' is "Sisters Bonding Together." If you are willing to read poetry, journals, plays, novels, excerpts, etc., to perform music, dance, theatre, to exhibit artwork, video, film, to suggest and-or conduct workshops, contact Los Angeles LOC, PO Box 2344, Los

Angeles, CA, 90057. In order for this to be truly national we need to work together.

We need to bond into a strong force, pulling together out of our isolation, scattered miles across this country to make these gatherings a success.



Family Birthing Center at CHOMP

By Emily Fireweed

Community Hospital has been the only non-military hospital available to mothers in the Monterey Peninsula. The birth rate at Community in 1982 has climbed from 90 to about 115 babies per month — a new "baby boom," resulting from the former baby boom of the late 1940s as these women, now in their 30s, are finally deciding to have children. But Peninsula women are no longer satisfied with the options for childbirth that are available to them in the medical community.

There is a belated but growing demand in this country for "parent-controlled childbirth." The changing family role expectations brought about by the women's movement have included some radical changes in our attitudes toward birthing babies. Many women now refuse to accept the passive role in childbirth.

The "traditional" (that is, mid-twentieth century) childbirth model was doctor-centered, rather than mother- and child-centered. The woman remained passive throughout, usually unconscious or semiconscious; she had no choice in what was done to her during the "operation" (which was delivery) to cure her "disease" (which was pregnancy).

For the past 10 years or so, there has been a growing interest in a return to the truly "traditional," that is, family-centered, woman-centered, model of childbirth. Since our earliest evolution from the ape (or whatever) women have given birth at home, often with the help of a midwife or women relatives. The childbirth situation was seen as a normal part of existence rather than as a disease to be treated and operated upon.

But the new home-birth

movement has encountered legal difficulties in many places, including Monterey County. The prosecution this year of midwife Terry Calhoun demonstrated the paranoia of the medical establishment about birthing processes that are not dependent upon doctors and hospitals.

And many families, although they would like a home birth, feel more comfortable with the availability of doctors and hospitals to guard against the medical risks that are indeed inherent in birthing. It is certainly true that childbirth used to be a frequently dangerous, albeit natural, process, resulting not infrequently in death of the mother and/or infant.

A blending of home-birth and hospital-directed birthing ideas has begun to come about partly as a response to the ideas of the French physician Fernand Leboyer. Leboyer advocated gentle birth processes, with dim lights and soft music, and with a warm bath to introduce the newborn into the world instead of the usual slap on the bottom.

Many hospitals during the past few years have established birthing centers where babies can be born more gently, in a homelike atmosphere.

Finally, Community Hospital is responding to the demand for a choice in childbirth with the building of its new Family Birthing Center.

The Family Birthing Center is to be part of the new Outpatient Pavilion, and will open in early 1983. It will provide a living room in which families (both parents and other children) can be together during the mother's labor.

There will be two birthing rooms, designed to look and feel like

bedrooms, decorated in earth tones, soft textures, and with wooden beds. Lighting will be by lamps rather than harsh spotlights. There will be one nurse assigned to each mother during her labor and delivery. The mother will be able to care for her own baby rather than giving it up to the nursery staff.

Thus, CHOMP will try to simulate the midwife-attended home birth, while still including obstetricians, and maintaining availability of the hospital's facilities for emergency situations that may arise.

The Family Birthing Center will place increased emphasis on prepared childbirth, as both parents or partners will be required to attend childbirth education classes as well as a Family Birthing Center

orientation class.

The Family Birthing Center will be available to any mothers who are considered to be at low risk. Because there are only two birthing rooms available, and because of the low-risk requirement, this means that only 30 to 40 percent of mothers who give birth at CHOMP can use the facility.

Perhaps the Family Birthing Center is only a beginning. What is learned by the clients and the staff of the new Center may spread outward like rings in a pond, until the childbirth experience for all women becomes a more natural, joyful one shared with the family, and responsive first to the emotional as well as the physical needs of the woman herself.



Kathe Kollwitz, Self Portrait, 1934

Unveiling Our Culture —

(Continued from page 1)

Richards, the potter and poet. I start to wonder about the difference between male and female artists.

Judy Chicago made pottery, too; plates for her Dinner Party. The Dinner Party was also a "tribal" creation. Over 200 people stitched and potted and painted and researched this celebration of women's history. I cannot think of a male artist in our culture who has worked that way, but maybe I am wrong.

Kathe Kollwitz drew mothers with dying children, people hungry and war-stained. Her commitment to the world drove her to her tragic and impassioned art. I try to think of a comparable male artist, and succeed: Van Gogh, Rodin, Picasso (especially Guernica); there are many. The artist as a species is a visionary, is highly sensitive to human feeling and to beauty. Perhaps, I think, the artist is a female species. What an idea! Maybe all those macho art teachers I had were only covering up their fear of the woman in themselves.

Women artists in our society are usually trained by men. They have to compete in an art world founded on the marketing of machismo. Some of us succeed by out-machoing the men: Kate tells of Rosa Bonheur who (in 1852) received special permission from the police to wear trousers so she could paint animals in the slaughterhouse.

Others, like Georgia O'Keefe, married into galleries. Terribly few of us made it at all. Few, like Kollwitz, would or could match marriage and art, or like Romaine Brooks, had the nerve to flaunt our woman-identified ideas and sexuality. We were a hidden species, a buried gender.

Slowly, feminist art is beginning to paint us all

over the walls of the world. Male artists have always painted women: "Woman" idealized, as Muse, as Temptation. Now we are beginning to see our real selves at last, loud with our grief and visions, solid with our sweat and dreams.

Now also we are learning that our traditional arts (quilting, stitching, pottery) are *fine arts*. We are learning that our personal lives are appropriate subject matter for art. The personal is political, says Alix Kates Shulman.

Kate says that "art and politics are the same thing." The political, she says, is that which encompasses the power to make change. Art provides us with a guiding image of a possible self. I extend her ideas: art is a reaction to the experience of living, expressed in form or language.

Politics reacts to living by direct action, the changing of lives. Art can have political power, maybe has the most power when it is the most personal. And politics, says Kate, needs to learn from art the importance of beauty, and of the individual. The Eskimo woman Pitseolak said, "Being an artist is a very important thing because it makes people happy."

All art may have political power, especially when it is created outside the marketing system of our culture, when it is most simple and most a part of our lives. If we are feminists, then our art is an expression of our feminism, even if it does not make an obvious political statement. Our whole nature expressed in freedom — that is our feminism.

Class ends reluctantly. We could go on and on. To be learning, at last, about women! I think about the art of teaching: Kate's art, the art of the storyteller. Teaching is personal vision. Teaching is art. Teaching is political.

for Kate, her love and her wisdom
You give me support
it gives me strength
to cry
to believe in myself.

Quilting My Life: Putting Me at the Center

"squeezing around trying to fit women in
male history. . ."
squeezing around trying to fit myself in,
I look around the room and see
many white faces. . .
Do I need to make my own books
like women writing "herstory"

I want to cry.

I put myself behind, watching, observing,
distracted from your voice
by my thoughts of. . .
why aren't there more of me?
no, it's just me, it's really okay,
I'm making a bigger deal of it than
what it Really is.
Why am I setting myself apart?
I Should just take what I can,
what I want of your knowledge.

I look around the room again
These faces, these women
They are my friends.

I still want to cry.

— Aly Kim

thursday 2

Japanese Paper Doll Making Class at the Seaside Multi-Use Center, 2:30-3:30 p.m. Sponsored by the YWCA. Call 649 0384 for more information.

"Go for Wellness," a free class is offered for you to learn feasible strategies and action plans to continually improve the state of your physical, mental, emotional and spiritual well being. The approach is developing a lifestyle that is effective and fun. Stephanie Allen of Access to Potential will lead the class, 7:30 p.m., Crossroads Community Room in the new phase of the Crossroads Shopping Center, Carmel.

Bisexuality Support Group meets. For more information, call 394-5085.

Calendar listings appear as scheduled at press time. Because of the possibility of changes, due to advance scheduling, please verify events before attending.

friday 3

The 12th annual meeting of Planned Parenthood of Monterey County will be held at the Hilton Inn Resort, Monterey. A no-host bar will be open at 6 p.m. and dinner will be served at 7 p.m. Guest speaker will be Timatha S. Pierce, vice president for communications of Planned Parenthood Federation of America, the national organization headquarters in New York.

Reservations required. Call Planned Parenthood at 373-1709.

Lesbian Rap Group meets. Topic: "What do you call a one-night stand that means a lot?" Call 624-2133.

saturday 4

"Giving Myself the Gift of Attention," an all-day workshop for women by Barbara Licht-Greenberg. Please call for more information, 375-8111.

monday 6

Demeter meeting and deadline for copy. 229 17th St., Pacific Grove, 7:30 p.m. All interested welcome.

DEMETER
Women's News of the Monterey Bay Area

tuesday 7

Assertive Listening Workshop teaches active, attentive, total listening to the verbal and non-verbal message another is sending. It means accurate and direct responding. Taught by Alicia O'Neill. 5:30-7:30 p.m., \$6 fee. Call UFM for more information, 373-2641.



wednesday 8

In Praise of Being Single, a positive singles workshop facilitated by Frances Horn and Therese Donath. Being single is an opportunity for personal growth--defining your goals and ambitions. Being single offers infinite possibilities from new careers and new hobbies to a new you. 7:30-9:30 p.m., \$6 fee. Call UFM for more information, 373-2641.

BEING SINGLE

thursday 9

League of Women Voters of the Monterey Peninsula General Meeting. Topic: Monterey County Land-Use or Abuse? First Presbyterian Church, 501 Eldorado, Monterey. \$3.50 for luncheon at noon, program at 12:45. For reservations and child care call Shirley Loomis, 625-2810.

Bisexuality Support Group meets. For more information, call 394-5085.

friday 10

Lesbian Rap Group meets. Topic: Women's spirituality, healing and power. Call 624-2133.

Demeter deadline for calendar listings.

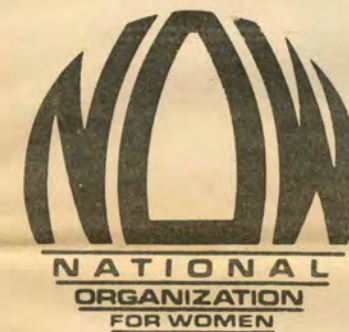
saturday 11

Hanukkah

Problem Solving Program. Dramatic life style changes are expected of successful women today. Learn a rapid problem solving technique to resolve concerns in your personal and/or professional life. Led by Claudia Daniels and Lynne White Dixon. \$50, includes lunch. 10 a.m.-4 p.m. For more information call Cypress Institute at 372-6242.

wednesday 15

NOW Board Meeting at 6:45 p.m. and general meeting at 7:30 p.m. at Monterey Public Library.



thursday 16

Bisexuality Support Group meets. For more information, call 394-5085.

friday 17

Lesbian Rap Group meets. Topic: Feminist Humor, Tacky Jokes--share yours. Call 624-2133.

thursday 23

Bisexuality Support Group meets. For more information call 394-5085.

saturday 25

Christmas

**MAKE THE JOYFUL HOLIDAY
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Graphic by Sandy Bennett

Come rock your roll and boogie all night.

You'll have a blast dancing to the sounds of the past. It's happening December 4, 8 p.m. at the Japanese American Citizens League Hall, 424 Adams Street, Monterey.

Bring a picture of what you looked like in the 50s to hang with the rest of the gang. Cost will be \$3 with proceeds to benefit women in the community. We welcome any help.

Call Aly at 375-0550 or Lynn at 624-5110 for more information.

Ongoing

Tuesdays

Yoga class at the Multi-Use Center in Seaside. 1:30-2:30 p.m. Call the YWCA at 649-0834 for more information.

Support Group for Rape Victims designed to increase the victim's positive self worth and decrease isolation. Lynne White-Dixon facilitates the group. Sponsored by the Rape Crisis Center, 651 Van Buren, Monterey. 7:30-9 p.m. Call 373-3365.

Support Group for Mothers. Led by Joni Caldwell. Offered through the Family Resource Center, 500 Hilby Ave., Seaside. 1:30-3:30 p.m. Call 394-4622 for more information.

Wednesdays

Women's Problem Solving and Support Group. Through mutual support and brainstorming, women resolve conflicts they may be experiencing in their personal or professional lives. Offered by Claudia Daniels, M.F.C.C., and Lynne White-Dixon, L.C.S.W. Sliding scale fee. Group meets 6:30 p.m. Call 624-0570 or 646-0117 for information.

Thursdays

Women's Support Group for sharing and receiving support in personal relationships. All are welcome. Call Jacqueline Hudson at 624-3589. Group meets in Palo Colorado Canyon.

Weekly women's group for support and problem-solving in personal and professional issues. For self-expression, clarification and direction. For exploring options and expanding your potential. Contact Diana S. Case, licensed marriage and family counselor with 13 years' experience, 375-6142.

Bisexuality Support Group meets Thursday nights. For more information, call 394-5085.

Thursdays

Parents Anonymous, a self-help group for those concerned about their interaction with their children. Sponsored by the Child Abuse Prevention Council. Group meets at 6 W. Gabilan, Salinas. Call 758-2910 for more information.

Gay and Lesbian AA meets 8-9:10 p.m. at the Monterey Neighborhood Center, corner of Dickman and Light-house, Monterey.

Fridays

Lesbian Rap Group, a support and discussion group offering lesbians an opportunity to share feelings and experiences in an open environment. Topics vary, with occasional guest speakers. Call 624-2133

The YWCA Domestic Violence Support Group is designed for women involved in violent relationships. It meets 1-3 p.m. at the Family Resource Center, 500 Hilby, Seaside. Child care is provided. Contact Paula Butterfield at 649-0834 for more information.

Sundays

Lesbian AA meets 7-8:30 p.m. at Janus Recovery House, 202 7th Ave., Santa Cruz.

Other

Bisexual Support Network meets first and 16th of each month, 6-10 p.m., at the Loudon Nelson Center, Santa Cruz.

National Organization for Women meets the third Thursday of each month at the Monterey Public Library, 7 p.m.

Women's Action for Nuclear Disarmament meets every month. Call 625-2379 for specific dates, times and locations.

The YWCA Creative Writing Group meets 7-9 p.m. in the Monterey YWCA library. In this group, women share their writings, and receive supportive feedback.

HOLLY NEAR

On December 18 Holly Near will conclude her five-country European and 45-city U.S. tour with a grand finale concert at the Berkeley Community Theatre.

The tour and this concert celebrate the release of Near's sixth album, *Speed of Light*, on Redwood Records. The first single, "Back Off," is already being played on radio stations across the country and is on its way to becoming a Top 40 tune. It was picked as a Recommended Top 40 in *Billboard Magazine* the first week after its release.

Near's December concert in Berkeley represents the first time Bay Area audiences will be able to hear her new material live. She will be joined on stage by several of the musicians who played on the album, including Adrienne Torf on piano, Carrie Barton on bass, and Cam

Davis on drums. Susan Freundlich will provide artistic sign language interpretation for the hearing impaired.

The concert takes place at 8 p.m. on Saturday, December 18 at Berkeley Community Theatre, Grove and Allston streets in Berkeley. The theatre is wheelchair accessible, and there will be a special disabled and hearing impaired seating section.

Tickets are \$9.50 and \$8 (\$5 for under 12 and over 60).

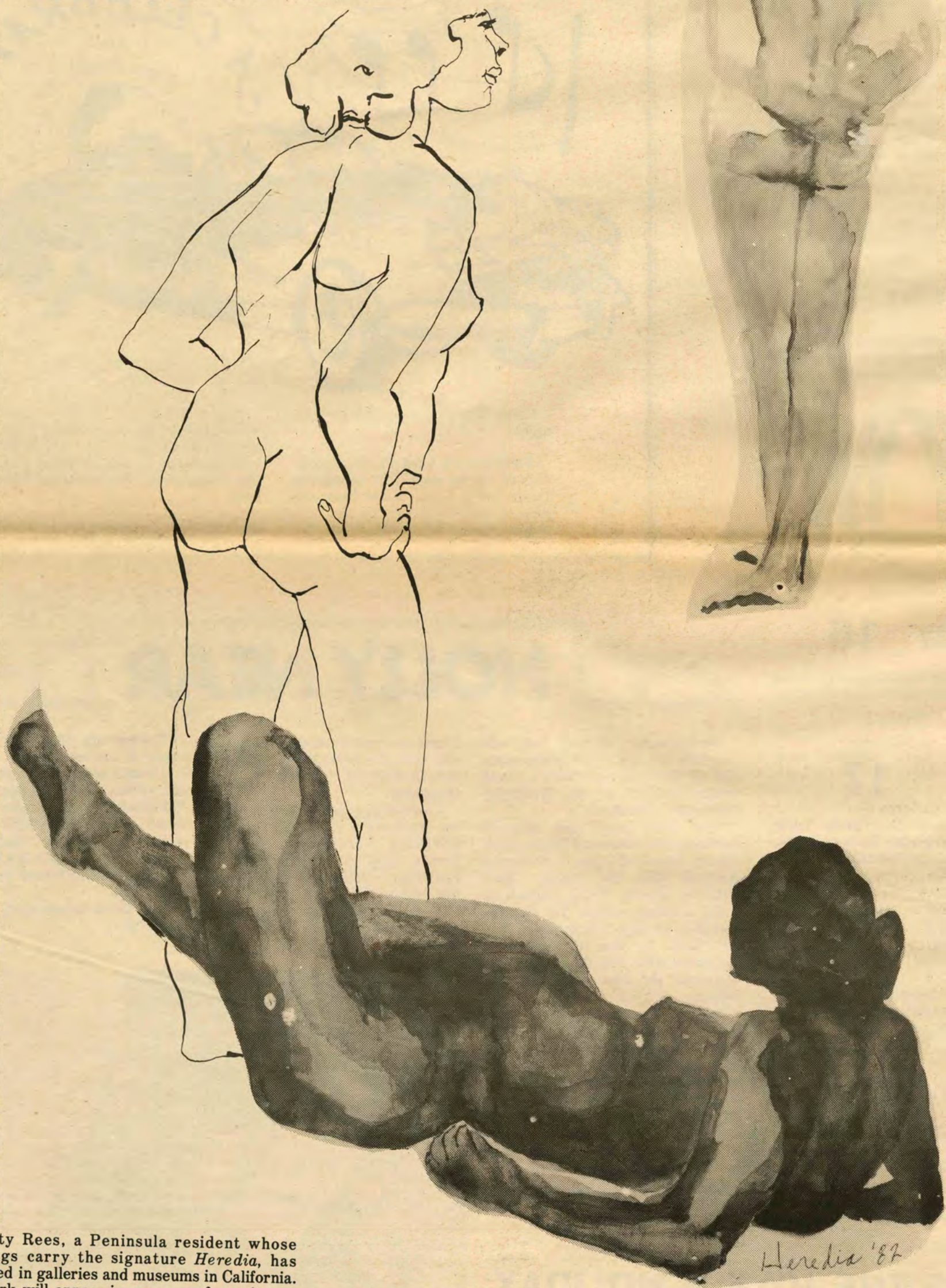
Tickets are available at the Great American Music Hall box office, 859 O'Farrell, S.F., 94109 (for mail order send check and SASE to Great American Music Hall before December 6), all BASS ticket centers and Old Wives' Tales in San Francisco.

For more information call (415) 885-0750.



Holly Near

The Many Moods of Heredia



Betty Rees, a Peninsula resident whose drawings carry the signature *Heredia*, has exhibited in galleries and museums in California. Her work will appear in our pages from time to time.

Sappho's Isle



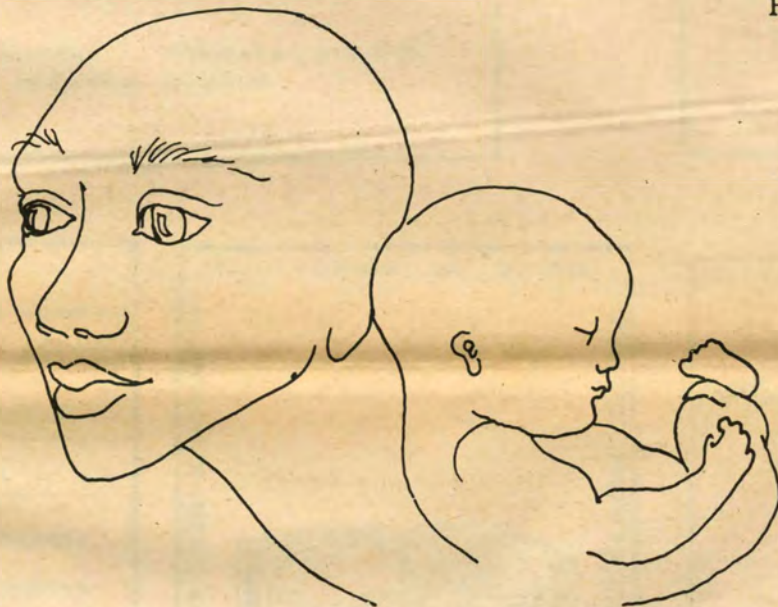
"Children and Families" is our poetry theme for this holiday season. Our theme for January 1983 will be "Memories." Please send us any poems you may have that relate in some way to this theme by the December 6 deadline. In February, we'll honor "Love" by printing some of the many striking love poems we have received during the past months. February's deadline is January 10. Graphics as well as poetry are always welcome.

A Woman

I know a woman
 who has a dog
 and in the morning
 she says
 "Good morning dog"
 and she works hard all day
 caring for a lot of people
 and when she comes home at night
 she fixes some hamburger
 and drains off the fat
 so she can give a little
 to the dog
 who has a very delicate stomach
 and when she goes to bed
 she says goodnight to the dog.

— Ruth Hatch

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Graphic by Gerrica Connolly

Encore?

Loss of children to adulthood
 is one death.
 The slow nurturing effort,
 now smothers them.
 To have this mothering
 suddenly snap,
 Is to sever life from form,
 to lose meaning.

Having cooled fierce hope
 with all those tears.
 Accepting the lonely detached self
 as in death.

Who would answer the
 phone call to return?

—Grace Lou Osoinach

Women and Children First

They used to protect us
 if a ship sunk
 if a building caught fire,
 even in war though they raped us, they
 usually let us live.

We couldn't own land
 sit on juries, heal with herbs
 or go to school

but they did recognize
 we were necessary.

Now barrels of plutonium
 leak in the ocean, seep underground,
 cores of radioactive ore
 lie about like sand piles, accidents
 that couldn't happen
 happen.

Most susceptible are the young:
 children, babies, babies in our wombs,
 Women and children first.

—Copyright Ellen Bass



Graphic by Linda Miller

Women Raise Children

I was too young to understand when Martha used to mumble through a mouthful of snuff, "the family means everything." Other neighbors in the township didn't value Martha's philosophy too much. She had a dirty habit, dipping snuff. She wore a red railroad bandana around her head, and longjohn underwear in the winter, that part was absolutely essential. She had to get up early in the bittercold winter mornings and make a fire, milk the cows and send her three little girls to the one room schoolhouse. No one knew where her husband had gone when the baby was a month old. If Martha knew, she didn't divulge it. She said once in answer to a question about what happened to John: "He lit out." She never alluded to him again. She said, "Women raise children," and she proceeded to do just that. Her daughters were bright imaginative girls and excelled in school. I lost track of them when I came West in the Dustbowl 30's. Last year, a cousin came from the old township area on a visit. She asked, "Do you remember Martha Gates and her three girls? The oldest girl is a neurologist, the second a member of the Oklahoma Supreme Court, and the baby girl is running for governor."

— Isabela Gulerma

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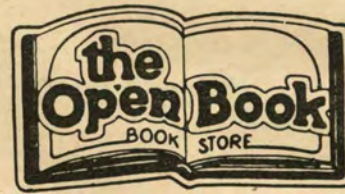
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— Carl A. Faber, Ph.D., Psychologist, Author, Lecturer

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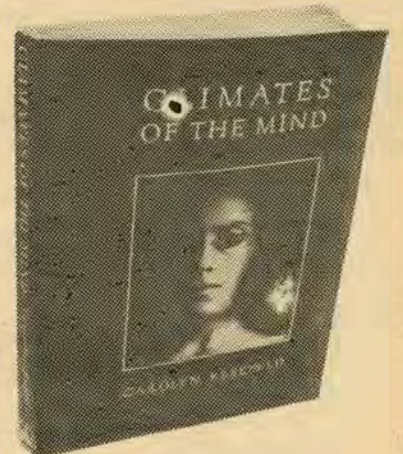
— Joan Healy, Psychiatric Nurse, Nursing Teacher

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BABYSITTING Co-op in Pacific Grove: I am interested in starting a babysitting co-op for occasional childcare with other caring parents. If you would like to become involved or would like more information, please call Georgann Taylor, 373-6846.

FREELANCE writers, editors, artists, musicians, what-have-you: if you are interested in forming an organization for the purpose of obtaining rates on Medical benefits plan, please leave message for Emily at Demeter office, 375-5692.

SUBLET: I would like to sublet my studio in Carmel from Dec. 21 to Jan. 20. My cat needs love and attention while I'm in Germany. \$275 includes utilities. Estalee, 624-4714. If I'm not home, please leave a message on my machine.

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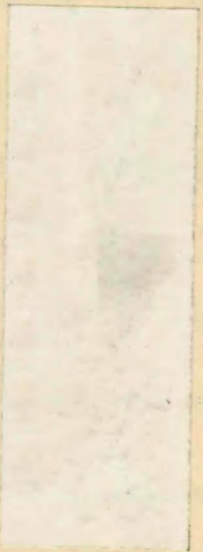
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