

OREGON STATE UNIVERSITY WOMEN'S CENTER
N E W S L E T T E R
a. k. a.

WIREd

WOMEN'S INTRA-CAMPUS RESOURCE EXCHANGE

ZINE



Is this your first time?

If you'd like to get more information about
The OSU Women's Center
Please contact

737-3186

www.oregonstate.edu/womenscenter/
womenscenter@oregonstate.edu
the Women's Center is accessible to all.

HIGH PRIESTESS
EDITOR-IN-CHIEF ॐ
(OF ALL THAT IS FREAKIN'
COOL): Myra Long



WOMEN'S
CENTER

OREGON STATE UNIVERSITY



LEAP
AND THE
NET WILL
APPEAR

~ZEN
SAYIN'

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OREGON STATE UNIVERSITY WOMEN'S CENTER MISSION STATEMENT

As shapers of the world and catalysts for change:

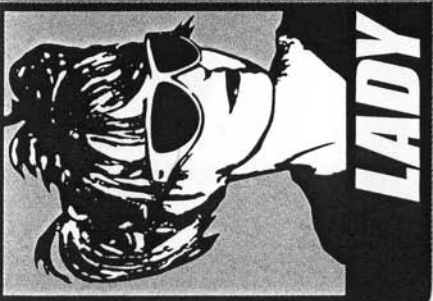
• We believe in the infinite potential of women.

• We choose to lead with passionate purpose.

• We provide advocacy and resources in a compassionate space.

• We act to promote the success of all.

• We are committed to feminist ideals.



Degrading ethnic
racial, sexist, or
homophobic
remarks are not
welcome here.

Compliments of It's My Pleasure 3106 NE 64th Portland OR 97213 (503) 280-8080

Page one

♀ ♀
What's Happening?

✕
Stitch n Bitch
Every Wednesday at 8pm
Women's Center
✕

Feelin' Good: How to Love and Feed your Body

November 9th at 7pm
Finley Hall Lounge
✕

Feminist 101 Workshop

November 17th at 3:30
Women's Center
✕

Wicked Walmart

November 17th at 7pm
MU Ballroom
♀

**CHECK
IT OUT**



ACTIVISM 101

#1 GET PISSED!

FIND SOMETHING THAT GETS UNDER YOUR SKIN. IS THERE A PROBLEM YOU WOULD LIKE TO SEE SOLVED? DO YOU FEEL REALLY PASSIONATE ABOUT AN ISSUE? THIS WOULD MAKE A PERFECT ACTIVIST PROJECT FOR YOU.

#2 GET MOTIVATED!

WHAT EXACTLY IS IT THAT YOU WOULD LIKE TO SEE HAPPEN? SET GOALS SO THAT YOU HAVE TANGIBLE RESULTS TO LOOK FORWARD TO.

#3 GET ORGANIZED!

MAKE A PLAN, STRATEGIZE, CREATE CONNECTIONS! MAKE YOURSELF AN OUTLINE OF EVERYTHING THAT YOU WILL NEED TO DO, WHO CAN HELP YOU, AND WHEN YOU WILL HAVE IT DONE BY.

#4 GET ACTIVE!

GO OUT THERE AND DO IT!



PAGE TWO

HELLO
my name is

Feminist



women's 'libs

In putting together this issue of *Bitch*, the subject of feminism and humor has been very much on our _____: namely, because we're rumored not to have a capacity for it. (Surely you've heard the joke "How many _____ does it take to change a _____?" and its punch line "As a _____, I don't find that funny.")

In fact, the road to feminist consciousness is _____ with multiple instances of being asked, "Can't you take a joke?" when we refuse to laugh at the many references to _____ women, _____ stereotyped women, _____ women, _____ women, and _____ women that have always appeared in pop culture as comic relief.

Many people's beef with feminism is that it has come _____ in to take the fun out of what's widely considered harmless culture—everything from sexually charged _____ environments to mass-marketed sexist _____ to a Supreme Court nominee's jokes about _____ and _____ Th _____ subtext we get from both political and popular culture is if only us _____, wild-eyed buzzkillers would just let people have their _____ without getting all whiny about it, all would be well.

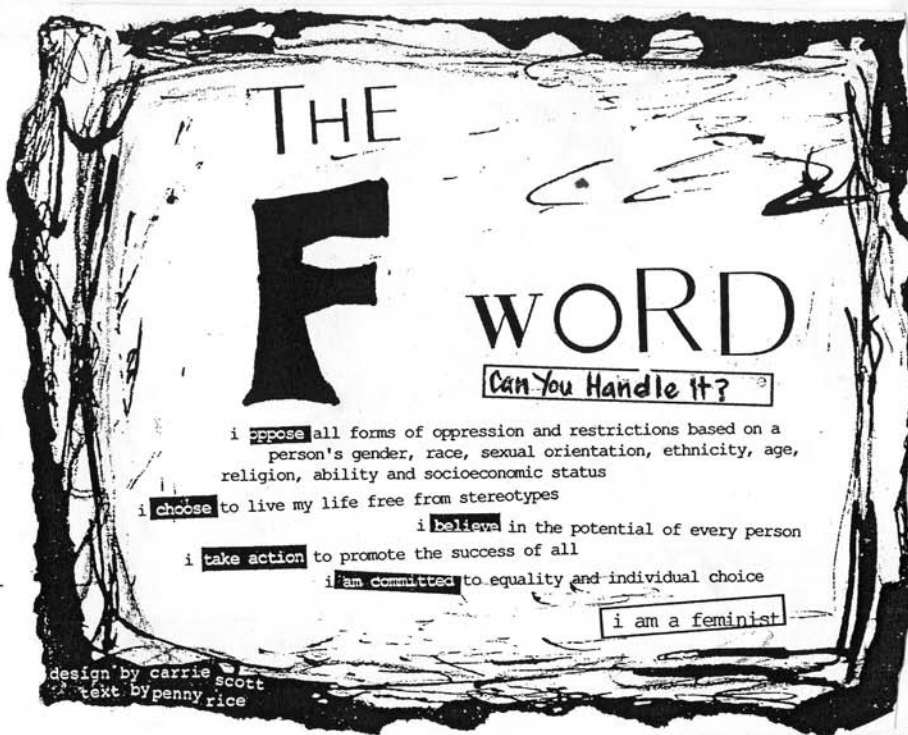
But—and we suspect you knew this already—we feminists do know how to have a _____ good time, and that's why this issue is so important to us: It's a celebration of fun, as well as an acknowledgment that the way humor, games, athletics, _____ and, well, pretty much everything else are colored by _____ gender can always bear some changes. And remember, as _____ once said, _____ —Eds.

This piece originally appeared in *Bitch: Feminist Response to Pop Culture* #30, and is reprinted with permission from the magazine.



Fun Freedom Rock Fabulous Flamboyant Fantastic Fierce

friendly
Feminist Forgiving
Fervent Fashionable
Fulfilling



THE F

WORD

Can You Handle It?

i **oppose** all forms of oppression and restrictions based on a person's gender, race, sexual orientation, ethnicity, age, religion, ability and socioeconomic status

i **choose** to live my life free from stereotypes

i **believe** in the potential of every person

i **take action** to promote the success of all

i **am committed** to equality and individual choice

i am a feminist

design by carrie scott
text by penny rice

What comes up for you when you read the word **FEMINISM**?

Do you imagine us wearing heavy boots and camouflage, militantly bestowing our whip-smart wisdom on your unenlightened self?

Do you think we might be out-of-touch hippie wannabe's, hiding cloistered from the world in our safe little house?

Come and meet us – we are as diverse as you are. We are fun, energetic, passionate, committed, exuberant, creative, and a little bit nuts on occasion. We really like coffee and costume parties, social justice, our kids, our mothers and fathers, our boyfriends and girlfriends, fun clothes, sunny afternoons, and traveling to exotic locations.

So what is a feminist? If you think that women have the right to vote, work outside the home, receive equal pay, attend a college or university, work and live without fear of sexual harassment or rape, and participate in sports, you might just be a feminist. At the core of us is our passionate belief that all people deserve to live, work, love, and play without hatred, discrimination, or oppression. We are feminists. Can you handle it?

Cyndi Briggs

page
Four

Feminizzle

Student-Parent QUIZ

- 1) You have 2 midterms and a paper due this week. Your child is fussy and wants you to give him or her all of your attention. You:
 - a) Ignore your child. He or She will eventually go away.
 - b) Scream at him or her and lecture about bothering you.
 - c) Explain that you have to study, however, take a break to play, eat and/or talk with them.

- 2) You just brought your textbooks (\$200 +) and have \$5.00 left until payday. You promised your child a \$20.00 toy for school behavior. You:
 - a) Don't care about getting you child anything for being good. He or she should be good anyway.
 - b) Tell them your textbooks are more important than some stupid toy.
 - c) Take him or her to TCBY (kiddie cup = \$0.99; junior cup = \$1.20) and plan to get the toy when you can afford it.

- 3) It is one of those days when you feel overwhelmed with school and parenting. You:
 - a) Verbally and mentally chastise yourself for being weak and unable to handle everything.
 - b) Drop out of school and resent being a parent forever.
 - c) Take a relaxing venture for yourself: candles and bath, good movie, outing with the friends etc...



a= 1 point, b= 0 points, c= 3 points

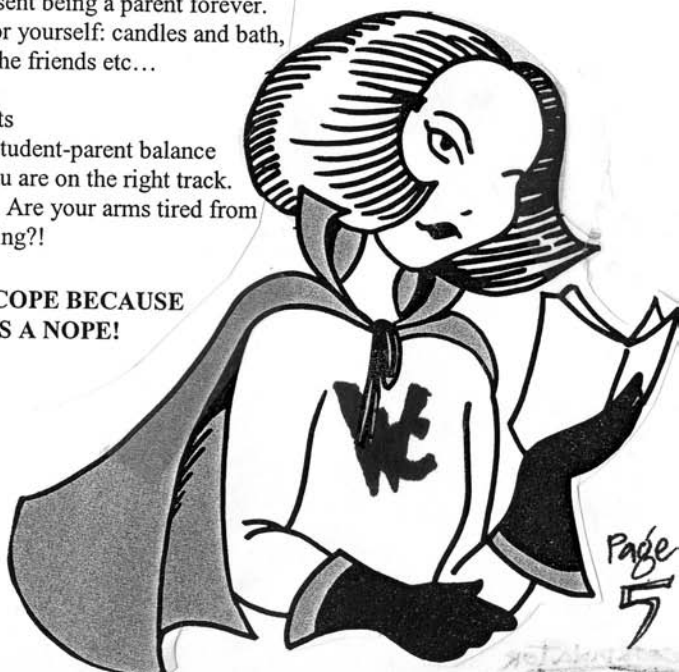
0-3 points: Re-evaluate your student-parent balance

4-6 points: Hang in there! You are on the right track.

7-9 points: Great job Coping! Are your arms tired from all that great juggling?!

REMEMBER: HOPE AND COPE BECAUSE QUITTING IS A NOPE!

Quote by S. Scott and C. Briggs



WHO'S WHO@



BETH IS A QUILTER, A READER, AN ACTIVIST AND AN OPTIMIST WHO INEVITABLY FINDS THE BEST IN EVERY SITUATION. SHE LOVES THE FOLLOWING

MOVIES: AMELIE

BETH: DIRECTOR (THE CONSUMMATE OPTIMIST), SLEEPLESS IN SEATTLE (A HOPELESS ROMANTIC) AND BEING THERE (AN ACCIDENTAL ACTIVIST).



JENNY LOVES TO FEEL MUD SQUISH BETWEEN HER TOES. JENNY'S FAVORITE MOVIES ARE: WILD HEARTS CAN'T BE BROKEN AND CRASH.

JENNY: AMERICORPS COMMUNITY EDUCATOR



"I AM CURRENTLY BUILDING A SUPREME REVOLUTIONARY FORCE WITH PADRIAC MCGUIRE. MY FAVORITE MOVIE IS I ♥ HUCKABEES... WE HAVE A SERIOUS PETROLEUM PROBLEM."



CHELSEA: MARKETING COORDINATOR



CYNDI LIKES LEAVING PENNIES (HEAD'S UP) IN RANDOM PLACES SO PEOPLE CAN FIND THEM AND BELIEVE THEY'LL HAVE A LUCKY DAY.

FAVORITE MOVIES OF THE MOMENT: BEFORE SUNRISE AND BEFORE SUNSET.



THIS IS WHAT A FEMINIST LOOKS LIKE!

CYNDI: GRADUATE ASSISTANT

AWBREY'S FAVORITE DINNER CONVERSATIONS ALWAYS INCLUDE THE TOPICS OF SEX (& GENDER), RELIGION & POLITICS -- THAT'S THE RED SHOE

WAY! ONE OF AWBREY'S FAVORITE MOVIES IS ALSO ONE OF HER FAVORITE BOOKS -- LIKE WATER FOR CHOCOLATE.



AWBREY: VOLUNTEER AND RECOGNITION COORDINATOR



THE W.C.?



MOLLY'S FARS WON'T WORK IN 5 YEARS BECAUSE SHE IS OBSESSED WITH ABSURDLY LOUD MUSIC. HER TASTE BIDS WON'T BE ABLE TO DIFFERENTIATE PEANUT BUTTER FROM GREEN BEANS IN 3 YEARS SINCE SHE'S BURNED HER TONGUE SO MANY TIMES WITH HOT COFFEE.

MOLLY: OUTREACH COORDINATOR

SHE IDENTIFIES WITH HER FAVORITE MOVIE, AMERICAN BEAUTY, BECAUSE SHE SEES THE BEAUTY IN ALL THINGS, EVEN PLASTIC BAGS.



SOPHIE LOVES BURNED POPCORN, HER FAVORITE MOVIE IS WHAT ABOUT BOB? AND SHE'S ONE OF THE BEST MOMMIES IN THE WORLD.

SOPHIE (W/MICHAEL): OFFICE COORDINATOR



MYRA: PUBLICATIONS COORDINATOR



MYRA GETS EXCITED WHENEVER SHE HEARS THE SOUND OF A TATTOO GUN & HER CURRENT FAVORITE Fucks ARE AMELIE AND RAISING ARIZONA... "SON, YOU GOT A PANTY ON YO' HEAD."



EMILY FEELS RESPONSIBLE FOR INFORMING THE PUBLIC

THAT COWS GIVE MILK AND NOT WINE (SAD DAY).

EMILY'S FAVORITE MOVIE IS DRACULA: DEAD AND LOVING IT.



EMILY: SPECIAL PROJECTS COORDINATOR



RUNNING OUT INTO TORRENTIAL RAIN SHOWERS TO PLAY A GAME OF FRISBEE IN FUP FLOPS CONSTITUTES AN AFTER-NOON OF FUN, WHOLESOME ENTERTAINMENT FOR MARY. MOVIES THAT HAVE CURRENTLY CAUGHT HER FANCY INCLUDE GALAXY QUEST AND A VERY LONG ENGAGEMENT.



MARY: DIVERSITY COORDINATOR



Female Masturbation

The Gift That Keeps on Giving

~ Molly Gray

Women kept coming and coming. We couldn't stop it. Just when one came, three more would follow. We couldn't keep them from coming. Some came in groups, some came alone. Some giggled when coming, and others moved stiffly.

Some were talking, some were playing with their hair, some were holding hands and others just looked at the ceiling. Some looked as if they were dying of excitement, and others looked nervous. I guess we couldn't expect anything less with a program entitled, "Female Masturbation."

Kristin Kahler, the University Counseling and Psychological Services Intern, who spoke and facilitated the program, posed a question. Seconds later a packet of flavored lube was tossed through the air, to the hands of a woman who responded and debunked one of many myths. "People think that your palms get hairy [if you masturbate]." Kahler agreed that there are far too many myths and stereotypes about women who masturbate.

As lube ran out, ribbons were passed around to respondents bravely asking questions. Kahler kept the excitement going by listing different ways of exploring pleasure. Some were as simple as being gentle with your clitoris, and others were a process of stripping your skivvies off, putting on jeans, and rubbing the hard seamed material in the center, against yourself. She concluded by noting that it is important for women to seduce themselves as well.

So if you see someone walking down the street with a huge cup of coffee and a huge smile on their face, they probably aren't smiling about their latte.

yes! yes! YES! Oh...! My..!

page eight

@ Jenny... Ask



Jenny Kulas AmeriCorps Community Educator, working with sexual assault and violence education. So what exactly does that mean? Well, it means that I have a strong interest in educating students, faculty, staff and community members about sexual assault and relationship violence. Along with doing educational programs, I am available to answer questions, provide a listening ear and make referrals to services provided on campus and in our community.

I'd like to use this first issue of the Women's Center Newsletter to promote our new and improved *Anonymous Report Form*. This is a form that can be used by *anyone* who knows about a sexual assault, even if you were not directly involved. OSU Student Conduct Code defines sexual assault as *any* sexual contact that is unwanted or without consent.

The Anonymous Report Form can be filled out without reporting any names. Although reporting the name of the offender is helpful, we understand the fear associated with reporting. This form is used not only for supporting a survivor of sexual assault (if this is what she/he desires) but for recording University statistics. The form is available in various offices and centers, including the Women's Center. It can also be found online at <http://oregonstate.edu/sexualassault>.

Here at the Women's Center we recognize that no prejudices exist when it comes to sexual assault. It can happen to anyone—regardless of age, class, gender, race, sexual orientation, etc. If you have any questions or concerns about sexual assault you can visit the Sexual assault response network (SARN) website for a list of resources.

DID YOU KNOW:

- 1 IN 4 WOMEN WILL EXPERIENCE SEXUAL ASSAULT IN HER LIFETIME
- THE RATE OF FALSE REPORTS OF SEXUAL ASSAULT IS LESS THAN 5%



Spotlight Artist



Come by and view the original artwork of Mara Friedman on display at the Women's Center through December. Transformative, vibrant & spiritual -- Mara's art is absolutely inspiring.



Speak Your Truth

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*With Trust, does inner vision grow
Let the song in your heart be your guide
As you walk the path of balance*



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Throw the world a curve...



Love Your Body

Self Respect +
Self Love
= CONFIDENCE



Ten Steps To Positive Body Image

1. Appreciate all that your body can do. Every day your body carries you closer to your dreams. Celebrate all of the amazing things your body does for you --running, dancing, breathing, laughing, dreaming, etc.
2. Keep a top-10 list of things you like about yourself-- things that aren't related to how much you weigh or what you look like. Read your list often. Add to it as you become aware of more things to like about you.
3. Remind yourself that "true beauty" is not simply skin-deep. When you feel good about yourself and who you are, you carry yourself with a sense of confidence, self-acceptance, and openness that makes you beautiful regardless of whether you physically look like a supermodel. Beauty is a state of mind, not a state of your body.
4. Look at yourself as a whole person. When you see yourself in a mirror or in your mind, choose not to focus on specific body parts. See yourself as you want others to see you -- as a whole person.
5. Surround yourself with positive people. It is easier to feel good about yourself and your body when you are around others who are supportive and who recognize the importance of liking yourself just as you naturally are.
6. Shut down those voices in your head that tell you your body is not "right" or that you are a "bad" person. You can overpower those negative thoughts with positive ones. The next time you start to tear yourself down, build yourself back up with a few quick affirmations that work for you.
7. Wear clothes that are comfortable and that make you feel good about your body. Work with your body, not against it.
8. Become a critical viewer of social and media messages. Pay attention to images, slogans, or attitudes that make you feel bad about yourself or your body. Protest these messages: write a letter to the advertiser or talk back to the image or message.
9. Do something nice for yourself-- something that lets your body know you appreciate it. Take a bubble bath, make time for a nap, find a peaceful place outside to relax.
10. Use the time and energy that you might have spent worrying about food, calories, and your weight to do something to help others. Sometimes reaching out to other people can help you feel better about yourself and can make a positive change in our world.

For more information, contact the National Eating Disorders Association at 603 Stewart St, Suite 803, Seattle, WA 98101
Information and Referral Helpline: 800-931-2237 or www.NationalEatingDisorders.org

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about women . . . for everyone!

Volunteering at the Women's Center

About the Women's Center

The OSU Women's Center offers a community of women dedicated to creating social change through diverse perspectives in educational endeavors and social events.

Our services include:

- Resources and referral
- Fun, educational, and informative programming
- Quarterly W.I.R.E. newsletter
- Community outreach
- Event planning and coordination
- Extensive resource library
- Comfortable study space and fully-equipped kitchen

Volunteer Positions at the Women's Center

Volunteer Support Staff

- An opportunity to become involved in the day-to-day happenings at the Women's Center.
- Work in the office 2-5 hours per week, assisting with daily tasks, ongoing projects, and program planning.
- Attend weekly staff meetings and volunteer community gatherings if schedule permits.
- Undergo training regarding sexual assault response, community resources, and office procedures.
- Volunteers accepted at the beginning of each term.

Special Project Assistants

- An opportunity to contribute to the Women's Center through one-time projects.
- No formal training required; guidance will be given specific to project.
- Commitment to Women's Center lasts as long as the project.
- One time volunteer opportunities communicated through e-mail
- Volunteers accepted at any time during the term.

Please fill out the Volunteer Information Card to the right, detach, and drop it in campus mail.

With questions or for additional information, please contact Awbrey Willett, Women's Center Volunteer Coordinator, at 737-3186, or e-mail willetaw@onid.orst.edu

Volunteer @ the WC

We have a new and improved volunteer program that could help you get experience programming, learn more about issues that affect your life, meet amazing people, learn about yourself, and have fun!

We ♥
volunteers!

p. 12



She loves me... she loves me not..

tell Myra how you feel about the new
Women's Center newsletter

email at

womenscenter@oregonstate.edu

737-3186

or stop by the Benton Annex-

MAGAZINES:

BITCH: FEMINIST RESPONSE TO POP CULTURE

BUST: FOR WOMEN WITH SOMETHING TO GET
OFF THEIR CHESTS

MS: MORE THAN A MAGAZINE - A MOVEMENT

Come to the WC's Library to check out our books & magazines

POETRY
CENTER

Strain

This girl is becoming
a woman/ she doesn't
know
how to deal/ she
remembers/ her simpler
life/ when love was clear

Love is a balancing act/
she learns she has to save
love for herself/ her
uncertainty makes
her awkward/ hands
reaching out /straining
fingers

Deep inside /there's a
place where she finds /her
colors are true

but a black fear covers /her
rose colored vision /

Innocence/
a fear of isolation/ time
passing slowly/ a future
completely alone
she can't walk forward
when she's looking back

Sometimes the ache/ is
completely absent
she is a liberated woman/
sometimes
the ache/ is overpowering/
and she
is a pathetic poetess/
she can't walk forward
when she is looking back/

Time will heal her/ and
she
possesses the strength
to find her way/ already
she has healed
strengthened/ began the
journey /finding herself
because
she can't walk forward
when she is looking back/

Part of her is clinging to
the walls/ with her head
hung /looking down
other her is boldly dashing
forward / wide smile
hair flying//
-Emily Schulz

DIRECTOR'S CUT

There has been a lot of attention lately to women in leadership positions--especially with the new TV show "*Commander in Chief*" demonstrating what it might be like to have a woman in the White House. I'm not much of a TV watcher, sometimes catching a classic movie or some sports competition while quilting or doing needlework. But my Tuesday nights are devoted to one hour of television at 9pm. It's not just because I like Geena Davis--but because I love imagining a woman running our country. What an extraordinary concept--and I bet it will happen in my lifetime!

Newsweek magazine devoted an entire issue to the subject of *how women lead*. Women astronomers and conductors were featured along with women in TV and fashion design. Women head the police, fire department and the District Attorney's office in the city of San Francisco. And Anna Quindlen (one of my favorite columnists) wrote her column on women and leadership. She wrote that since they have been relegated to the outer edges of the inner circle for so many years, women have learned to lead in different ways, liberating them from the status quo inculcated by male leaders.

Dear reader, please consider how we support women and create opportunities in the classroom, in research, in professional lives, in personal lives for them to make a difference. If you consider that "leadership" is "the art of mobilizing others to want to struggle for shared aspirations" (Kouzes & Pozner)...then how are we mobilizing our women students, staff and faculty? Are women (and men) in positions of power lifting others on their climb to the top? And are each of us as women leading the way with courage and conviction—even in the face of adversity?

In this past week I cannot help but think of Rosa Parks, who may not have thought of herself as a leader, but indeed took a stand that changed the Civil Rights movement and indeed our country forevermore. Remember that small acts can make a huge difference.

Beth Rietveld

Note: Beth teaches Women Studies 499/599 winter term on Women and Leadership which will be offered on Tuesdays from 2-4:50pm.

**"YOU COULD MOVE."
ABIGAIL VAN
BUREN, "DEAR
ABBY," IN RESPONSE
TO A READER WHO
COMPLAINED THAT
A GAY COUPLE WAS
MOVING IN ACROSS
THE STREET AND
WANTED TO KNOW
WHAT HE COULD DO
TO IMPROVE THE
QUALITY OF THE
NEIGHBORHOOD.**

