



Serving the womyn's  
community  
since 1983

# Herland Voice

volume twenty-nine number four

[www.herlandsisters.org](http://www.herlandsisters.org)

december 2011

## sexual orientation added to city of okc non-discrimination policy

A measure proposed by Ward 2 Oklahoma City Councilman Ed Shadid that extends employment discrimination protection in city offices to gay people passed on November 15, 2011 by a 7-2 vote. Debate on the measure lasted more than half of the council meeting. The measure adds "sexual orientation" to the list of protected equal employment opportunity classes. Gay employees and job applicants already had de facto protection from employment discrimination, city staff said.

In advocating for his measure, Shadid said his instinct as a businessman is to provide protection to everyone. He also said Scripture is too unclear and subjective to sway him. Councilmen Pete White, Gary Marrs, and Ed Shadid spoke for the measure. Also voting for it were Mayor Mick Cornett, and Council members Meg Salyer, David Greenwell, and Pat Ryan. Councilmen Larry McAtee and Skip Kelly cast the dissenting votes.

A crowd of 100 packed the council chamber and the number of speakers for and against was roughly even. Those speaking against the protection often cited religion as their reason. Pastor Tom Vineyard of Windsor Hills Baptist Church received a standing ovation after stating that more than half of the murders in large cities are committed by gay people.

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## drumming workshop & drum circle

Join us at 3 pm on **Sunday, Dec. 11** for a basic and intermediate drum workshop followed by a drum circle. Bring djembe, dunun, frame drum, ashiko, conga, sabar, bells, shakers, clave', and other percussion instruments. Wahru will cover djembe' and ashiko basic and intermediate techniques, hand positions for base, tone, slap, playing with balance, playing the flam, emphasis and syncopation, how to play the heartbeat bass drum (dun drum), timing, feeling the rhythm, how to play together, how to get back into the rhythms when the pattern is lost, 4/4 and 6/8 drum beats, clave' and bell patterns, and finding a beat that fits when jamming. She will also cover some conga basics. Intermediate drummers will be encouraged to practice a lead pattern and solo jamming. Though her focus is Afrocentric, participants will experience rhythms patterns that may be used in facilitated and freestyle circle drumming. Since we are having a drum circle at the close of the workshop you may make/bring other types of percussion instruments. These will be used primarily in the drum circle and not the workshop. Suggestions: 1) empty pill bottles filled with gravel, hard beans, or rice for shakers; 2) 5 gal round plastic bucket or some larger round plastic container and suitable playing stick; 3) Small cooking pot that you don't mind beating on and some sort of playing stick; 4) Large empty water jug. Suggested donation is \$15. Check out Wahru's website at <http://drumwahru.weebly.com>.



## events

### dec 2011

*Book Study* Sat. Dec 3 Herland 1:30 pm

*Mary & Louise* Sat. Dec 3 Full Circle Bookstore 7:30 pm

*PFLAG-Norman* every 2nd Thursday Dec 8 St Stephens Church 7 pm

*Scrapbooking Workshop* Sat Dec 10 Herland 1-5 pm \$5

*Sisters of Swing Christmas Shows* Saturday Dec 10 St Johns 5401 N Brookline first show 2 pm second show 7 pm

*Wahru Drum Workshop and Circle* Sunday Dec 11 3 pm at Herland \$15

*Sisters of Swing Christmas Show* Sunday Dec 11 Santa Fe Depot in Norman 7:30 pm

*OGLPC Meeting* every 2nd Mon Dec 12 at Cimarron Alliance, 729 NW 17th, 7 pm

*Will Sing for Food: Food Pantry Benefit Concert* Friday Dec 16 Church of the Open Arms 3131 N Penn 7 pm

*Herland Board Meeting* Sun Dec 18 4 pm

### jan 2012

*Herland New Years Day Potluck and Games* Sun Jan 1 1 pm

*Code Pink Peace Ribbon Workshop* Saturday Jan 7 10 am to 4 pm at Herland

*OGLPC Meeting* Mon Jan 9 7 pm

*PFLAG-Norman* Thursday Jan 12 7 pm

*Herland Supper Club* Saturday Jan 14 Golden Palace 1500 S Meridian 5:30 pm

*Herland Board Meeting* every 3rd Sun Jan 15 4 pm

*MLK Jr Day Parade* Mon. Jan 16

### feb 2012

*Herland Supper Club* Saturday Feb 11 Irma's Burger Shack 1120 N Classen 5:30 pm

### march 2012

*Herland Supper Club* Saturday March 10 Café do Brazil 440 NW 11th at 5:30 pm

## supper clubs

There is no December Supper Club so all can enjoy the Sisters of Swings Christmas shows (see sidebar). Join Herland on *Saturday, January 14*, at 5:30 pm Golden Palace, 1500 S Meridian. They have a vast selection of Chinese, Vietnamese, and even Mongolian BBQ. The buffet features duck and bamboo soup, pho noodles, roast pork with lettuce leaves, and much more. After dinner we may try bowling so come prepared!



On *Saturday, February 11*, join Herland at 5:30 pm for supper club at Irma's Burger Shack, 1120 N Classen. In addition to the city's best burgers (including veggie), Irma's features great Chicken Fried Steaks, Hot Dogs, Salads, Frito Chili Pies and wonderful homemade desserts. To accompany these great items, Irma offers hand blended malts and shakes and a great selection of beers.



On *Saturday, March 10*, at 5:30 pm we will experience the sensuality of Brazilian cuisine at Café do Brazil, 440 NW 11th. They offer a variety of authentic dishes including some vegetarian ones.



## new year's day potluck

Start the new year off right with a potluck dinner and games at Herland on *Monday, January 1*, at 1 pm. Herland will provide a pot of chili and a couple of the traditional side dishes. Show your support for Herland with a \$5 suggested donation.

## mlk jr day parade



Show your support for Dr. King's dream of equality and justice for all. on *Monday, January 16*. The theme for this year is "Together We Rise" to recognize the need for solidarity and community in order for all to benefit, thrive and prosper.

## book study

Join Herland on *Saturday, December 3*, at 1:30 pm for our final session on the book, *The Good Body*, by Eve Ensler. It has brief poems and reflections that are quick and easy to read, but pack in lots of punch for reflection and inspiration. Kathy McCallie will lead this discussion group that will be enjoyable even for those who have not read the book. Copies of the book will be available for use or sale to those in the group. All women are invited to join in the discussion.

Eve Ensler is the playwright and founder of a global movement that was inspired by “The Vagina Monologues” to end violence against women and girls. In her book, *The Good Body*, she raises awareness about torturous shame and disgust many women still associate with their bodies or their sexuality. She learns from women of older cultures to imagine making peace with her body and honestly enjoy her body rather than trying to fix it.

In this discussion group we will reflect on poetry and stories as we contemplate our relationships with our own bodies. We will wonder together about the themes of beauty and the beauty industry, perfectionism and eating disorders, aging and sexual pleasure.

## scrapbooking

Want to do something with those photos in a box? Thought of making a holiday gift for someone? This is your chance to explore the world of scrapbooking. Bring at least 8-10 photos and we will provide other supplies or bring your favorite scrapbook supplies (if you have them). Saturday, December 10, from 1–5 pm. \$5 charge.

## code pink peace ribbon workshop



Herland is hosting a Code Pink Peace Ribbon workshop on *Saturday, January 7*, from 10 am to 4 pm. This is a come and go event and each panel takes about an hour to complete.

The Peace Ribbon Project honors the victims of the Iraq War by creating a cloth memorial panel to individual fallen soldiers and Iraqi civilians. It is an ongoing grassroots project where individuals and groups make a panel. There were over 225 panels completed at the end of 2007.

The goal is to continue creating remembrance panels and displaying the Peace Ribbon Project around the country. Please join us in this tribute by helping us make a panel.

# break-ins

Dear Herland Friends,

This has been a challenging time at Herland. In the last year or so—after the day care on both sides moved to a new location—we have been without neighbors. This has led to several break-ins and thefts.

- The first was the theft of our air conditioning unit which was stolen about a year ago.
- The second was the break-in of our garage and the resulting loss of a recently donated brand new gas grill.
- The third was the break-in of our main building about 3 a.m. on November 18 during which our furnace was destroyed and the whole place left in a complete mess while the burglar was looking for any money that might be hidden. Among other things, 25 years of files were strewn about, furniture upended, and books and records thrown on the floor. *A special thank you goes out to those women who came and helped put things back together.*
- The last attempted break-in was Saturday, November 26, but there was no further loss that time—probably due to the quick response of the police after being called by a board member that monitors the alarm.

We are taking some immediate steps to beef up security—including installing bars on the back windows and door and installing new motion detector lights. We do have an alarm system that calls us and are considering upgrading to a monitored system that calls the police (which would be an additional monthly cost). We are also brainstorming and welcoming other ideas. Also, we would love to have you come to our board meetings and give input.

**Due to these unfortunate events, Herland is in need of extra donations this year to help pay for fixing the furnace and installing the additional security. If you can help, even with a small donation, it would be greatly appreciated.**

Herland is a nonprofit and your donations are deductible to the extent allowed by law. We have no paid staff and our annual operating budget is approximately \$11,000. This goes to pay for our newsletter, insurance, utilities, and to put on our monthly and special events.

Please consider a donation, large or small, to Herland this year.

Sincerely,

The Herland Board

## *Your help is needed now!*

Name(s) .....

Street.....

City ..... State ..... Zip .....

Email Address .....

Herland is supported primarily by contributions from individuals. If all of our 800 readers would contribute just **\$15 a year**, that would help us tremendously toward meeting our newsletter costs, monthly utilities, insurance, and building upkeep. Herland is a non-profit 501(c)3 organization and exists solely through contributions and the efforts of our volunteers (we have no paid staff). Your contribution is deductible to the extent allowed by law. **Please Contribute Now!!**

Enclosed is a contribution for \$ .....

Please save on postage and send only electronic version to my email address above.

Please add me to the hardcopy mailing list for The Voice.

Please change my address (new address above).

## occupy okc update



For the last two months, Kerr Park has been home to the OKC version of Occupy Wall Street. While occupiers have had a paid permit to stay in the park at night, the City recently gave the activists a deadline of December 1 to vacate the park. Protesters will be allowed to demonstrate from 5 a.m. to 11 p.m. each day but won't be able to camp overnight. Right now, the search is on for another suitable location for camping.

## THE *HELPING* SARDI

405-227-0770

INSIDE PAINTING \* HOME ORGANIZING \* HANDY-WOMAN

### HELPING YOU

We all at times become overwhelmed or just need that helping hand to re-paint a room, clean out a closet or change the bathtub faucet. The holidays can present us with some challenges!

The *Helping Sardi* is a unique woman's service offering that helpful hand to get yourself and your household back on track. Reliable, confidential and conscientious, as only a woman can be. Paid by the hour, 2 hour min\* within city limits. *The Helping Sardi* is your answer to all those nagging little chores for a more positive you.

So get your list ready and call 227-0770!

#### Services Include:

- ~Inside texturing, painting and small hole repair.
- ~Organizing kitchens, bedrooms, closets and garages (weather permitting).
- ~Basic plumbing: faucet repair, replacement, caulking.
- ~Some appliance repair on-site\* extra charge.
- ~Home Maintenance: light-bulb changing, drawer fixing, furniture moving, reupholster straight-back chairs, small household repairs.
- ~Professional deep cleaning, packing (moving)

**Sarah Ortiz**  
hairstylist/make up artist  
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**Herland Sister Resources**

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