

# herland newsletter

August 1984 a publication of Herland Bookstore, 1630 N.W. 19th Oklahoma City 73016

## A NEW COUNSELING SERVICE AT HERLAND

"Sometimes people feel like seeing a counselor means you're crazy," Cassia Mealor, M.S., private practice, said. "It does mean you need assistance to take control over your life."

A new counseling service for women became available in conjunction with Herland Sister Resources in July. Cassia Mealor has set up a private practice at the Bookstore and is available for individual and group counseling or facilitating support groups around specific issues for interested women.

Mealor has worked in community mental health centers in Ada and Oklahoma City for four and a half years. She helped to found the Ada Services for Battered Women and actively volunteers for the YWCA Crisis Intervention Services in Oklahoma City. She is a member of the Oklahoma County Task Force on Domestic Violence and the Oklahoma Coalition on Domestic Violence and Sexual Assault.

Services for Lesbian counseling for individuals and couples, counseling for women or men experiencing life adjustments, battered women, rape survivors, women with severe emotional challenges and intervention with Lesbian battering will be provided.

Mealor sees her role as a counselor as someone who "helps people find and use their power." "People seek counseling often in an emergency situation," Mealor said. "My goal is to help to make them stronger in order to handle the presenting problems, even before they occur - to use counseling as a learning tool as well as for crisis intervention."

"I do a combination of cognitive behavior and feminist counseling. Cognitive behavior helps people restructure the way they think about things and how they make decisions. I define feminist counseling as our right to control our lives."

Services will be offered on a sliding fee scale based on ability to pay in order to ensure availability to all women. For more information and to make referrals, Mealor may be contacted at (405) 524-3017.



## STATE OF THE BOOKSTORE

The replacement of the ceiling in the main store room has been quite a chore. Thanks to all the women who have helped pound the plaster!

The post-sprucing re-opening has been moved back one week, to August 18, and henceforth will maintain regular hours (10-6 Sat. and 1-6 Sun.).

We have received a new shipment of records.

The library continues to grow with your generous donations. Thanks to everyone who contributes books, articles, etc.

On August 17, we officially change our name: from Herland Bookstore to Herland Sister Resources. Come and celebrate our Anniversary Party at 7:00 p.m. Everyone is invited. A map of the location is enclosed. "Herland Sister Resources" we believe better describes our present activities and future directions - to develop into a women's center. Congratulations for another year of community involvement with Herland.

Publisher: Herland Bookstore  
Editor: Elaine Barton



Nestle's aggressive marketing of infant formula in Third World countries has caused countless deaths and cases of malnutrition. After six years of sacrificing 'Crunch Bars,' 'Taster's Choice,' 'Stoeffler's' and several dozen other products owned by the Nestle corporation, boycotters may now indulge again - as long as Nestle keeps its promise. The boycott, which began in 1977, was sponsored by the Infant Formula Action Coalition. Off Our Backs, April 1984

"In an unusual break from tradition, women in the Moslem nation of Kuwait have been ordered not to wear traditional Moslem head-gear while at the wheel of a car. The reason for this order? It seems that male fugitives may have cloaked themselves in women's garb to gad about the countryside. Last December, Kuwait was peppered with bomb attacks. A number of alleged pro-Iranian terrorists were convicted of perpetrating the barrage. Four got away, however, and the Kuwait's interior ministry has ordered the veils-off policy as a 'security measure.'" Her Say, March 26, 1984

A city ordinance recently passed the Minneapolis City Council that defined pornography as discrimination against women, giving women the right to file civil rights complaints against the distributors of offensive materials. The ordinance was vetoed by the mayor a week later, yet it set a precedent in its approach to pornography. It defined pornography not in terms of sexual explicitness but rather as it degrades and discriminates against women. The ordinance was co-authored by writer Andrea Dworkin and University of Minnesota law professor Catherine MacKinmon. WomaNews, April 1984

A California state law requiring that a woman returning from maternity leave be reinstated in her 'same or similar' job was ruled discriminatory because it does not require equal medical leave benefits for men. US District Court Judge Manuel Real rules that the state law, passed in 1978 allowing pregnant women up to four months disability leave from their jobs and reinstatement on their return, was in conflict with Title VII of the federal Civil Rights Act of 1964. Under the federal statute, women are assured of being reinstated to their former positions only if men, who are disabled and on medical leave, are given the same benefit.

Eleanor Smeal Report, March 1984

## FRIENDS IN CRISIS CLUB

As a result of recent budget cuts from the state, we are asking our supporters in the community to become "friends in crisis". Our biggest problem is the lack of regular monthly income for operating expenses (i.e. utilities, food, cab fare for women & children coming to shelter, bus tickets for job seeking, telephone costs). By making a regular monthly pledge, you can help us meet necessary operating costs. Remember, your donations are tax deductible. A donation statement will be provided to you at the end of the year. To join with other "Friends in Crisis", complete the coupon below and return today!

Yes, I want to be a Friend in Crisis.

\$ \_\_\_\_\_.

My monthly pledge is \$ \_\_\_\_\_.

No, I cannot make a monthly pledge at this time. My one time contribution is \$ \_\_\_\_\_.

Name or Organization \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Mail to:

YWCA Crisis Intervention Services  
129 N.W. 5th St.  
Oklahoma City, Oklahoma 73102

## CALL FOR MANUSCRIPTS

Lez Press, a new women's publishing house formed in Portland, Oregon by two Lesbians is actively seeking submissions. We are interested in novels, short stories, nonfiction, plays, art, photographs of interest to Lesbians, feminists and gays. No poetry please. Submit double-spaced typed manuscripts - returned if accompanied by SASE - to Lez Press, P.O. Box 4387, Portland, Oregon 97208.

## CALL POLICE BANNERS

\$5.00/\$4.00 for Seniors, students from the Women's Resource Center, 226 East Gray St., Norman, OK 73071 add 50¢ postage



## THE POSSIBLE SOCIETY

Jean Houston, Ph.D. Psychology, has not forgotten that Margaret Mead on her deathbed told her that the survival of civilization would depend, not on government and bureaucracies, but on "citizen volunteer associations, gathering together, deepening and growing together, and going out and taking social action." (The Washington Post, 5-18-84).

The Possible Society in Oklahoma City is sponsoring a workshop by Jean Houston, A Journey of Personal and Social Transformation, October 6-7, 1984 at the Made in Oklahoma Building II at the State Fair Grounds. The workshop runs from 9:00 a.m. to 10:00 p.m. Saturday and 9:00 a.m. to 4:00 p.m. Sunday. Registration is \$50. prior to September 1; \$40. for students and senior citizens; late registration add \$10. Scholarships are available for those unable to pay. Fees are non-refundable.

Jean Houston is an extraordinary teacher whose work awakens, enlarges and focuses our capacities for full and effective living. The integration of her scientific, historical and spiritual knowledge is a rich blend of storytelling, humor, intellect and rare depths of understanding and compassion. In the workshop, Dr. Houston will guide you through physical and mental exercises to develop new skills and techniques with which you may discover a fuller, richer self.

For six years, mind researcher Jean Houston studied the thought processes of Margaret Mead, trying to figure out why she was more creative than other people. The anthropologist never lost her capacity for cross-sensory experiences. She was always having "sensuous bouts with ideas...she was thinking in images all the time. We would go in a room and she would sniff the conversation. She was operating out of an almost aboriginal sense of sensory knowing and her senses were so rich she was seeing sound, hearing color." (The Washington Post)

Jean Houston's most recent book The Possible Human outlines the process by which the individual can increase and integrate the dormant potential of the mind, body, and emotions. Other books include Life Force: The Psychohistorical Recovery of the Self, Listening to the Body, and Mind Games.

For more information about The Possible Society or the October 6-7 workshop, call Nancy Viviani (405) 525-5691.

## ACTIVITIES FOR THE REPUBLICAN CONVENTION

Dallas March and Rally Committee  
1507A South Ervay  
Dallas, Texas 75215  
(214) 421-1984

Saturday, August 18, 1984

March and Rally for Peace and Freedom  
6:00 p.m. leaving from tent city at Commerce St. Bridge and Trinity River

Sunday, August 19, 1984

Central American Refugee Caravan culminates with planting of 40,000 crosses at Akard St. side of Dallas Convention Center 8:00 a.m.

Lesbian and Gay National Network pickets Jerry Falwell and Phyllis Schaeffly at Thanksgiving Square at St. Paul Pacific and Akard St. junction

Inter-faith religious service in the evening

Monday, August 20, 1984

Women's Speak-Out with Sonia Johnson, Charlotte Taft and others, at Griffin and Young Sts. 8:00 p.m.

Tuesday, August 21, 1984

Rock Against Reagan with the Dead Kennedys and others, at 8:00 p.m.

Wednesday, August 22, 1984

Reagan Impeachment at Griffin and Young Sts. at 8:00 p.m.

Thursday, August 23, 1984

Encirclement of Convention Center

## CALL FOR PAPERS ON LESBIAN BATTERING

The Lesbian Task Force of the National Coalition Against Domestic Violence is requesting papers to be published in an anthology for distribution to lesbian and gay groups, anti-rape and domestic violence programs.

The first priority is for the stories of battered lesbians about their personal experiences. The second priority is for discussion papers on topics such as: the dynamics of violence in lesbian relationships, services for battered lesbians, self-defense, power dynamics in interracial relationships, confrontation and accountability of batterers, confidentiality of the individual vs. community involvement, police and courts, political analysis, community response.

Submit db-sp typed manuscript, max. 10 pp. by October 31, 1984 to the Arkansas Women's Project, 1601 Dennison, Little Rock, AR 72202. For additional information call 501-372-5113.



## ENTRE NOUS - A REVIEW

Entre Nous (Between Us), a film by Diane Kurys, is having a brief showing at the Screening Room, 4316 N. Western in Oklahoma City. Its run ends Thursday, August 2nd, but the community should clamour for an extended run! This is a piece of art well worth seeing, and more than once. There is a central reason for this. That is, Entre Nous is resonant with female experience. The title itself gives us our first clue to the nature of this mode and the instruments of the wisdom and melodies: Between (mode) Us (instruments). And the film is precisely this: a brilliant revelation of the social, emotional, historical contexts surrounding its characters, and the thousands of myriads of sparkling moments and ways in which all these things and people are connected. And most incredibly, shows the infinite complexity surrounding any decision to action.

To be more specific, the storyline is this: Two Women are the principle characters, Lena and Madeleine. They are shown growing up as young Women in WWII Europe, each one experiencing an aspect of that terrible conflict in their personal lives. By means of carefully revealed incidents and details we come to understand the social and emotional climate within which these two young Women's early lives were shaped. By means of this same technique; carefully revealed incidents and details, their lives after the war: their marriages, their children, their life-choices and reasonings are laid before us like an intricate and subtle tapestry. Then, they are brought together by an accident of fortune (Fate, that most subtle and inexplicable of Goddesses). Instantly a bond is forged between them born of their commonality as victim, survivor, woman. From there on the film explores the deepening of that bond. Mind you, this film is set in the early 1950's in Europe, the time-frame of the "Feminine Mystique". Even so, these two women end up leaving their husbands and children and living together.

The emotional needs and atmospheres, and the circumstances which precipitate this incredible action are brilliantly portrayed and reveal the hearts and minds of women more beautifully, more clearly, more truly, than any other film I have ever seen. We need more filmmakers like Diane Kurys to explore with such clarity, sensitivity and finesse all the myriad aspects and phases of women as

they have lived, historically and today. We need such filmmakers to transform and confirm our images of ourselves and the world. Go see it. And if you miss it, petition the Screening Room to Bring it Back!

by Teresa D. Long

TOMOE GOZEN, THE GOLDEN NAGINATA, THOUSAND SHRINE WARRIOR, by Jessica Amanda Salmonsens  
Ace Books - a review

A woman balanced precariously between spirituality and violence. A woman, strong, graceful and passionate. A woman who questions the nature of authority and freedom for her life. A woman who is restless at the edges of her untameable self. These phrases describe Jessica Amanda Salmonsens's epic here, Tomoe Gozen.

In the three books of this landmark trilogy, we watch the woman, Tomoe, grow from fiery, hot-headed youth, through a flamingly brilliant career, to a restless and searching later life. This trilogy, in fantasy form, offers a life-process model for women, a process modeled on personal power founded in bodily and spiritual harmony between self, community and nature.

The books may be problematic for many Feminists in that they contain a great deal of violence. But be patient. These portrayals are used throughout the trilogy to question the value, place and nature of Violence (for instance, who and how does it really serve?) The reader's patience is also rewarded by the fact that Salmonsens is a writer of deep power with a brilliant feminist philosophical bent to her imagination. Let her spirit enter, strengthen and illuminate yours.

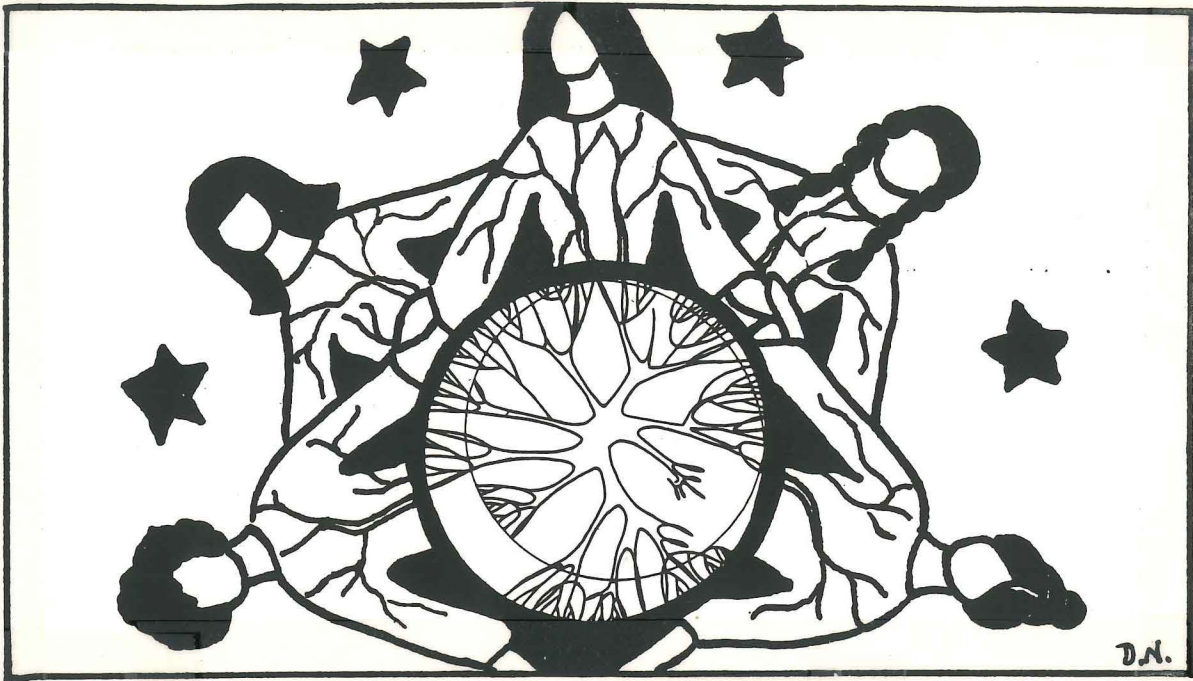
by Teresa D. Long

## QUENDA HEALING WOMAN

Quenda Healing Woman conducts weekend workshops including such topics as the use of quartz crystals and gemstones, herbal remedies, self healing; discussion of the immune system, goddess meditation and Native American healings and rituals; private consultation and body work; Native American ways such as drumming, chanting, the healing pipe, rite of purification and others.

For information on Healing Feeling Herbal Remedies or workshops, write: P.O. Box 56, Serafina, New Mexico 87569. (505) 421-8051





# august

POST IT  
CALENDAR OF EVENTS  
COMPLIMENTS OF  
HERLAND BOOKSTORE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Gay Alcoholics Anonymous 7:30 p.m. Gay Community Ctr 2135 N.W. 39th (weekly meetings)	2 Gay Narcotics Anonymous 8:00 p.m. Gay Community Ctr (weekly meetings)	3	4 D
5	6 Rap Group 7:30 p.m. Gay Community Ctr 2135 N.W. 39th (405) 525-6015	7 Gay Parents Group 7:30 p.m. Gay Community Ctr (2nd & 4th Tues)	8	9 Parents Without Partners 7:00 - 9:00 p.m. (every Thurs) Women's Resource Center - Norman	10 6:30 p.m. \$5.00 OK Women's Political Caucus fundraiser	11 2nd Incredible Caucus Carnival 1st Unitarian Church of OKC 600 N.W. 13th O
12	13	14 Wives of Vietnam Vets Support Group 7:00 - 9:00 p.m. (every Tues) Children of Alcoholics as Adults Workshop	15 Women's Round Table noon brown bag Women's Resource Center - Norman for networking and exchange of information	16 Natural Family Planning 7:00 - 9:00 Women's Resource Center, 226 East Gray, Norman free	17 Herland Anniversary Party 7:00 p.m. (see map enclosed for location) <b>EVERYONE COME!</b>	18 Great Oklahoma Balloon Race & Airshow 7 a.m.-9:30 balloons/ 10-7 music & arts 1-4 airshow 7:30 barbeque at Sheraton
19 Balloons cont. ( same schedule ending at 4 p.m. Advance tickets \$5 adult/\$2 child add \$1 at gate info - 366-0003 North Campus/Norman	20	21 meets for 8 consecutive Tues. 7:30-9:00 \$150. registration Karen Weldin 2525 N.W. Express, OKC, 842-2423	22	23	24	25 Women's Day at the Mall 1:00 - 5:00 Sooner Fashion Mall - Norman sponsored by AAUW
26 ●	27	28	29	30	31	