



HERLAND SISTER RESOURCES

VOLUME 1, NUMBER 9
SEPTEMBER, 1985

HERLAND SISTER RESOURCES, INC.
1630 N.W. 19, Okla. City, OK 73106

THOUGHTS OF AN ALMOST GRAND JUROR

by Marian Hulsey

There is something about a registered certified letter from the Court Clerk than can only be signed for by the addressee that, when the addressee is you, scares the shit out of you. All I could think of was my unpaid library fine, but with shaking hand I signed and even more shakingly, opened my summons to appear for grand jury duty.

From the very beginning I had mixed feelings about serving. I feel strongly that it is every citizen's duty and responsibility (Judge Owens says it is our privilege), and I was extremely interested in the process. When there was a possibility this jury might hear the Donna Bechtel petition, I was determined to try to get on it. This did not turn out to be the case, but the issue it addressed was an important one--pornography, obscenity and a citizen's right to watch whatever he or she was willing to pay for (Cable TV) in the privacy of a home.

I talked to some people who had served, trying to get an idea of the questions I would be asked. Imagined questions covered my magazine reading (Uh oh, Ms., The Utney Reader, Vanity Fair, L.C., I.K.Y.K., the list gets worse), my hair style (I have been growing my "tail" for a year and decided not to cut it), my style of dress (of course I wore pants to court--Jeez, I rode my moped!), my profession (you bet I'm a teacher), the list grew and my answers struggled not to perjure me, while getting me seated. For several nights before our command appearance on Aug. 5, I did not sleep. I also knew that the jury could go on and on and it was almost time for school to start. This became more of a problem because I will be going to a new school, teaching new subjects. The very thought of making out coherent and impressive lesson plans for a sub made my 30-year old ulcer flare up royally.

J-Day arrived and we (45 of the 100 summoned) gathered in Judge Owens' courtroom. He asked all those who thought they had good reason not to

serve to come forward and about 15 people were excused. Only two other women had on pants--they were both excused in that bunch. Glancing furtively around the gallery I noticed a young woman in front of me, reading her annotated Bible, with a tabbed notebook, with references easily noted. Across the aisle, a woman sat reading a copy of Guideposts. I homesteaded my spot on the hard bench, determined somehow to get seated on the jury if they did.

The process is not what I expected. Twelve names were drawn from a box. Judge Owens asked them some questions, individually. (Here there were some assumptions that galled me, i.e., everyone was expected to be married, have children, be a regular church goer.) Then DA Macy asked them questions as a group, followed by some from Cox Cable's attorney. The judge then asked if anyone on the jury felt he/she could not listen to the testimony, including many hours of watching films from the Playboy channel, and then decide the case on the legal definition of obscenity, rather than one's personal taste. Several asked to be excused here and other names were drawn from the box. After lunch several others asked to be excused because of child care problems and then there were 12 that both sides agreed on. So, the rest of us were excused, without even being asked a single question.

I was both relieved and disappointed. I had worried so about it, but did feel I had a responsibility to serve. But, I have done a lot of thinking about it since. You see, I used to make jokes about pornography, "Just bring your own pornograph," but I did not realize what a threat it was to my freedom, my life as a woman. The violence that often accompanies the sexual aspects of porn, so I am told, makes us all a little less safe. I have only been exposed to "hard" porn twice in my life and both times, I left before the film was over. But, that is a matter of taste. I simply don't like it. I value my reading time too much to read it and I don't want to sit and watch it. There are some books I have read which some others might call obscene, pornographic, and

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LETTERS TO THE EDITOR

Dear Editor:

Hello. I am writing this in hope that a few readers will remember the Class Action called "Oklahoma Shame." I was one of the eight incarcerated people who filed Terry D. v. Lloyd Rader and the Dept. of Human Services. I now work within the same system for the Institute for Child Advocacy.

When we first filed the suit in 1978, I could not even imagine the changes that could occur. Later, as things continued to get better for youth, I felt great hope that other young people might not be forced to endure the pain of both physical and emotional abuse, which I endured for so long. I thought at long last youth had a chance to reveal the wrongdoings as they occur, and keep the system on track. I felt I had made a difference, that the pain I experienced was worthwhile in that others might avoid it. There is a reason for all we do and go through, good, bad or otherwise.

Today I took off my rose-colored glasses. As I made arrangements for an 18-year old to sleep on the lawn of a flop house, I realized I was wrong. Today I am as helpless and powerless as I was at age 13 when I first entered this maze called the "juvenile system."

I would like to think what is now happening to our youth is only out of the budget. Yet, when I talk to people, I hear the same things, people do not know how much the little things mean. A simple bed, food and care would keep this 18-year old out of prison. Yet, it does not exist, just as it did not exist for me. I ate out of your garbage cans, I lived in abandoned cars. And now Rodney is too. Yet, for me someone came and saw me at my lowest and cared anyway. I was ready to do anything that would put me back into the security of an institution, just to survive. Abuse, loss of freedom, none of these matter when you need food, clothes, a bed. That is what most youth must do when they "age out." I am white with no major handicaps other than ignorance. There were no resources then, and today I looked into the mirror at a youth with no resources now.

I am making my last effort to help. With the expertise of Bill Lofquist, we are writing my autobiography. I want to share what I had to go through to be alive and productive today. Yet, this is not just my story--it is the story of thousands of young people nationwide who could put their names on the cover and never change a word of the text. If, and hopefully when, the book is published, I will leave the system behind me. Every time I hear or see a young person go down for the last time, I hurt. I see what I could have been, and I cry. I know they did not have that one person I had, the one who literally saved my life. I cannot be objective about this, for I lived in their shoes. I cannot go on living these horrors with them.

Please forgive the negative aspect of this letter. I am sharing with you as I would a friend. I perceive all of us caring equally. The book has many goals for me and the co-author, mainly to show the world what happens to our youth when they are too old for caring hands, and what happens to their lives on the street. If this goal and the many others I'm sure you can foresee seem worthwhile to you, please let us know. This is the hardest thing I have ever done, and the most challenging for Bill Lofquist. We need your support. The manuscript will be written. Whether or not it is published remains to be seen. There are so many of us out there. You can lend your emotional support, financial support and any resources--all are needed.

It is my dream that this book will give the world a chance to live and understand what it takes to survive and do what little or much they can to help our youth.

Please write or call, or pray. We need you. The youth need you. And I have always needed you.

Laura Lee
Peace!

(Editor's Note: Correspondence may be addressed c/o Herland Sister Resources, Inc., 1630 N.W. 19, Oklahoma City, OK 73106, Attn: Laura Choate.)

What will happen to the children

Where do they go when no one's home
How can they grow when we leave them alone
Does anyone care to help the children

They are all ours.

Have you ever felt like a frightened child
in an adult body
Is our society growing physically and not
emotionally

Plead the cause for our children
They will plead our cause when we are old

Hear their cry for love.
And they will be able to hear that cry
in others

What will happen to the children
Aren't we all children with the ability
to change

Hear their cry, and they will hear yours.

Laura Choate
Midwest City

Publisher: Herland Sister Resources, Inc.
Editor: Elaine Barton
Typesetter: Marian Hulsey
Advertising: Marian Hulsey, 521-8434
Circulation: 550

(Continued from page 1)

therein lies the trouble with censorship--who is to say what is and what is not obscene? The Supreme Court even has trouble with that one.

Years ago I shocked a student by saying that you could read into any book in the world, including the Bible, anything, good or bad, that you wanted to--if that's what you are looking for, that's what you will find. She came up to me in tears and I assured her I had not said the Bible is a "bad" book.

How can I justify the Playboy channel's right to be sold, an individual's right to buy it and watch it? It would be very easy if the adults who subscribed to it could or would prohibit children's viewing of it. This is not the case. True, there are some adults who don't care, but even if they do, it is hard to keep kids from watching anything they want to when you are not at home.

The verdict is in. Cox Cable has the right to offer the Playboy channel, and a citizen has the right to buy it and view it. I will defend a citizen's right to read or view things in the privacy of his/her own home, but I cannot condone acts of sexual and other violence, physical or mental, against women, wherever they appear.

We are surrounded by violence. In August we watched on our local news stations, the OKC police gunning down two "dangerous" gunmen, the first of which was carrying an unloaded, unfireable gun. Of course the police didn't know the gun was unloaded, but the news clip does not show him pointing the gun in as threatening a manner as was reported after the fact. I try to assure myself that something can be done about violence in general, and to women specifically, but am not sure.

I have observed enough about human nature to believe that when you try to legislate such things as "Thou shalt love one another," and "Thou shalt not watch or read what I consider to be obscene," that there will always be problems. True, not everyone can filter and censor for him/herself. We, as parents and teachers, have an obligation to do some of it, but we also must teach kids to do their own. Having grown up in Oklahoma during Prohibition, I can attest to the ease with which kids could buy alcohol of any kind. All it took was the \$\$, and there was even delivery service. That made it just more attractive, because someone thought we shouldn't do it. I always figured that smokin', drinkin' and dabblin' in sexual adventures had to be pretty neat because my mother was so against all three.

I guess the gist of all this rambling is to relay one person's viewpoint of what is a problem, but one being dealt with in a very ineffective and negative manner. Rather than censor what some

people will buy and view anyway, let's organize a campaign to demand more positive images on TV, more educational programs about the results of sexual and other violence to women, about teenage pregnancy, about prostitution, about continued drug and alcohol abuse among kids, women and lesbians in particular. I challenge you to write one letter this fall either to a major network or to a sponsor, commenting on their programing. We just might make a difference!

HERLAND COFFEEHOUSE

presents

D O N A W I L L I A M S O N

for your entertainment

Friday, September 27, 1985
8:00 p.m.

Herland Sister Resources, Inc.
1630 N.W. 19
Oklahoma City

Dear Sisters:

I am moving from this location, so please remove my name from your mailing list. I realize how much of an expense mailing can be.

I've enjoyed and always felt good about your newsletter. Please continue on with the fine job that you do.

I will be looking forward to reconnecting with Herland as soon as I'm established in my new area.

Again, thank you.

-S

Apache, OK

Dear HSR:

Enclosed please find my check for \$220. I have been reading your newsletter for several months. A friend of mine has shared it with me as I have not subscribed to it personally. I am most impressed with the quality of articles and reviews you have included, and am sure this is the most inclusive newsletter of its kind in Oklahoma.

I hope this (contribution) helps. I'm anxious to see your work continue. I'll be in the area (in Sept.) and am hoping to be able to stop in and see your center.

Dr. Susan M. Andrew
Tulsa, OK

HERLAND FALL FESTIVAL TAKES TO WOODS

Imagine sitting in a cave where Belle Starr hid from "The Law," where the James Brothers hid out. Well, you are being offered the opportunity by Herland Sister Resources, Inc., who is sponsoring a retreat/workshop/festival for women from Friday evening, Oct. 25 until Sunday noon, Oct. 27, 1985, at Robbers Cave State Park, north of Wilburton.

Musicians Mary Reynolds and Peggy Johnson will be in concert in the park amphitheatre (weather permitting, otherwise, in dining hall). There will be workshops on a variety of topics for those interested, but the event is being left unstructured enough to allow ample time for recreation and socializing.

The retreat is being held at one of the group camps, which will accommodate 250 people. Cabins containing bunks with mattresses and covers for small groups, a large dining hall and kitchen equipped with cooking and eating utensils, and bathrooms are provided. Bring food for the weekend, including something to cook out on Saturday night, plus a dish to share with everyone. For those who do not care to cook, there is a cafe in the park, plus a grocery store for items you might forget. Other items you should bring are a bedroll or sleeping bag, pillow, towels, toilet articles, flashlights, musical instruments, toys, camera, fishing equipment.

Children and pets are welcome, but the latter must be kept on a leash while out of doors. There are several nice fishing spots, plus great hiking, rock climbing and wonderful places for outdoor nature photography. The fall colors should be in full glory then. Paddle boats and kayaks are available for renting on the park's lake, and there is a beach area, although it may be too cold to swim. There is also a softball field.

Bring arts and crafts for exhibit or sale, plus networking information. Anyone who would like to lead a workshop, please contact Herland by Oct. 1.

HSR must have a count on attendees so send the pre-registration form below and your check for \$10 per person by October 11, 1985, to Kris Marek, 1137 N.W. 31, Oklahoma City, OK 73118. On site registration is \$15 per person.

Herland has just received a new shipment of books.

Store hours: Saturday, 10:00 a.m. - 6:00 p.m.
Sunday, 1:00 p.m. - 6:00 p.m.

FALL FESTIVAL RETREAT FOR WOMEN REGISTRATION

Name(s) _____

Address _____

City _____ State _____ Zip _____

Telephone(____) _____

Deadline for pre-registration: October 11, 1985

Mail this form and your check for \$10 per person to:
Kris Marek
1137 N.W. 31
Oklahoma City, OK 73118

DOMESTIC VIOLENCE AWARENESS, OCT. 6-12

Domestic Violence Awareness Week is set aside to remember the women who have been killed by a spouse or partner, and to reflect on women who are still enduring the pain of life with a battering partner. During this week, we celebrate the fact that every year women take positive steps, often against all odds, to stop violence in their lives.

On October 12, there will be a commemorative session with a speaker to be announced, at the Air and Space Museum (Kirkpatrick Center), 50th and Martin Luther King, sponsored by the YWCA Crisis Intervention Services. Look for further details in the October newsletter.

UPDATE - DONNA BECHTEL AND SARAH SMITH

Donna Bechtel, an Edmond battered woman who shot and killed her abusive husband last year, is currently serving a life sentence for first degree murder at Mable Bassett Correctional Center. A group of concerned citizens (Citizens for Donna Bechtel) formed in May to express community outrage at the plight of Ms. Bechtel and other battered women. The group is currently working to call for a grand jury investigation of Ms. Bechtel's case, while her attorneys prepare her appeal. Ms. Bechtel would appreciate hearing from supporters. Write to Donna Bechtel #146203, MBCC SHU, P.O. Box 11492, OKC, OK 73136.

Shortly after Ms. Bechtel's sentencing in May, a southside battered woman, Sarah Smith, was arrested for first degree murder, in the shooting death of her battering husband. Sarah is currently imprisoned at Oklahoma County Jail, awaiting trial. She has been virtually deserted by family and friends in her time of need. She receives no visits and few letters. Sarah has no money so she cannot communicate with anyone, even by letter. She needs to hear from friends, especially those with a few dollars to share. Sarah's address is Sarah Smith WW4, Okla. County Jail, 321 Park Ave., OKC, OK 73102.

REFLECTIONS FROM THE MICHIGAN FESTIVAL

The 10th anniversary extravaganza, Michigan Womyn's Music Festival, Aug. 8-11, 1985, was a wonderful way for a first-time festival goer to be introduced to a very special part of womyn's culture. It was only about a year ago that I heard such an event took place. My hope of attending the festival became a possibility, then a strong maybe, and finally, a reality.

We drove onto the land (which is being purchased by the We Want the Music Collective, which organizes the festival) on Wednesday at noon and were greeted by many busy, smiling womyn. The hustle and bustle of the workers trying to move everyone along in an orderly fashion was constant.

Eventually, we had our camping equipment and survival necessities for the next five days at our campsite. There seemed to be a campsite to fit almost anyone's lifestyle. The Twilight Zone was for loud and rowdy folks. Bread and Roses was the chemicalfree camping area. Jupiter Jumpoff was the quiet zone. The DART campsite was for the disabled, and Bush Gardens was general camping. Community tents for womyn who did not have their own gear were available in several areas.

The schedule of events for Thursday through Sunday was filled with workshops, day stage concerts, acoustic performances, night stage concerts, after hours cafe entertainment and movies under the stars (after the night concerts).

There were eight separate areas in which workshops on all topics were conducted throughout the day. The Oasis (emotional support) led workshops and support groups also. Topics ranged from fun stuff like learning to mime, to the more serious, survivors of sexual abuse.

I attended five workshops and enjoyed the atmosphere of sharing and the exchanging of information. Hearing what is happening with other womyn from many parts of the USA and other countries was enlightening. I did feel that two of the workshop leaders should have done more research into the topic they were discussing.

My personal favorite performers were Alix Dobkin, Linda Tillery, Kate Clinton and Ronnie Gilbert. During a night concert, a short film, entitled "One Fine Day," was shown. It was a collection of pictures of womyn from all walks of life. The soundtrack was inspiring, especially when several thousand womyn in the audience were clapping and voicing their appreciation.

I was impressed with the overall attitude of womyn helping each other and caring for one another. There seemed to be a trust among each other and safety in the womyn-only environment.

The time to leave the festival was near. All the programs had been completed. The tents had been taken down and it was time to go back to our

homes. It was a time of reflections, meeting new friends and getting in touch with ourselves. I left with a wealth of information that will take time to sort out.

A wonderful thing happened as we were ready to drive away. A huge bus was stuck after sitting for several days in the same place. Volunteers were asked to help push the bus free. The passengers got off the bus and about 30 or 35 womyn pushed with all their strength. It took a few minutes but when the bus was rolling, a loud cheer and congratulations on a joint effort was fun to be a part of.

It was a good example of womyn's strength. Womyn working together; and womyn helping each other.

The festival was exciting, fun, hard work, thought-provoking, and I encourage everyone who has the opportunity to go.

K.M.

Norman, OK



Dr. Susan M. Andrew

CHIROPRACTIC PHYSICIAN
ACUPUNCTURE

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7717 E. 21ST ST., SUITE B
TULSA, OKLAHOMA 74129

KRISTINA S. MAREK

Attorney and Counselor at Law



1137 N.W. 31st Street
Oklahoma City, OK 73118
405-521-8434, after 5:00 P.M.

First Impressions
NOVELTY GREETINGS

SHATZY WATSON

P.O. BOX 10472
MIDWEST CITY, OK 73140
405-737-7487

POT POURI

**If you have seen or heard Holly Near and Ronnie Gilbert's concert or "Lifeline" album, you have heard Bernice Johnson Reagon's (founder of Sweet Honey in the Rock) song, "Biko," about Stephen Biko, the young leader of the Black Consciousness Movement in South Africa. After being arrested on Sept. 6, 1977, Biko was interrogated and beaten by police, then put in the back of a truck and taken hundreds of miles to a hospital, where he died. Ronnie Gilbert on her album sings a moving song about Biko's death.

September 12, at 7:00 p.m., on Showtime, Albert Finney stars in and directs a special about the inquest after the death of Stephen Biko. Plan now to view this important show. Several of us will be taping it for further viewing.

**After patiently viewing "Brothers" for over a year, I am ready for Cliffie to get a beau. Has anyone else noticed that there is a lot of talk about Cliff's being gay, but no action? Come on-if this show is going to be what the promos promised, let's see some actual living instead of so much discussion. That one segment with the Russian wrestler and the one with the rich guy aren't enough. And I am not talking about offending any straight viewers, but it's time for Cliff to start dating, at least.

**Many thanks to Terry and Laura for conducting the yard sale with part of the profits going to Herland.

**Did you know that every time we get back an undeliverable newsletter it costs us 22 cents? You can help by sending us your changes of address, using the form on the cover of your newsletter.

**Do you have five hours a month you could share with Herland? How about signing up to work at the resource center one weekend time period during the month? Drop us a line if you are interested. We have five new volunteers and are so pleased to welcome them to the Collective. There is room for more, and so many jobs to be done. Get in on the excitement of a new venture by joining Herland Sister Resources, Inc.

**This morning's perusing of the "Daily Wipe" reminded me of how I used to love the Cathy comic strip and how tired I am of the direction it has taken for the last few months. Anyone out there want to help create our own cartoon character? I know we could do better. Talents in drawing, writing, thinking, observing life and sharing are needed and wanted. Let us know.



Marilyn Frye

Feminist Philosopher and Author of
"THE POLITICS OF REALITY"

Readings and Conversation at



1630 N.W. 19th Street
Oklahoma City

Monday, September 9, 1985, at 8 p.m.

\$2 donation

THANKS

TO ALL OUR FRIENDS AND CUSTOMERS

We want to thank you for your prayers, kind thoughts, beautiful flowers and plants and fruit baskets, for your notes and cards,

And a Special Thanks to all the wonderful people at the Bunkhouse and Mainliner Clubs for the Benefit to help us out.

We also have a Special Thanks for Shotzy and all our help and friends who worked so hard to keep DJ's open.

We thank you from the bottom of our hearts,
DJ and Pam

OKLA. GAY RODEO ASSOCIATION FORMS

The Oklahoma Gay Rodeo Association, affiliated with those in California, Colorado, Texas and Arizona, has been formed and is seeking new members.

Activities planned include gymkhanas, horse shows, drill teams, square dance teams and eventually an Oklahoma gay rodeo.

The organizers will be coordinating travel to other gay rodeo events.

Membership is \$20 per year. Please make checks payable to OGRA and mail to OGRA, Rt. 2, Box 300, Jones, Ok 73049, or write for further information.

WOMEN'S NATIONAL FINALS RODEO TO BE IN GUTHRIE

The championships for the Women's Professional Rodeo Association will be held Friday and Saturday, Sept. 13 and 14 at the Lazy E Arena in Guthrie.

The finals will feature the top 15 women in the world in each of these events: bull riding, bareback riding, team roping, steer unadorned and calf roping.

There will be three performances, Friday at 8:00 p.m., Saturday at 2:00 and 8:00 p.m. Tickets, \$5 for general admission and \$10, reserved seating, are available at the YWCA, 129 N.W. 5, Oklahoma City, at Sheplers Western Wear, the Sheraton in Edmond, and at Walmart in Guthrie.

The YWCA Crisis Intervention Services receives 25 cents for each ticket sold.

DIGNITY TO HOST STATEWIDE RETREAT

Dignity/OKC, in cooperation with Dignity/Integrity of Tulsa, will host a joint religious retreat at Camp Eagan in Tahlequah, OK, on Sept. 6-8, 1985.

Events for this special weekend retreat will include mass and a special liturgy provided by Dignity/OKC, and a weekend workshop and guest speaker provided by Dignity/Integrity of Tulsa.

Camp Eagan is located on Highway 62, 12 miles east of downtown Tahlequah. A dorm accommodating 52 people, a meeting lounge with fireplace, and two huge bathroom facilities have been reserved. The entire weekend, including two nights lodging and meals, costs \$29.50 per person. Meals and registration is \$18 per person, if you do not plan to stay in the dorms.

The deadline for registration was Aug. 25, so contact Dignity/OKC, P.O. Box 25473, OKC, OK 73125, immediately.

SHE SPORTS SPONSORS RUN FOR WOMEN

Runners, get ready for the Run for Women, to be held Sept. 29, 8:00 a.m. at Lake Hefner in Okla. City. The 5K (3.1 miles) race and a 1 mile will start at Stars and Stripes Park, North Portland at Lake Hefner Dr.

The entry fee is \$6 for preregistration through Sept. 28, \$8 on race day, when registration begins at 6:00 a.m. All entrants will receive a T-shirt. Race packets will be available at She Sports, Quail Springs Mall, from Sept. 26-29 and on-site.

Special trophies and prizes will be awarded to the top three overall winners. The first three places in each age division in the 5K will receive medals. Prizes are donated by New Balance and Women On The Run.

Registration forms are available from She Sports, 2501 W. Memorial Rd., Oklahoma City, OK 73134.

WOMEN IN THE ARTS TO CELEBRATE IN STILLWATER

A celebration of women's contributions to the visual and performing arts will be held Saturday, Oct. 12, 1985, from 10:00 a.m. to 3:00 p.m., at the Garden Terrace of OSU's student union.

Women musicians, vocalists or instrumentalists, soloists or groups, are invited to share your talents. Sound equipment will be provided, if needed. Creative writers are invited to give readings during the exhibition and sale. Performers, dancers, mimes, humorists are invited to perform.

Women artists in painting, graphics, photography, glass, jewelry, sculpture, wood, pottery, weaving or any other creative art are invited to exhibit free of charge, or sell for a \$10 fee.

Your application to participate in exhibits, sales or performances must be received by Oct. 6. Mail to Sussy Ely, 226 S. Knoblock, Stillwater, OK 74074, (405) 372-7678.

Display tables will be provided. If possible, please send background information and B&W photos for press releases (sorry, material is not returnable).

The 4th Annual Women in the Arts is supported by the National Organization for Women, OSU Women's Council and the Stillwater Arts and Humanities Council.

WE APPRECIATE OUR VOLUNTEERS

The Volunteer Training Session conducted by Regina Bennett went very well.

Welcome, welcome to our five new volunteers and thanks for your interest and support!

**\$5000
REWARD**

FOR INFORMATION
LEADING TO THE ARREST AND CONVICTION
OF PERSON OR PERSONS

who held up and shot DJ and Pam
Saturday night/Sunday morning, 3:15 a.m.
June 30, 1985

Information held in confidence

If you have information, Call
Detective Glen DeSpain
office, 252-5311, ext. 340

TERRY COCON, Representative

AL WILLIAMS



1330 N. Classen Blvd.,
#G-5
Oklahoma City, OK 73106
(405) 232-9806

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MARKETING LIFE INSURANCE AND OTHER FINANCIAL PRODUCTS
Representing Massachusetts Indemnity & Life Company
Regional Office, Atlanta Georgia

ALTERNATIVE HEALTH CARE EXPERT COMING TO STATE

Silena Heron, currently teaching botanical medicine at the Naturopathic Medical School in Seattle, Washington, will be in this area Sept. 11-17, and will be available by appointment for those who seek to learn how to get well or stay healthy through botanical medicines, supplements, proper diet and exercise to meet your specific needs.

Heron will lead a Nature Walk Sept. 14, to teach identification and use of local wild plant life.

Silena Heron has been teaching herbology and natural medicine for more than 10 years. She is a Registered Nurse and has completed three years of naturopathic medical school. In addition to her background in Western, naturopathic and Chinese medicine, she has spent many years with Native American Indians.

For appointments for private consultation or for further information, call Ellen McGaughy, 405-3213903 or Sequita Hawkins 405-329-5418. Special fees are available for mother and child consultation.

AIKIDO AND JUDO INSTRUCTION OFFERS PROTECTION

The Windsong Dojo, 1706 N.W. 16, Okla. City, offers instruction in aikido and judo to beginners and advanced students, children and adults. Day and evening classes are available daily except Wednesday, from 12:30-2:00 p.m. and 7:00-9:00 p.m. Private instruction is by appointment.

The basic principle of aikido is love and protection for all things. Aikido is not an offensive type of martial art-it is defense against an aggressor rather than self-defense, which teaches students to become aggressors. Aikido teaches how to move around a negative force or turn a negative force away without striking out.

Aikido may be particularly appealing to those who wish to be enabled to protect themselves but do not want to participate in a violent act, even when confronted with an attack.

Judo is a splendid physical sport attracting those who want to get fit, have fun and learn to defend themselves. Judo for youth if offered by Windsong Dojo in age groups 6-10, 10-14 and 14 years and older. Classes will begin when school starts and are scheduled several days a week, afternoons and early evenings.

Aikido and judo instruction is available by contacting Charles Caldwell, Dojo instructor, 521-8226. The Windsong Dojo is the only full-time dojo in OKC that pursues these two arts. Students are available for demonstrations for clubs and civic organizations.

Masso-meridian Balancing is a non-force energy balancing technique which opens and neutralizes the joints of the body. A workshop will be held Oct. 12-13.

Masso-organo Balancing workshops will be held Sept. 28-29 and Dec. 7-8. This is an organ stimulating system which reduces localized organ stress, increases blood flow and enhances organ function. It can be used by itself or as an adjunct to Masso-meridian Balancing.

Masso-diagono Balancing integrates both of the above into one organic whole, creating an effective stress reduction method of body management. Attendance at the previous workshops is required. M-diagono workshops will be held Nov. 2-3, and at a Dec. date to be announced.

The Windsong Dojo is one of only two locations in the country for training in Masso.



announces

the next meeting of the Collective
Open to the Public

Sunday, September 15, 1985, 6:30 p.m.
1630 N.W. 19

Cassia A. Mealor, M.S.

Counselor

Herland Sister Resources
1630 N.W. 19
Oklahoma City, OK 73106

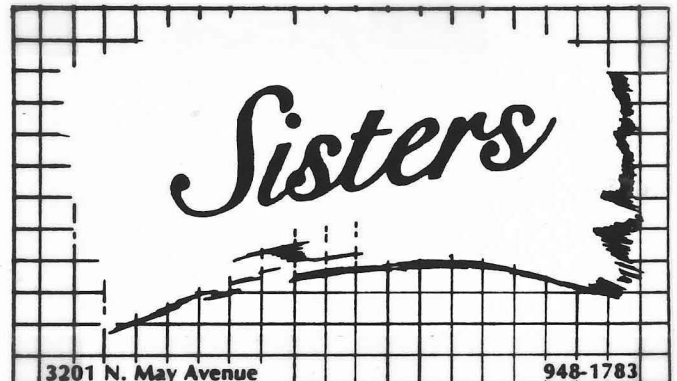
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COUNCIL OF THE FEMININE FIRE TO GATHER IN CALIF.

The Council of the Feminine Fire is a 10-day intensive workshop, Nov. 8-17, at the Ojai Foundation, California.

Resident faculty includes poets Diane diPrima and Deena Metzger; Rabbi Lynn Gottlieb, anthropologist Joan Halifax; aikido black belt Colleen Kelley; psychologists Marty Kent and Verona Fonte; gestalt therapist Christine Price; cultural historian Joan Sutherland; international consultant Gigi Coyle; Betty Didcock, archaeologist Marija Gimbutas; ceremonialist Ch Shinnah; and author and ritualist Starhawk.

The Council of the Feminine Fire is a time to bring together the forms of the Goddess. It is a time to anneal and heal the symbolic and the real, the ordinary and the strange, the political and the spiritual, and each of us with the other. It is about the heat of wisdom and compassion meeting in the experience of the feminine. It is about the purification of Hecate's moon and the kindling of the hearth of the body, home and temple. It is the recognition of the undying lineage of the feminine fire in the continuity of nature and culture, the rebirth of the feminine in our era, and the mystery of that fire in our lives today.

In this Council, through teachings, ceremonies and personal work, participants will explore many light and dark mirrors of the contemporary feminine experience--the connection with the earth Goddess and the destruction which results from the cutting of that connection; the recognition of interdependence as well as aloneness and alienation; living the qualities of compassion and nurturing along with the qualities of anger, sorrow and despair; the concern for coming into the body and the widespread abuse of women's bodies; and the nature of both feminine environment and helplessness. The images of the Goddess and the power of her archetype throughout history from many different traditions and disciplines will be examined. Using the teachings of the Medicine Wheels and Keys, groups will also explore ways in which the feminine fire can be kindled in Council and the integrated in a balanced way into our everyday lives.

Tuition is \$500. Write the Ojai Foundation, P.O., Box 1620, Ojai, CA 93023, (805) 646-8343, for their complete program.

WOMEN'S MUSIC TOP 20

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4. Ann Reed, "Room and Board"
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6. Holly Near, "Watch Out"
7. Kay Gardner, "A Rainbow Path"
8. Ferron, "Shadows on a Dime"
9. Ferron, "Testimony"
10. Teresa Trull & Barbara Higbie, "Unexpected"
11. Chris Williamson, "Portrait"
12. Chris Williamson, "The Changer and the Changed"
13. Deidre McCalla, "Don't Doubt It"
14. Tret Fure, "Terminal Hold"
15. Meg Christian, "From the Heart"
16. Gayle Marie, "Double Talk"
17. Holly Near, Inti-Illimani, "Sing to Me the Dream"
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