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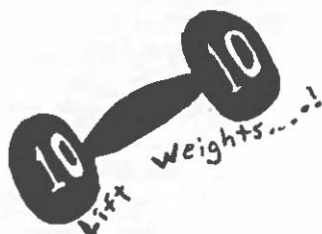
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MONTANA

WOMEN'S RESOURCE

January 1986



"FITNESS"

by

Wanda R. Raschkow A.T.,C.

What is fitness? There are various technical terms and intricate tests to describe fitness; and images of sleek legs in skin-hugging tights to portray its effects. The Presidential Council on Physical Fitness and Sports defines fitness as "The ability to carry out daily tasks with vigor and alertness, without undue fatigue, and with ample energy to enjoy leisure time pursuits and to meet unforeseen emergencies." From this definition, it is much easier to see where fitness fits into each of our lives.

How does fitness for women differ from fitness for men? It doesn't. The principles are the same; quantities and types of activity relate more to goals, lifestyles, and present levels of fitness than gender. Research shows that women respond to physical training just as men do - they become stronger, faster, and are able to meet increased energy demands. The largest gender difference is in attitude: historically women have not been encouraged to seek fitness; exercise for its own sake has been the domain of men.

Currently, however, in a time when women are striving to take control of their own lives, more and more are also taking control of their bodies. The hardest part of becoming fit isn't the stretching, sweating, or running, but is instead that very first step - the decision to start.

Fitness is generally broken into two aspects: Muscle fitness and cardiovascular fitness. Muscle fitness involves strength, endurance, and elasticity of muscle tissue. Cardiovascular, heart and lung, fitness equates with endurance and aerobic capacity. A good training program needs to include each component of fitness.

When the various joints of the body are never put through their full range but only go through the limited motions of daily activity, muscles surrounding those joints

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Does Fitness Mean No Fatness??

by

Lynn Exe-O'Neil

I spent Thanksgiving Day cross-country skiing with a highly incongruous group of people. My seven and eight year-old children, twenty-two to thirty year-old women, and twenty-four to forty-seven year-old men made up the group of 11 kamakaze telemarkers and laid-back tourers.

On that day, a concern familiar to many adults anticipating un-prepared-for physical adventure reared its nasty head within our group. Quotes such as "I'm so out of shape" relayed the insinuation of "I'm too fat for physical activity!"

How unfortunate!

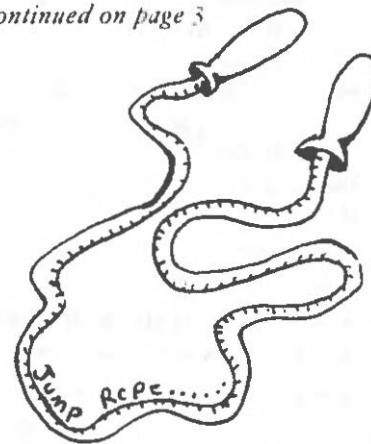
"How much weight is overweight?" I asked. The answer rang clear. "I feel overweight when I can't run around the way I need to.", the forty-seven year-old firefighter responded.

Many women and men continually train their bodies for endurance and strength through a regular exercise program. Still, women are especially susceptible to the notion that feeling strong and physically fit is **not enough**.

The media, the still prevalent idiom that an hourglass figure is the attractive figure, and the Metropolitan Life height and weight chart all tell us that thin is still in. It's no surprise when people gather as a group for healthy, fun physical activity the "I'm too fat to play" monster imposes. The extra 10 to 15 pounds we knowingly carry on our 'small, middle or large frames', (according to the charts), inhibits our potential for unrestricted fun as a group. Fortunately, our group quickly shed that monster and proceeded to perform acrobatic face-plants and developed some original cross-country ski positions and techniques! We soon discovered that fitness did not necessarily mean no fatness.

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Mary'n Hallock has designed a new logo for the Women's Resource Center. We'll be using the new design on all our announcements, flyers, stationary, and the newsletter from now on. Watch for the new logo and know at a glance that the WRC is involved.



may become inelastic, tight, and shortened. Muscle elasticity is achieved and maintained through flexibility (stretching) exercises. Stretching exercises should be given conscious and deliberate attention to insure that every joint is put through a complete range of motion. There are numerous stretches for each area of the body and several excellent books on how to perform these stretches.

My suggestion is to find a guide whose pictures and explanations make sense to you and develop a routine of your own. All stretches should be performed slowly and gently, care should be taken to avoid neglecting any particular muscle groups, and your stretching routine should be an integral part of both your warm-up period and your after exercise cool-down. Never push a stretch beyond mild discomfort: at the worst you can damage the muscles involved; at the least you interfere with the relaxation that is critical to successful stretching.

The "heart" of any fitness program is cardiovascular endurance. This is what will increase the quality of your life as well as the quantity. Cardiovascular endurance refers to how efficiently your heart and lungs function in bringing oxygen to your body and how efficiently your body uses that oxygen. This level of efficiency, or aerobic capacity, may be raised by regular participation in any activity that involves large muscle groups and continues over an extended period.

Examples of aerobic exercise are running, swimming, cycling, cross-country skiing, rope jumping, and aerobic dance. Obviously aerobic fitness allows a great deal of individual variation - you may choose any activity, or combination of activities, that you find enjoyable, easily accessible, and appropriate for your body.

Now for the rules: to improve aerobic fitness you must pay close attention to frequency, intensity, and duration of training. Optimal results have been found to occur with a frequency of three to five days per week and a duration of 15 - 60 minutes of continuous exercise. Intensity is the most personal variable: to improve fitness you need to train at 70% to 85% of your maximum capability.

The easiest measure of this level requires that you monitor your heart rate. Determine your maximal heart rate by

..... Visit the WRC Library!

The Women's Resource Center Library has a variety of books, periodicals, records and a vertical file available to both students and non-students. We have 1,200 books on topics ranging from women's history to abortion to career planning. We subscribe to 25 periodicals including "Signs" and "Quest". Our vertical file has information on over 150 topics.

Here's a sample of good reading for those long winter nights ahead:

- ★ ★ Women of ideas by Dale Spender
- ★ ★ The Mother's Book by Carolyn M. Byerly
- ★ ★ In Search of My Mother's Gardens by Alice Walker
- ★ ★ Vida by Marge Piercy
- ★ ★ Six of One by Rita May Brown

Located in the Women's Resource Center, Room 119, University Center. Hours: 9 to 4, Monday thru Friday.

subtracting your age from 220, calculate 70% of this value, and you have found the heart rate at which you will make gains in aerobic fitness. This training heart rate remains a constant goal for you but as you become more fit you should find yourself needing to do more to achieve this same heart rate. The 15 minute brisk walk that sends you into the training zone today may be replaced by 2 miles at an 8 minute per mile pace in the future. Intensity of effort is relative to your current level of fitness.

Many women stop their pursuit of total fitness at this point: they gain muscle elasticity through stretching and cardiovascular endurance through three bouts of aerobic exercise each week. They feel better, look better, and find they more energy left at the end of the day -- but have forgotten two vital components of fitness: muscle strength and endurance.

The best way to achieve overall muscle strength and endurance is to work with weights. In terms of finding the most equipment and versatility for the least expense your choice is to visit your local "weight room." This is a noisy place full of large people and vicious looking systems of bars, racks, and pulleys. Do not be intimidated; instead, be observant and you will quickly learn a variety of exercises and (hopefully) the proper techniques. Don't be afraid to ask "why" or "how" as these sometimes intimidating individuals once also started from scratch.

For the beginner the most straightforward approach is to become familiar with the pulley weight equipment. Its design generally gives you a good idea as to what you're supposed to do with it and eliminates the worry of dropping several pounds of metal in your face. The following start-up exercises can all be performed on a Universal gym such as those found in the University weight room: bench press, military press, upright rows, biceps curls, lat (lateral muscle) pull downs, tricep extension, toe raises, leg extensions, and leg flexions. Each exercise could be described in one or two baffling paragraphs, but now that you know the names you can get the same information in half the time by simply asking questions. That approach has the added advantage of supplying you with hands-on demonstration.

Take a week or two of lifting three times a week to familiarize yourself with the exercises. Do 10 repetitions of each exercise and count that as a "set". Do three sets with a short rest between each set. Use light weights, don't strain; take this time to learn about technique and safety. Find a comfortable grip, assume the proper body position, perform at a slow and rhythmic pace, go through a full range of motion, and train yourself to breathe out as you push the weight. Make sure you have established good habits before you begin to get serious about weight and specific training styles.

Getting serious requires that you establish goals. If your goal is to primarily develop strength you may want to focus on lifting more weight and doing fewer repetitions. To focus on endurance and general tone you could work with lighter weights, more repetitions in each set, and less rest between sets. These are just loose rules of thumb as current research indicates that you will develop both strength and endurance no matter which approach you choose.

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If you're not interested in either strength or endurance as a primary training target a compromise of eight repetitions per set should land you in between the extremes. Simply work with the amount of weight you can lift eight times in a set. When you are able to lift this weight 12 times in a set, increase the load.

To further define your goals you need to decide how lifting weights applies to your other fitness pursuits. Do you seek to increase overall fitness or are you trying to improve your performance in one specific sport or activity? The answers to this question will give you further direction in terms of which other exercises to include, whether strength or endurance is most important, and what type of schedule is appropriate.

Once again there are shelves full of books that outline specific programs for every activity. Just remember to maintain balance in your work-out, don't neglect any muscle groups, and learn to ask for advice and help (especially when you move on to free weights). Although it's an activity that has been avoided by women for years, training with weights has much to offer in terms of helping you achieve total fitness and confidence in a new, stronger self.

At this point you hopefully have an idea of what fitness means and how you can develop it in yourself. Its components are so necessary to daily life that you should be eager to increase your flexibility, cardiovascular endurance, muscle strength and endurance. Instructional resources, enjoyable activities, and places to exercise are all around you.

As I explained to the 39-year-old mother and housewife that caught me raiding the fitness section at the library: it's never too late to start taking better care of yourself. All it takes is one step to get you on your way around the block or to the local pool, gym, or spa -- wherever, or whatever. Fitness is simply one step away.

Women's Self-Defense Class

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Instructor with 11 years experience & Black Sash in
Tai Chi & Kung Fu

Phone 728-0328

continued from page 1

What does fitness mean for women?

Women in particular, equate fitness with no fatness. This notion is demonstrated as mass quantities of women flock to the weight room and / or running track wearing the latest sportswear designed to 'flatter even the size 38 hip!'

To look like Rachel McLish or Linda Evans should not be the primary goal of a women's physical conditioning regimen. A fitness level where our resting pulse rate is stable and moderately low, (i.e., 60-70 beats per minute), where we have developed enough endurance and muscular strength to easily perform daily tasks, and a level at which we feel good about our physical selves should be the initial goals of any physical fitness program. Even for those of us who train further for speed and / or strength and endurance work, that goal does not necessarily mean chiseling our bodies to fit size 8 jeans.

Two essential factors must be implemented into any physical fitness regimen. 1) A regular exercise program must be incorporated into one's lifestyle. 2) A diet reflective of your body's needs and inclusive of essential vitamins and minerals has no substitutions.

A regular exercise program should be primarily aerobic in nature. Running, brisk walking, swimming, cycling and cross-country skiing are examples of aerobic activities. Any of these activities or combination of those activities performed at least three times per week for a continuous period of 20 minutes or more will provide sufficient cardiovascular exercise for your body. Other forms of exercise such as weight lifting, downhill skiing and calisthenics are complementary anaerobic forms of exercise primarily conducive to strength training.

However, no form of exercise can be performed efficiently if a proper diet is not implemented. The following guidelines are characteristic of a proper diet:

Women can typically consume 2100 calories per day to maintain current weight. (Of course this varies with age, height and basal metabolic rate). Every woman must consume at least 1200 calories to include essential vitamins and minerals in her diet. Of the total daily calories consumed, 70% should be in the form of complex carbohydrates, 20% fat, 10% protein.

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continued from page 3

Of the carbohydrates, the majority consumed should be complex carbohydrates. Examples are whole grain breads, cereals, grains and beans. Simple carbohydrates include fruit and refined sugars. Carbohydrates yield quick energy to muscles and are the primary source of energy for the brain and central nervous system. Primary fat consumption should be in the form of unsaturated fat, i.e., most vegetable fat other than palm and peanut oil. All animal fats are saturated fats, (solid at room temperature) and should be consumed sparingly. Fats are necessary for the functions of carrying fat soluble vitamins such as A, D, E, and K, to cushion and protect internal organs, and to conserve body heat during cold weather.

Proteins are the most difficult nutrient for your body to metabolize. Many persons perceive animal sources to be the only complete protein source. However, protein complementarity can be achieved through careful combinations of various nuts and seeds, grains and beans, dairy products and eggs. Shelves of vegetarian cookbooks and nutrition guides are widely available at most bookstores for explicit information on protein complementarity. Although moderate quantities of animal proteins are not known to be harmful, non-animal sources offer the advantage of no added saturated fat.

Another vital element in a complete diet for women is calcium. As women grow older, our bodies begin to re-absorb calcium from our bones. During the ages of 18 - 40 women are developing peak genetic bone mineral concentration. After menopause, the rate at which our bodies absorb calcium from food sources drastically declines. The suggested RDA for adult women under 40 years of age is 1000 - 1200 mg./day. After 40, the amount increases to 1500 mg./day. Combined with exercise, adequate daily calcium intake will strengthen our bones.

A few more words of advice. The more you increase your physical exercise level, the more water you should consume, (above the recommended 64 ounces / day). Water regulates body temperature and transports nutrients to the muscle site. Smoking inhibits respiratory effectiveness and leaches valuable calcium from your bones. One last caution. High alcohol consumption inhibits the production of amino acids and lactic acids for effective muscle use. Use alcohol conservatively or you may find yourself "hitting the wall" on your next run! on your next run!

Aside from the nutritional guidelines and precautionary measures mentioned, you can enjoy chocolate chip cookies and Rocky Road ice cream. As long as you are able to effectively perform a regular exercise program, maintain a healthy heart rate and feel good about yourself, then realize that fitness does not mean no fatness!

*That singing robin
begins his chorus at dawn
and ends my slumber.*

Musings of an All-Women's Run Director

by Beth A. Brennan



October 12, 1985: Race Day. I jump out of bed and run to the window. Thank God - no snow, no rain (yet), and it doesn't seem to be freezing cold. My biggest fears had been that the course would be completely snow-covered, the course marker person wouldn't know where to put the signs, someone would slip and break a leg. But as I fix a cup of coffee, I relax. It was actually rather warm for 7:00 in the morning. By 11:00 a.m. the weather should be perfect.

When I agreed to be the director of Blue Mountain Women's Clinic Second Annual All-Women's Run, I didn't know what to expect. The First Annual Run had been a huge success - 200 runners, clear skies, and a finish line that worked. Could something this big be pulled off two years in a row?

By 10:00 a.m. on race day, I was certain that it could. The Historical Museum grounds had been transformed. Registration tables were set up, refreshments were percolating, the finish line was being assembled. Our first runner showed up at about 9:00. A young girl from Deer Lodge (10 - 13 age division). Heather had participated in our First Annual Run. As I saw her and her father walk up, I was thrilled to see familiar faces. They're coming back - they must have had a good time last year! Talking with Mr. LaFontaine, he told me that this was one of Heather's favorite races. I felt like a proud parent.

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The Lily

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Relaxed, elegant dining
Breakfast — Sunday Brunch
lunch and dinner
Catering and birthday
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continued from page 4

This year, over 250 women registered to run, walk or jog in our event. They ran with their friends, sisters, mothers, and grandmothers. Charissa Nelson, our youngest participant, was pushed in a stroller by her mother, Sarah Nelson. Molly Hudgens, six-year old niece of Blue Mountain's executive director, walked the 1-mile course with her grandmother, Mary Alice Mullen of Billings. Our most unusual mother-daughter team was Anne Gehr and her dog, Ruby Jo.

Women came to compete with each other as well as enjoy each other. Debbie Raunig of Missoula, who ran in the 1984 Olympic time trials and the 1984 Chicago Marathon, and Ann Danzer of Helena, a regionally known runner, ran against each other in the 5k. (Now they can add the 2nd Annual Montana All-Women's Run to their resumes.) They started to pack, using each other to pace themselves. Apparently they paced themselves too fast, and both runners came close to oxygen depletion. Nevertheless, Debbie averaged a 5.4 minute mile and finished the race in 17:17, almost 2 minutes ahead of Ann.

In a co-ed sports event, a man is usually the first to cross the finish line. Results are tabulated according to sex, so a woman will be first in her division. But there's a different feeling at an all-women's run, knowing a woman will be the first to cross the line.

Most women, though, didn't run to win. They came out to run, jog, walk, enjoy the scenery, and have a good time. Runners were heartily cheered as they crossed the finish line, no matter how long it took them to finish their distance. They were cheered because they were there when they could have been at home, curled up in a chair, reading the newspaper and drinking a cup of hot tea. We cheered for each other, taking the risk of putting on sweats and making our bodies work hard, for pushing ourselves past a comfortable physical limit, for being brave enough to try.

Overall winners of each distance received prizes, and age division winners received ribbons. If runners didn't win a ribbon, they might have won a prize anyway. "We decided that everyone should have an equal chance to win something," explains Carolyn Black, Director of the First Annual Run, and this year's Promotional Director. "So we drew runners' names out of a hat for most of the prizes we had." Those prizes were donated from Missoula merchants and included gift certificates from many stores, meals at various restaurants, and memberships at local health clubs. "Missoula businesses were so supportive of this event," says Carolyn. "We had over 50 prizes donated for runners. I think that's one of the biggest reasons women like our run."

The Pre-Run Banquet is another reason they like the run. Held at Holy Spirit Church, the banquet was open to runners and their families. Either by choice or misunderstanding, very few women brought their partners or children.

It was a special night. The homemade spaghetti was served piping hot by volunteer servers, the tables were covered with white tablecloths and decorated with vases of flowers, and an air of excitement permeated the hall. As Debbie Raunig, Ann Danzer and Edna Berg spoke about their running experiences, a feeling of pride grew. Women have fought, and are continuing to fight, for recognition as athletes. Until recent years women runners have been completely ignored. The Olympic time trials that Debbie Raunig ran in 1984 were the first ever for women. There is still no Olympic marathon event. There is still so far to go, but look how far we've come!

WOMEN'S PLACE

521 N. Orange

★ *Counseling, information and loving support from a feminist perspective in dealing with issues of:*

★ domestic and sexual violence against women

★ divorce / relationships

★ self-esteem

Speakers available for groups and classes. Call for information about volunteer training and support groups / classes.

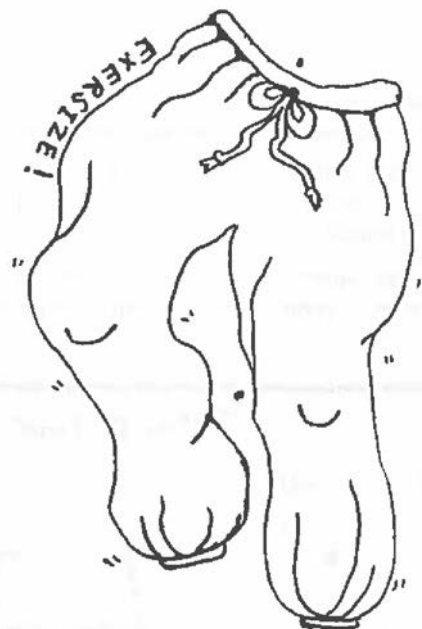
Office Hours: 10 — 4

Mon — Fri

Teapot's on!

24 Hour Crisis Line

543-7606



*Winter's white coldness
lay blanketing our small town
as the people slept.*

Women's History Project

From Amelia Earhart to Sally Ride -- Harriet Beecher Stowe to Maya Angelou -- Mary Harris "Mother" Jones to Dolores Huerta -- from Susan B. Anthony to Geraldine Ferraro. In a very real sense, the history of these women in their fields is our history, and that of the world today. And they're just a few of those we encourage you to honor during National Women's History Week, March 2 - 8, 1986. Now is the time for planning to begin.

"Women: Builders of Communities and Dreams" will be the theme for the observance of National Women's History Week 1986, to be proclaimed in the Spring by a Joint Congressional Resolution for the fifth consecutive year.

Women of all cultures have been active participants in the development of every aspect of our nations' communities and institutions. When we identify and honor the countless women who've helped and are now helping to build America, we fill in the gaps which have misled us about the many significant roles women play in our society.

Pilots. Writers. Organizers. Educators. Leading, and helping others develop their own leadership abilities, playing starring roles as well as supporting roles in the pageant of history. National Women's History Week provides an opportunity to balance the historical record, to create a public awareness of women's contributions in every sphere of our shared history and contemporary life.

Begin soon to plan local or state-wide programs for National Women's History Week '86. Here are some ideas you might consider:

Conduct oral history interviews of the women in your area who've been instrumental as "builders of communities and dreams." Serialize their stories in your local newspapers, or compile them into a booklet for distribution and archiving.

Prepare radio programs or newspaper articles exploring issues facing women in your community today, focusing on the history of those issues and the women who are actively working for a more equitable society in these areas.

Develop women's history exhibits for display in public places: shopping malls, libraries, community centers, school hallways.

Compile a list of women who are available to do classroom presentations in local schools during National Women's History Week. Circulate the list to your local schools.

Sponsor an informal lecture or film series on a women's history topic. Invite a women's organization to co-sponsor the event.

Winter Activities

Listen for your NEW feminist radio program starting —

Thursday — January 9

10:00 p.m.

KUFM — 89.1

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Pornography and Equality Rights: Is a Law the Answer?

February 22 1-4:30

Film: *Not a Love Story*

A filmmaker and a stripper explore the world of pornography — why it exists, the form it takes and how it affects the relations between men and women.

Panel presentation and discussion on recent U.S. and Canadian laws attempting to restrict pornography as a violation of women's equality rights.

Discussion on Montana situation.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

BROWN BAG THEME FOR Winter Quarter, 1986

Religion . . . Careers . . . Politics . . . Healing: women creating change and offering alternatives. The Brown Bags will be held each Wednesday at noon in the Montana Rooms at the University Center beginning January 15 and ending March 5. All sessions are free and open to the public.

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Look for our
fashion show
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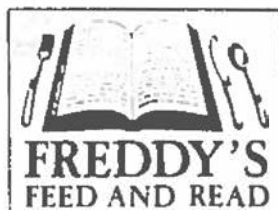
FICTION

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1221 Helen

Quilted Lives

The Women's Resource Center is selling 1986 wall calendars designed by Cathy Weber of Dillon, Montana. The women who made this calendar embrace a patchwork of talents, capabilities, backgrounds, attitudes, concerns and tastes. However, we think that our motely characteristics have made possible a creation, this calendar, which is both various and harmonious like a quilt.

Cathy Weber did the monthly illustrations for the calendar. A widely traveled feminist artist living in Dillon, her studio is in the solar-heated log house she built. She thinks the U.S. military budget is immoral and does what she can to promote peace, justice and, most of all, beauty.

Tracie Korol did the calendar's layout and design. She is a graphic designer from Columbus, Ohio. Her full-time jobs now include free-lancing in graphic design and raising her son.

Diane Mosolf, who first envisioned this project, and many other women from the Women's Resource Center of Dillon, Montana, gathered the support and the funds, and handled the logistics to pull the calendar together. They too come from all over, and have a diversity of talents, interests and ideas.

Together we present our patchwork of days, pieced with pictures and quotations, embroidered with events and celebrations important to women. We wish for you as various, as comforting, as lovely, and as gratifying to its maker as a quilt.

If you would like to purchase a calendar, please use the coupon below. Send remittance to:

The Women's Resource Center
University Center, Room 119
University of Montana
Missoula, Montana 59801

Yes! Please send me _____ copy(s) of *Quilted Lives*.

I am enclosing \$5.00 for each copy ordered.

NAME _____

ADDRESS _____

AMOUNT ENCLOSED _____

WOMEN'S DANCE

SATURDAY, FEBRUARY 1st

Valley Dance Studio 114 West Pine

8 p.m. to 1 a.m. Missoula

A sure cure for cabin fever! Come help us cheer on the Groundhog so she'll bring on spring!!! Men welcome, too.

\$3.00 BYOG (Groundhog toast)

Feminist Jazz guitarist

"I may LOOK like a nice Jewish girl from New Jersey, but inside I'm a 50 year-old, heavyset black man with a big thumb, like Wess Montgomery," jazz guitarist, Emily Remler, told *PEOPLE* Magazine.

Raised in Englewood Cliffs by "totally non-musician" parents - a meat broker and a housewife - Remler began strumming folk guitar at age 8, and progressed to cloning Kieth Richard, Jimmy Page and Jimi Hendrix rock solos.

"My parents finally took me seriously after I got my LP (FIREFLY) out," Remler says. "At least they've given up on me just getting married and having children."

"If I'd become a rock musician and dressed up in black leather, I'd probably be rich," Remler speculates. "But you can't be in jazz for the money."

Remler will appear at the HUBCAP, January 9, 1986. The jazz concert is co-sponsored by the Missoula Blues and Jazz Society and the Women's Resource Center.

Bread and Roses

As we come marching, marching in the beauty of the day
A million darkened kitchens, a thousand mill lofts grey
Are seen with all the radiance that a sudden sun discloses
For the people hear us singing, Bread and Roses, Bread and Roses

As we come marching, marching, we battle too for men
For they are womens' children and we mother them again
Our life shall not be sweated from birth until life closes
For the people hear us singing, Bread and Roses, Bread and Roses

As we come marching, marching unnumbered women dead
Go crying through their singing their ancient cry for bread
All art and love and beauty, their drudging spirits knew
Hearts starve as well as bodies, give us Bread but give us Roses

As we come marching, marching, we bring the greater days
The rising of the Woman means the rising of the race
No more the drudge and idler, then that toil while one reposes
But a sharing of life's glory, Bread and Roses, Bread and Roses

But a sharing of life's glory, Bread and Roses, Bread and Roses

--Author Unknown--

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1st Woman Globetrotter

Women In Sports

The
Better
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Women's
Rugby
Team



Lady Griz
scrimmaging

MOVING

by Ritalinda D'Andrea

Powerlessness is still. Passivity is a bound stance -- silent. To "take a step" to "make a move" is a rebellion, a freedom, an act of asserting the power to be

The healing woman chanted and danced; the priestess, in ritual movement, divinated; the wise woman danced to speak the story of her people. Each manifested her revered power by breaking woman's dictated silence, woman's dictated stillness.

Yet despite our struggle to revitalize herstory and redefine power, these ancient movers (dancers) seem so rife with enigma and superstition, that, though intriguing, they are dismissed -- with embarrassment. Such activity seems remote and in our existences, valueless.

Dancing is a staged activity for which we have no training an exercise class for which we have no time, a social moment for which we have no motivation. Further, as women we are frequently defined as bodies, or worse, body parts. For us to consciously pursue a body consciousness seems redundant. We are incessantly confronted with images of ideal body. We are judged externally and within ourselves on the basis of these images. We are harrassed, assaulted, then blamed because of the very existence of our bodies. The cycling of our bodies marks time for us and our reproductivity commands attention.

Thus, any additional consideration of our physicality is suspect. Often, then, we attempt to flee to the alleged safety of existence as a disembodied mind. Such an existence is seen as crucial for survival and in this culture, it frequently is.



BLUE MOUNTAIN WOMEN'S CLINIC

Specializing in Women's Health Care

Professional Village, Suite 24 721-1646

Unfortunately, this leaves us fragmented. We become mind and body--mind vs. body, with this polarizing extending to intellect vs. emotion, rationality vs. intuition. Since emotion, intuition and body are labelled female, therefore devalued in this culture, WE ARE COMPELLED to either incorporate these dualities and devaluations or adjust our behavior to pretend that we have. However, to deny the body is to splinter from consciousness a sense of individual power and identity. Participation in this charade requires that we evolve a system of non-communication. A style emerges where the truth--a composit of what we perceive, feel, sense and know--becomes internally edited and disqualified. Eventually, we are at risk of losing the ability to discern the elements of our inner selves.

Thus quieted, we are rendered powerless and passive of powerless and hostile. However, by inviting the body into consciousness, we allow the vehicle of feeling, sensing and perceiving as well as the cognitive to function integrally. Thus, the cycle of powerlessness is interrupted.

There are countless techniques to effect this. One of the most transforming is the experience of self-directed, exploratory movement / dance, called authentic movement. Authentic movement is an experience of centering from which the intuitive and creative elements of the self are permitted to emerge. It is meditative but, unlike many other forms of meditation, it is inclusive of the body.

Each person has a style of movement as individual as a thumbprint. In the explorings described below, these patterns can become known to the mover. With them, memories, options, preferences, inspirations can surface. Tension is released somatically as well as psychologically. As such, we literally step out of powerlessness. According to Lowen, Reich and a myriad of other body-inclusive psychotherapists, to express a change at the level of movement is to effect growth at the level of psyche. This becomes obvious when one considers the inherent integrity of the self.

When we allow ourselves to experiment with movement, we can test new behaviors, search for options, discover our individuality intimately and without the internalized criticism which exclusively mental / verbal processing / thinking entails. (If indeed the lateral is even possible!)



For example, much of the powerlessness that women experience is expressed in their posture, their voices, the lightness of their movements. As an experiment, imagine for a moment that you are feeling intimidated by someone. Notice the posture of your body as you feel less and less competent. Now, imagine yourself at your most powerful. Again, notice your posture. Exaggerate these two postures--cowering and straightening. Alternate between the two. Again notice any feelings, resistances, memories. This brief experience is an exploratory dance!

To allow the body attitude of competence and power is to begin to accept oneself as competent and powerful. This is rebellion in a society which still perceives women as inferior and which fragments the self, which at all levels seeks balance and synthesis.

EXERCISES / EXPLORATIONS

1) Find a comfortable position, either sitting or lying down. Center yourself by attending to your breathing; not changing it, merely noticing it. Let a part of you move-- whichever part wants to and in whatever way, no matter how small or how large a movement. Imagine that you are following--do not try to plan the dance.

Continue in this way, moving as much or as little as you choose. Stop when you feel finished. Again, just notice how you feel and what you might be thinking. Write the experience in a journal or record it in whatever way you choose. Try this over a period of several weeks. Themes, feelings, memories or a simple sense of relaxation may emerge. Feelings of resistance to this, especially at first, are quite common. If it appears to make sense to you to continue, try to persevere.

2) After centering a bit, experiment with different styles of walking. Emulate people you know or try to assign a walk to fear, anger, joy, powerfulness, etc. Notice the thoughts and feelings the changes in your walk effect. Decide which ones appeal to you. Record the experience. Enjoy!!

PSA:

The following is a public service announcement for the Missoula Community Solar Greenhouse.

Come help bring a slice of paradise to Missoula! The **MISSOULA COMMUNITY SOLAR GREENHOUSE PLANNING POTLUCK** will be held every month on the 15th, at the North Side Community Center at 6:00 p.m. at 819 Stoddard. Come and help bring this exciting new addition to our community.

Sponsored by The Down Home Project, Inc.
625 Phillips St.
Missoula, Montana 59802
728-4549

The Games Women Play

Throughout the history of western civilization, social class status has been the primary factor determining whether or not participation in sports has been acceptable for women. Acceptable sport for women of wealth differed tremendously from acceptable sport for women of the labor and peasant classes.

The first distinct time period indicative of obvious division between acceptable sport for the classes was the Middle Ages. Two major trends were evident during this tumultuous period.

During the 13th and early 14th centuries A.D., an exciting atmosphere prevailed for women interested in sport. Women of nobility participated in jousting, hunting, hand tennis, horseback riding and ice skating. This spirited era drastically deviates from the historical norm. Competition and any sport "not aesthetically pleasing to the eye" were not generally regarded as acceptable sports for women regardless of social status. As time progressed, sports that "projected women's bodies through space in an aesthetically pleasing manner" dominated the arena of socially acceptable sports for women. Chivalry and courtly love became the primary attitude of the day and noble women left their roles as sports participants and entered the role of spectator and trophy.

In contrast, peasant women enjoyed neither the time nor the approval to participate in sports. Unless these women chose to join the traveling troupes and perform as acrobats (at which point they were regarded as outside all social classes), the only sports participation option available to them was the county fair contest.

The next major change in trends occurred during the settling of colonial America, the 1600's - 1875. Naturally, the events of this time period demanded physical strength for settling. A woman's physical prowess was valued whether she was a woman of wealth or the daughter of a pauper. Yet once colonization ended, European influence dramatically changed wealthy women's roles. Idleness became a symbol of status. Rather than demonstrating physical prowess, frailty and piousness was the state of being the wealthy women aspired toward.

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Peru Shanghai Urumqi
Lhasa Mogao Grottoes
Colorado River Hohhot
Kashmir Milford Sound
Yungang Caves Nepal
Dalong Luma Calcutta
Mongolia Tashkent
Wanaka Peking Zurich
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Tibet Yugoslavia Delhi
Moscow Hungary Banff
Switzerland Kilimanjaro
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Although education was somewhat available to wealthy women during the 1800's, a common misconception prevailed. Women were considered too frail and too weak to attend classes! As B. Spears in *In Coping With Controversy*, 1973, "opponents of women's education argued that 45% of women suffered from menstrual cramps and another 20% suffered from assorted ills. Thus, for physiological reasons alone, 65% of the women would require the college program to be adjusted for them. Also, it was reported that over-study would give the girls brain fever. They would be weak and unable to have children."

Consequently, sports for wealthy women were limited to graceful, non-strenuous "sports" such as walking, dance and croquet!

Still, no sport activity at all was the norm for the laboring woman. These women were solely responsible for rearing the children and hard domestic labor. As a result, leisure time was a foreign phenomenon.

Next, due to the feminist movement, an increase in leisure time and more widely available educational opportunities, the third era of major change arrived. For the women who could afford college tuition, Vassar and Wellesley colleges pioneered the addition of physical education classes for women to their curriculums. Bowling, rowing, swimming and skating classes were implemented. By 1876, the myth that women were more vulnerable to heart sprain and jarred reproductive organs was dispelled. All American colleges were required to include physical education programs for men and women as part of their curriculum.

Working class women began participating in team sports and sports such as swimming that did not require substantial financial investment. With the advent of the 1930's, Public Works programs and local town industries sponsored inexpensive team sports. Social class distinction became irrelevant as all classes were offered the same accessibility to team sport participation.

One last major sports reform is historically distinctive. In 1979, Title IX was legislated. Title IX states that all women are entitled to a fair and equitable share of whatever sports opportunities a federally funded educational institution offers. Even though sports such as boxing and football are still not socially accepted sports for women, Title IX ensures that any woman can participate in those sports if she wants to play on an existing men's team or can interest enough women to form a team of their own.

Hence, social class standing is no longer the singular admission ticket to the game of sports participation for women.

History speaks clearly. Women of all social standings can change their roles in life to include any type of sports participation they choose. Today, not even the sky is the limit.

Lynn Exe- O'Neil

ASSERTIVE COMMUNICATION CLASS FOR WOMEN

This six-week course includes role play, group discussion and goal setting. Participants will expand their assertiveness skills and begin to make behavioral changes. This will enhance communication and improve self-esteem.

A free pre-session will be held Wednesday January 15, 1986 from 6:30-7:30 p.m. at the Women's Resource Center. The six-week class begins Wednesday January 22 from 6:30-9:00 p.m. at the WRC, University Center Room 119.

Cost: \$45 plus material fee. Financial arrangements negotiable. Student rate \$40.

Instructors are Maryann Garrity and Susan Nose.

For more information or to register call the WRC at 243-4153.

ASSERTIVENESS II

A five-week course for women to enhance and further your assertiveness skills. Participants need prior experience in Assertiveness I. Class themes include: stress management, criticism, conflict resolution, anger, and self talk, self-esteem, and time management.

Mondays biweekly: Feb. 3rd, Feb. 17th, March 3rd, March 17th, and March 31st.

7:00-9:30 p.m. at the Women's Resource Center, University Center Room 119.

Cost: \$45 plus material fee. Financial arrangements negotiable. Student rate \$40.

Instructors: Maryann Garrity and Susan Nose

Class size limited. For more information and to pre-register call the WRC at 243-4153.

HELENA AREA WOMEN

The Fall 1985 Assertive Communication Class went very well. This class will be offered again in April to Helena area women.

Tentative plans are also underway for Assertiveness II to be offered in the Spring.

For more information about these classes or to be on the waiting list contact Sydne Cogburn at 443-1473, or Maryann Garrity at the Women's Resource Center, Missoula 243-4153.

A Montana video for teens! You bet! "Step by Step" is going to be on the MTN Network (Channel 8) January 13-16 from 6:30-7:00 p.m. Watch six Montana teenagers talk to their parents about parties, drinking, and love. Watch them laugh with their friends, struggle with peer pressure, fall in love, and wonder about the future. Watch this four-part soap opera with your parents, your friends or your brothers and sisters. There's drama, suspense, lots of fun, and lots to learn!

WIN, Welfare and Women

It's been a grueling nine months. No, this is not a pregnancy story; although it is a story of a birth of sorts. It's not a religious story either, but the essence of it touches the soul of all women and our frustrations when faced with an unfair and unyielding system. The system in question is the Department of Social and Rehabilitation Services (more commonly known as the Welfare Department) and the Work Incentive Office (WIN).

My 'rebirth' began when I finally made the decision to end a totally unsatisfactory marriage. I left a violent alcoholic and plunged myself into the depths of the unknown; and, as are so many other women, I was faced with some difficult decisions. Most important was how would I support myself and two small children.

I knew I could not depend on child support -- even if it did come it would not be enough to pay for our shelter, let alone feed us. I also knew the welfare system would support us, but not indefinitely. But then who wants to spend food stamps the rest of their lives? Not me! For the time being, though, they would help us through the rough spots. I became a member of the Welfare roles.

I knew that I would need to get into the working world and began job hunting. Unfortunately, I am what is known as unskilled labor; most housewives are. The next step in my decision making was beginning to take shape. Either I worked for \$3.50 per hour on rotating shifts at unrewarding jobs or I needed schooling.

According to current laws a person receiving AFDC (Aid to Families with Dependent Children) who is out of the home more than two hours a day is a *mandatory* Work Incentive registrant.

The Work Incentive Program gives you the following options:

1. If you have children under the age of six, you can stay home and do nothing. You do not have to go to work.
2. You can go to work for \$3.50 per hour.
3. You can go to Vo-Tech for one year of training, or if you are a *senior* in another program they will continue your AFDC benefits.
4. In Montana you can move to a WIN exempt county (Ravalli, Mineral, Granite, etc.) and commute to school.
5. You can ignore the WIN program, at which point they will sanction (disqualify) you and your AFDC benefits will be cut by at least 2/3. Only because they are required to continue support for the children do they stop at 2/3.

Looking at each of these options individually helps put things in perspective. One can certainly see how the first option helps perpetuate the system. Especially when you know that a person with children can live better on Welfare than they can working for \$3.50 per hour, and they can stay home with their children. So when 'little Johnny' turns five years old it's a simple matter of getting pregnant again to keep those benefits coming. Gruesome as this sounds, when you look at the other options it's not so bad.

Commuting from another county doesn't sound too bad until you consider the cost of fuel, wear and tear on your car, winter roads and the extra hour (or more) added to an already hectic day.

Now one year of Vo-Tech training is a great and wonderful thing for some people and we should be thankful for it. But for me, and many others, it is a dead-end street. I know what course I want to take and I also know that I can succeed in my chosen field, given the chance.

Unfortunately, with only 22 quarter credits to my name, I am starting at ground level. It's really scary to think about going back to school as a non-traditional student, but I mustered all my courage, filled out the forms, signed on the dotted line and here I am.

Somewhat typically I am carrying a heavy load and getting good grades. I want to get on with my life and enter the working world as a professional who makes enough money to support my family and take a vacation once in a while.

The WIN office is liable to sanction me at any time; however, I am not going to let them stop me from going to school. Mine has been a 'birth through fire' and I know that this story is familiar to many women in Missoula.

If you are interested in trying to change this system that perpetuates itself and discriminates against women who wish to become professionals please leave your name, address and / or telephone number at the Women's Resource Center located in the University Center. There will be a box marked 'WIN / Welfare' for your names.

by Bobbie Hoe

Love Without Fear

The week of February 9 - 15 has been set aside statewide by the Montana Coalition Against Domestic Violence as a week of recognition of domestic violence and the Coalition's struggle to end violence in the home.

The Montana Florist Association is co-sponsoring the week, titled "LOVE WITHOUT FEAR WEEK". There will be signed copies of posters for sale. Organizations involved in the coalition include: Women's Place, The Battered Women's Shelter, the Kalispell Rape Crisis Center, and florist shops throughout the state.

Valentine's Day a 15 minute time of silence is planned from 4:00 p.m. to 4:15 p.m. in recognition of victims and survivors of domestic violence. At 4:15 everyone is encouraged to go outside and ring bells.

There will be other events and seminars planned through the week. Watch for flyers for information, or call the Battered Women's Shelter or Women's Place.



Recommended Reading List for Sports, Fitness & Nutrition Articles

American College of Sports Medicine., "Position Statement on the Recommended Quantity and Quality of Exercise for Developing and Maintaining Fitness in Healthy Adults."

Anderson, Rober & Jean, *Stretching*

Beaulieu, John, *Stretching For All Sports*

Katz, Jane, *Swimming For Total Fitness*

Maughna, Jackie Johnson, & Collins, Kathryn, *The Outdoor Woman's Guide to Sports, Fitness and Nutrition*

Mother Earth News, *Guide to Health, Nutrition, and Fitness, No. 11*

Sharkey, Brian J., *Physiology of Fitness*

Squires, Bill & Krise, Raymond, *Improving Women's running*

Dr. Joan Ulliot, *Women's Running*

Women's Sports and Fitness - Monthly Women's Sports Publication

Orbach, Susie, *Fat is a Feminist Issue II*

WINTER QUARTER WOMEN'S STUDIES

Introduction to Women's Studies, a ten week interdisciplinary course focusing on women's experience as a group their interactions with and efforts to change social institutions. Topics include:

★ The Emerging Field of Women's History

★ Women's Economic Status and Achieving Equity

★ Women and Peace

★ The Feminist Movement and Social Change

... Lectures, Discussion, Exercises and films

Instructors, Judy Smith, Ph.D.; Candace Crosby, M.S. The class will meet Tuesdays, from 7 - 10 p.m.; beginning January 7th, 1986. Class will meet in the Liberal Arts Building, Room 244, University of Montana. Fee: + 25. Credit or non-credit option available. For more information call the WRC, 243-4153.

OUR GOAL IS TO EXERCISE YOUR MIND.

Newsletter Co-ordinator: Janie Sullivan

Contributors: Bobbie Hoe, Lynn Exe-O'Neil, Wanda Raschkow, Ritalinda D'Andrea, Tami Hugulet, Beth A. Brennan

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The *Montana Women's Resource* would like to thank those of you who have sent donations or subscription money to help support this publication. Our mailing list is now printed on computer labels, yet we have not implemented a system for monitoring subscription expiration. It is important to us that the newsletter be widely read, and that it is not withheld from any reader because of inability to pay. The *Resource* is a quarterly publication and the yearly subscription rate is \$4.00 Please send a contribution at this time or if you would like to subscribe to this newsletter, make checks payable to the *Montana Women's Resource*.

YES! I AM SENDING \$_____ (ENCLOSED) AS A CONTRIBUTION TO _____ SUBSCRIPTION TO _____ THE MONTANA WOMEN'S RESOURCE. THE CONTRIBUTION CATEGORY IS SIMPLY TO SHOW THAT WE WELCOME LARGER DONATIONS FROM THOSE WHO ARE ABLE TO PAY MORE. WE THANK EACH ONE OF YOU FOR YOUR CONTINUED SUPPORT.

NAME

ADDRESS

ZIP

Marilyn Waring

Marilyn Waring, Feminist peace activist from New Zealand, spoke at the Underground Lecture Hall on campus last quarter. There were about 100 members of the Missoula Women's and Peace Communities in attendance at the lecture, which was preceded by a moment of silence and candle-lighting vigil at the outside entrance to the ULH.

Waring spoke about women's involvement in the peace movement and told her listeners how women could make a difference by becoming informed and active in their government policy-making decisions. Waring was the youngest member of New Zealand's Parliament when she was first elected in 1976 at age 23.

Waring has been involved in peace activism and the women's movement for many years. She contributed to Robin Morgan's *SISTERHOOD IS GLOBAL* and is a member of the Sisterhood is Global Institute - a permanent institute created to aid women in crisis worldwide.

Waring "crossed the floor" in Parliament and deviated from party lines regardless of the consequences of issues concerning women's rights, industrial legislation, parliamentary reform and nuclear freeze. Her one vote last summer brought down her party and put the Labour Party into power.



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