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Women's Center newsletter, January 16-27, 1984

Eastern Washington University. Women's Center

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The Women's Center is for Everyone

EWU WOMEN'S CENTER
Monroe Hall #114
359-2847

Lee Swedberg, Director
Margaret Craford, Program Asst.
Mimi McColloch, Secretary
Jana Eyer-Stough, Single Parents
Judeth McChesney, Publicity

BI-WEEKLY NEWSLETTER

Monday, January 16, 1984

FILM: "WITH BABIES AND BANNERS." (46 min.) The story of the Women's Emergency Brigade. The critically acclaimed documentary film about women's dynamic role in the Great General Motors sit-down strike of 1937. 12:00 noon. Discussion following.

Tuesday, January 17, 1984

Last day to register for lunch with Jim Marshall (see January 26 below). \$2.00 registration fee. Pay Mimi in the Women's Center, Monroe Hall #114.

Wednesday, January 18, 1984

MULTIPLE SCLEROSIS: "THE MUSTARD SEED AND ME" is an inspirational book Spokane resident Phyllis Henzen wrote about her struggle and subsequent victory over multiple sclerosis. Ms. Henzen will share information about multiple sclerosis and discuss her book at 12:00 noon in the Women's Center. Discussion encouraged.

Thursday, January 19, 1984

EXERCISE AND THE MENSTRUAL CYCLE: Karen Carlberg, Ph.D., an Assistant Professor of Biology at EWU, has completed extensive studies in the areas of hormonal response to exercise, the effects of athletic training on the female reproductive system, and the effects of chronic treatment with estrogens and methylxanthines. 12:00 noon. Discussion following.

Monday, January 23, 1984

CAT LOVERS, THIS ONE'S FOR YOU! Ingeborg Urcia, Ph.D., Associate Professor of English and experienced cat breeder, answers your questions about cats. Dr. Urcia will also discuss her books, "All About Rex Cats," "This is the Russian Blue," and the soon-to-be published, "The Family Cat." Bring your questions and a sack lunch to the Women's Center at 12:00 noon.

Wednesday, January 25, 1984

WOMANSPEAK: WomanSpeak is a monthly one-hour meeting of general information dispersal for women. Information concerning jobs, workshops, classes, childcare, politics, etc. will be shared from 12:00 noon until 1:00 p.m. Individuals wishing to share information of concern to women should contact Margaret Craford at 359-2847. This is an informal meeting. Bring a sack lunch.

Thursday, January 26, 1984

CUBAN BEAN SOUP: Jim Marshall prepares this tasty soup for you in Hargreaves Food Lab at 12:00 noon. \$2.00 insures your reservation for lunch. Preregister with Mimi in the Women's Center.

Friday, January 27 - 7:30 to 9:00 p.m., and Saturday, January 28, 1984 - 8:30 a.m. - 4:30 p.m.

WOMEN, NUTRITION AND EXERCISE: Part I in a series of three workshops in Women's Health sponsored by EWU Women's Programs. This workshop is designed for women interested in

gaining information about the physiological and psychological effects of certain nutritional and exercise conditions of the female organism. Program features:

Exercise and the Menstrual Cycle
Women and Drugs
Women and Eating Disorders
Nutrition and Exercise During Pregnancy -
Looking and Feeling Better
Balancing the Energy Budget through Increased Spending

Registration of \$35.00. For registration forms and more information, contact EWU Women's Center, 359-2847, or toll-free from Spokane, 458-6327. These workshops will be held at the Higher Education Center, W. 705 First Avenue, Spokane, WA 99204.

ANNOUNCEMENTS:

New from the BOSTON WOMEN'S BOOK COLLECTIVE and the MASSACHUSETTS COALITION FOR OCCUPATIONAL SAFETY AND HEALTH: Our Jobs, Our Health: A Women's Guide to Occupational Health and Safety. The book includes chapters on recognizing hazards, job design, stress, toxic chemicals, workplace cancer, reproductive issues, controlling hazards, health and safety standards, legal rights, taking action, and further resources. The Women's Center has order forms for this book. Price for individuals is \$4.00 each.

THE ALCOHOL INFORMATION AND EDUCATION RAP GROUP is meeting Tuesday afternoons from 3:00 to 4:00 p.m. in the Women's Center, Monroe Hall #114. Jim McColloch is group leader. Everyone welcome!

The Women's Center will be sponsoring the following support groups during Winter Quarter 1984: Alcohol Information and Education (for men and women), Women's Rap Group, Reentry Students (for men and women), Women Veterans, Single Parents, Gay Students, Minority Women's Rap Group, and Eating Disorders/Bulimia-Anorexia (for men and women). For further information and/or meeting times call the Women's Center at 359-2847.

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