

And she dreamed. About the women who had lived, long ago, hame haa. Who had lived near caves, near streams. Who had known magic far beyond the simple charms and spells the moderns knew. Who were the Spider. The Spider Medicine Society. The women who created, the women who directed people upon their true paths. The women who healed. The women who sang.

Paula Gunn Allen

O goddess whose name I do not know
whom I do not know
whom I do not know
My hand on midnight air
eyes closed to the dark and the light,
lead me.
I am aware of the steps,
the chain. Restore your ancient Power
to me.
I know you.
I am not afraid.

Halifax, Nova Scotia
July 1978

COYOTE'S DAYLIGHT TRIP



the Southwest furthers,
the oracle said
and I taste the cool wet north
where the sky touches the earth
hold myself silent
in the posing late night air—
knowing sun and dark
side by side.

SHADOW COUNTRY

The Woman Who Owned The Shadows

They had especially loved the shadows. Where they grew, lavender, violet, purple, or where those shadows would recede on the mountain's slopes and closer by, beneath the shading trees. And the blue unfolding distance surrounding the world that meant the farthest peaks. Shared between them in their eyes, in their stories, but where, together, they had never been.

Paula Gunn Allen helps explain the woman-based philosophy prevalent in Indian tribalism, especially in Allen's own southwestern pueblos. You cannot understand Indians' ways of thinking, she says, without understanding that they stem from a spirit-based, rather than a family-based, system. "Among American Indians," she writes, "Spirit-related persons are perceived as more closely linked than blood-related persons. Understanding this primary difference between American Indian values and modern Euro-American Judeo-Christian values is critical to understanding Indian familial structures in the context in which Lesbians functioned. For American Indian people, the primary value was relationship to the Spirit world. All else was determined by the essential nature of this understanding. Spirits, gods and goddesses, metaphysical/occult forces, and the right means of relating to them, determined the tribes' every institution, every custom, every endeavor and pastime. This was not peculiar to inhabitants of the Western Hemisphere, incidentally, it was at one time the primary value of all tribal people on earth."

11. Paula Gunn Allen, "Beloved Women: Lesbians in American Indian Culture," *Conditions 7* (1981): p. 70. ANOTHER MOTHER TONGUE. Judy Grahn
GAY WORDS, GAY WORDS

Another difference between these two ways of perceiving reality lies in the tendency of the American Indian to view space as spherical and time as cyclical, whereas the non-Indian tends to view space as linear and time as sequential. The circular concept requires all "points" that make up the sphere of being to have a significant identity and function, while the linear model assumes that some "points" are more significant than others. In the one, significance is a necessary factor of being in itself, whereas in the other, significance is a function of placement on an absolute scale that is fixed in time and space. The Sacred Hoop: A Contemporary Perspective
from *Studies in American Indian Literature* | Paula Gunn Allen

Grandmother of the Sun, Grandmother of the Night

Before the world was made, in the vast shining midnight of the eternal void, the grandmothers slept. They meditated. They sang. Alone in the darkness they sang. And coming together, they thought. They dreamed of making the darkness shine so bright. They dreamed of making the stars. So they came together, so they thought. So they dreamed.

But, now I have slept
a night wrapped in your blanket, the one woven
with the colors of the setting sun,
I have read your poems, and you are singing,
my elders are singing and we are still
pushing up the sky.

Shadow Country by Paula Gunn Allen

by Jo Cochran,
GATHERING GROUND



Wouldn't it be good for feminists to know that there have been recent social models from which its dream descends and to which its adherents can look for models? Paula Gunn Allen
Who Is Your Mother? Red Roots of White Feminism SINISTER WISDOM 25

ALICE: More so than in the grocery business?

JUDY: Yes.

ALICE: Who are your favorite authors, the ones you've touched you and moved you, that you've learned from?

JUDY: It's really a long list. I've certainly been touched and moved by my feminist colleagues...Audre Lorde, Diane DiPrima, Adrienne Rich...even H.D. when I did QUEEN OF WANDS.

[With this book] I went to the work of non-fiction writers. I was very taken with the work of Margaret Murray who is an English anthropologist who decided to study her own people. Lawrence Durden Robertson put together a magnificent encyclopedia of goddesses. He's an Irishman who lives in a castle and he's a very pro-female matriarchalist. In his work I find that Sappho's title was 'Tribass' and that the most sacred rites of the female religion were triadic rites. My friend Robert Gluck. I love his work. Paula Gunn Allen influenced me tremendously, personally as well as in her work; for giving me information about American Indians and the nature of ceremonial light and the term 'ceremonial lesbian' with the extremely important idea that we have a cultural position that eventually reaches to the gods, as it did in the past. And Sappho, whom I finally believe I understand...the kind of world (she) must have functioned in and who she must have been and then fit the translations of her fragments to the work of American lesbian poets such as Amy Lowell, Emily Dickinson, Gertrude Stein, Adrienne Rich, Audre Lorde, and etc.

ELOISE: What do you think Sappho was trying to do?

JUDY: I think she was teaching people appropriate behavior toward the universe and toward the gods in order to effect a world of grace and beauty.

ALICE: Do you read junk?

JUDY: Like mysteries and thrillers? No, when I do research I get burned out from reading and I don't read for pleasure. I go to movies, I love movies. I like to go to plays and I watch an incredible amount of TV. I love HILL ST. BLUES, boxing matches, INDIANA JONES and STAR TREK. I watch a huge amount of sitcoms. What I do read are dictionaries, encyclopedias, maps, word derivation sources, that sort of thing.

ALICE: What's your mind doing while you're watching TV.

JUDY: I love to analyse cultural things. What I love to do best is to connect the intellectual with the mundane and the spiritual with the crass. I love to mix the sacred and the profane. In fact, I really believe you can't have one without the other.

ALICE: Isn't that a part of our revolution, that this culture has separated these things?

JUDY: That's right. And by integrating them again we can find power within ourselves and project it into a world that, at last, belongs to us.

ALICE: That's something you do in your book, reconnect things that were separated. A lot of us are starting to look for the things you found in history, the connections. I think it's going to have a very powerful effect on our thinking.

ELOISE: Instead of the ideology of deviance you put Gay and Lesbian Culture into an historical framework, free people to find their own connections.

JUDY: That's what I'm hoping for, that everybody will check out their own corner of the world...go digging and find twenty-five more things.

ELOISE: The education system seems to have the notion that we're supposed to throw off all our history, jettison the past. It leaves you fairly naked and alienated.

ALICE: It's a special problem in the academic circles, this losing our history and adopting the academic approach. It's very sterile.

JUDY: And also dangerous. Academic people suffer terribly from the kind of alienation they have to undergo.

[While I was writing this book I had] to remind myself over and over again that it was OK to do what I was doing. If we know what the cold, hard, dry facts of history are, then what are the warm, wet, soft facts of history?

ALICE: That reminds me of the 'thousand nights of pleasure' from EDWARD THE DYKE.

JUDY: Well, history should be humorous and sexy.

ALICE: Which brings us back to your book and the sections on sexuality.

JUDY: I took the subject of sexuality and, using my own as an example, talked about it from four different directions. The first being physical, the second mental, the third psychic, and the fourth transformational.

ALICE: Talk a little about the fourth domain and the problem of jealousy.

JUDY: If you mean that what I said in the fourth section is - that in order to have a group, tribal, psychic, sexual mind we all have to sleep together, I didn't say that. Nor do I believe it. You get jealous because your girlfriend's running out on you with someone else. I have a monogamous marriage, but I still believe it's possible for us to have a group sexual mind. We don't have to jump around in each other's beds in order to develop this mind.

ALICE: Why do you suppose we're hearing 'women's community' these days instead of 'women's movement'?

JUDY: I think 'women's movement' has always been the political entity and that 'women's community' is a cultural entity, and that they shift back and forth depending on where a given person is putting her energy. They're not mutually exclusive at all, they are both very important and I think there are waves which shift back and forth between the political arena and the cultural arena.

ALICE: Speaking of waves, what do you see happening in the next few years?

JUDY: There's been great movement in the direction of integrating racially, understanding differences, as well as commonalities, bringing up issues of class, drafting bills, running for office, being very public out there. The spirituality movement has also come and people are trying that out with varying degrees of success. There is more and more articulation of genuine spirituality, genuine god force for this continent...[for instance] the anti-alcohol work fits in because alcoholism destroys spirituality. We have a very good chance of resurrecting genuine female power that is not only public but is cosmological, [ie] more and more female presence in the public sphere.

ALICE: To what do you attribute the recent change in your social style? The Johnny Carson Show?

JUDY: I turned forty.

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CALL OR WRITE FOR MORE INFORMATION

TIMELY READING

Bella Abzug is one of the most provocative political theoreticians on the American political scene today.

After the historic nomination of Geraldine Ferraro, I was tempted to look into the deeper meaning of the now popular media phrase, the gender gap. So I picked up the book by the same name (by Bella Abzug), not knowing much of my own American woman's recent mainstream political history.

I highly recommend The Gender Gap: Bella Abzug has been a shaper, and present at just about every historic political event related to women in the last 20 years.

She was in a powder room in Miami at the 72 convention, strategizing with Gloria Steinem and other women political pioneers the up to then unimaginable nomination of a woman, Cissy Farenhold, for Vice president.

Abzug describes in very feminist consciousness the raw deal and humiliation by Carter's top dog Jody Powell in what is known as The Friday Night Massacre of 1978, and how that led to greater political cohesion among women concerned about opening up the Democratic party to women and others traditionally left out of power politics.

Bella also intersperses this recent history of the Woman's Movement in politics with achievements by our suffragist sisters of the past at Seneca Falls in 1848, and women's politics after getting the vote in 1920.

She cites fresh and imaginative papers written by women studying the politics of women now.

She talks about the unity between white women and women of color throughout this struggle to empower women within the Democratic party, and in politics in general.

After reading this book, I better understand the political stakes in the 1984 election. Mondale and Ferraro have a good chance of winning, and The Gender Gap tells why.

The way the media newspeak talks about the 'gender gap' is some sort of putdown, but after reading Bella's book I see the 'gap' as a sign of how far ahead women are on the new and exciting political frontier.

M.F.--a Mama Bears regular

MORE

To the kitchen they press 'nigh a grease-starved coven sniffing a chicken pie they know is in the oven

As the scent of spitting filling toils through crusty slits gently pad their eight feet milling feeling underneath for chicken bits

Tails mark time as the oven swells their eyes apprise what their nose won't tell and I ready the plates and the dinner bell

Then begger's whiskers whisk the floor as the hungry sister's nostrils four peruse for more.

©1984, Mary Nordseth

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WOMAN'S ART WORKS

Marge Mount's paintings went up in the gallery in July and we love them. This is the second show this summer in which landscapes have been the medium of visions, to engage the mind as well as the eye.

Ms. Mount's work borders on the surrealist; ephemeral but crisp images of mountains, water and sky forming basic landscapes that are, in themselves, clear, competent, pleasurable, and nourishing. Beyond this, however, are the skies from which emerge spiritual symbols like the shield, the wolf, the old woman and etc., like raw essences of energies which simply exist out there somewhere.

The paintings will be on show through mid-September, so plan to treat yourself to a slow tour through a strange but refreshing land that is somehow very familiar.



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WED AUG 1

OPEN 10 AM TO 6 PM

THURS AUG 2OPEN TIL 11 PM OR LATER
FOR WOMEN-ONLY SOCIALIZING**FRI AUG 3**OPEN TIL 11 PM OR LATER
FOR WOMEN-ONLY SOCIALIZING**SAT AUG 4 ***BLENDIN'...POETRY, MUSIC & LAUGHTER
JOYLETTA A. ALICE
& special guest
SILVIA KOHAN

Joy, a Nebraskan in her late 20s, identifies herself as a poet, but she's also an accomplished singer, humorist, & graphic artist, and is now studying video. Joy said recently that 'telling the story' is her driving motivation; so, renaissance woman that she is, she will use every medium there is.

As she says in her recently published SECRETS: VOL 1

I write because we have things to say and starting will begin the ending we've avoided for too long

Joy is now putting together a second book of poems, AND THEN I REMEMBERED MY LIFE.

In her stints as MC at Mama Bears Open Mike Nites, Joy not only entertains us royally, she is also careful and nurturant of the writers & musicians who come, many of them young & nervous... it isn't everyone who can or will promote and appreciate the talent of others... (Speaking of which, Joy wants to get a poets group together: interested parties should leave a message at Mama Bears or catch Joy during a show.)

8PM women only \$3-5

SUN AUG 5PARTY & BUFFET TO CELEBRATE PUBLICATION OF
ANOTHER MOTHER TONGUE: GAY WORDS, GAY WORLDS...BY JUDY GRAHN

This book--by JUDY GRAHN--reunites us with our lesbian and gay history, and its emergence is a major event. The party starts at 4pm & goes on til 8pm. P.S. Don't exactly let on to Judy, but we're also celebrating her birthday. We hope that all of us who have been moved by her writings over more than a decade now, will be able to attend and share in the joy.

MON AUG 6

OPEN 10 AM TO 6 PM

TUES AUG 7

OPEN 10 AM TO 6 PM

WED AUG 8POETRY READING:
AURORA LEVINS MORALES
and
WENDY MARYOTT-WILHELMS

AURORA LEVINS MORALES is a Puerto Rican Jewish writer whose work deals with

issues of cultural identity, class, friendship & love, world events, and the women & men of her family. Her work has been published in THIS BRIDGE CALLED MY BACK and in CUENTOS: STORIES BY LATINAS.

WENDY MARYOTT-WILHELMS is a feminist & lesbian who writes "to clarify what these mean to me. I write about being female and growing up working class. I use my poems to heal, make myself whole. Poetry, I feel, is a kind of blood that sustains me: Sharing is part of that sustenance."
7:30 pm women only, \$3-5

THURS AUG 9OPEN TIL 11 PM OR LATER
FOR WOMEN-ONLY SOCIALIZING**FRI AUG 10**OPEN TIL 11 PM OR LATER
FOR WOMEN-ONLY SOCIALIZING**SAT AUG 11**

BARBARA STACK FIDDLES FRENCH

Fiddler par excellence BARBARA STACK performed at a garlic festival recently & for it she immersed herself in French & French-Canadian music (garlic+French=gourmet)...she may or may not enter in a cloud of heavenly garlic aroma, but she will play (and sing some) gypsy, folk, popular, & classic music.

7:30PM women only \$3-5

SUN AUG 12

OPEN MIKE MUSIC & HUMOR NITE

Our July Music & Humor Nite was fabulous! Those of you who weren't here to enjoy it really missed a treat. Seems like every third woman in town is bursting with talent.

Performers: it's helpful if you call or drop by to sign up in advance, but not required.

7:30PM women only

MON AUG 13

OPEN 10 AM TO 6 PM

TUES AUG 14

ELAINE BLAKE DISCUSSES LEO

Back in 1971 we did a survey of the women's movement activists, and Leos were way in the majority. Is this still true? Leos, come out and glow together. A valuable evening for anyone who's a Leo or has a Leo in her life or just wants to know more about Leo (be prepared). ELAINE, an astrologer, does mini-readings at Mama Bears every Thursday evening.

7:30PM women only \$3-5

WED AUG 15

VERA AT 105 & PSYCHIC STATES

Two readings by the ever-fascinating BARBARA STACK...who delighted us with her fiddling last Saturday: BARBARA is really hot this month in all directions, so we invited her to go ahead and do it! VERA AT 105 is from a book in progress, & is about the time Barbara spent with Vera, the last 3 months of her life. PSYCHIC STATES is...well...we'll find out.

7:30PM women only \$2-4

THURS AUG 16OPEN TIL 11 PM OR LATER
FOR WOMEN-ONLY SOCIALIZING**FRI AUG 17**OPEN TIL 11 PM OR LATER
FOR WOMEN-ONLY SOCIALIZING**SAT AUG 18**

GALLERY RECEPTION: MARJORIE MOUNT

Come and meet the artist whose works are currently hanging in Mama Bears. (See article elsewhere in this issue.)

2PM

BECKY REARDON: SONGS FROM THE HEART & OTHER CHAKRAS

BECKY REARDON sings and accompanies her self on guitar, and there will be a special-guest appearance by JUDY MUNSON on bass. BECKY is best known for the songs she sings in the 'Peanuts' TV specials & movies, and has sung at Fannies, Trinity Place, The Plushroom, Ollies, & the Purple Onion, where she headlined for 2 years. BECKY played Annie & Nancy in Bay Area productions of Annie Get Your Gun and Oliver, and in the 70's performed in local clubs with her own group, The Amelia Earhart Survival Band. Welcome home, Becky! JUDY MUNSON composes music for movies & TV and is a whiz on the synthesizer... she's made a space music tape that you can hear at Mama Bears, and maybe she will do a whole show for us one night. This should be a wonderful evening, as Becky's voice & songs envelop us in warmth & intimacy.

8:30PM (sharp--please arrive at least 15 minutes earlier) women only \$3

SUN AUG 19 *LINDA (TUI) TILLERY...MARY WATKINS...
BONNIE JOHNSON...JOY WELKES MAKE MUSIC TOGETHER -- A BENEFIT FOR MAMA BEARS

Four of the Bay Area's finest musicians team up this afternoon to bless Mama Bears and warm us all with their sound and spirit. We hope you can make it.

3-6PM (2 sets) \$5

MON AUG 20

OPEN 10 AM TO 6 PM

TUES AUG 21

OPEN 10 AM TO 6 PM

WED AUG 22

OPEN MIKE WRITING & HUMOR NITE

One by one, the writers, somewhat shyer than musicians, are starting to come out...last month's Open Mike Writing Nite was both absorbing and entertaining. Performers: it's helpful if you come by Mama Bears or telephone, to sign up in advance, but not required.

7:30PM women only

THURS AUG 23OPEN TIL 11 PM OR LATER
FOR WOMEN-ONLY SOCIALIZING

Mama Bears

* You can make reservations for the asterisk(*) indicates res

FRI AUG 24OPEN TIL 11 PM OR LATER
FOR WOMEN-ONLY SOCIALIZING**SAT AUG 25 ***

COMEDY & HUMOR: KAREN RIPLEY...MARGA GOMEZ...MONICA PALACIOS...3 LIVE WIRES

KAREN RIPLEY, as Mama Bears regulars know, is a very funny woman who never loses touch with the depths from which our humor springs...and she brings wonderful women to entertain with her. Tonight, sharing the stage are MARGA GOMEZ and MONICA PALACIOS. MARGA describes herself as "a former New Yorker who loves to laugh, serves on the board of directors of her own charity, and reads bilingual ballots in her spare time."

MONICA PALACIOS, who says she recently led the Gay Parade on her own contingent, Dykes On A Salad Bar, also says she plans to continue with comedy so she can open a feminist cafe & sell woman burgers. Monica's a swifty.

8PM women only \$4-6

SUN AUG 26

DYKE DOG SHOW

The Mama Bears Patio is open now, & it seems like a nice time to have a DYKE DOG SHOW. Who knows, there may even be Special Category prizes...we won't say what the categories are, cuz we don't want any boning up, heh heh. A dyke and her dog...so often we're not welcome together--and no wonder! Anyway, here's our day to socialize. Bring your dog, your pooper scooper, and your leash. Gail Green of Berrygrove Dog Training Center will be on hand, as will Ann Meredith, t-shirt maker and dyke dog photographer.

2-4PM

MON AUG 27

OPEN 10 AM TO 6 PM

TUES AUG 28

OPEN 10 AM TO 6 PM

WED AUG 29

READING: JUDITH MC DANIEL

JUDITH MC DANIEL is a lesbian writer & teacher, a co-founder of Spinsters Ink, and author of the recently published NOVEMBER WOMAN. JUDITH, who is visiting here from the East Coast, will read from her works as well as, perhaps, tell us how it feels back there.

7:30PM women only \$2-4

THURS AUG 30OPEN TIL 11 PM OR LATER
FOR WOMEN-ONLY SOCIALIZING

Calendar

any Mama Bears event;
reservations are advisable.

FRI AUG 31

MAX DASHU READS FROM HER MS. ON THE
WITCHHUNTS



Highlights from as-yet-unpublished writings on the witch in pagan folk culture, her confrontation with churchmen, and the genesis of the burnings. Max will discuss selections from important witch trials. MAX has been researching this book since 1970.

8PM women only \$2-4

SAT SEPT 1

OPEN TIL 11 PM OR LATER
FOR WOMEN-ONLY SOCIALIZING

SUN SEPT 2

OPEN 10 AM TO 6 PM

MON SEPT 3

OPEN 10 AM TO 6 PM

TUES SEPT 4

OPEN 10 AM TO 6 PM

WED SEPT 5

AUDITIONS FOR THE GERTRUDE STEIN OPERA
COMPANY'S NEW PRODUCTIONS AND TRAINING
PROGRAM

Bring an aria or a song, or just vocal-
ize with us.

7PM women only

THURS SEPT 6

OPEN TIL 11 PM OR LATER
FOR WOMEN-ONLY SOCIALIZING

FRI SEPT 7

OPEN TIL 11 PM OR LATER
FOR WOMEN-ONLY SOCIALIZING

SAT SEPT 8

CONVERSATIONS WITH PAT BOND

Our woman-to-woman history is our treasure, and Mama Bears treasures Pat Bond for her heroic, passionate great theatre one-woman shows, which bring our lesbian history to life. The energy PAT summons up enriches and vitalizes us all. PAT did her Gertrude Stein and Lorena Hickok shows here, and tonight, we see CONVERSATIONS...an absorbing evening of observations and anecdotes on growing up gay in the 40s and 50s, & about being a WAC. Not to be missed.

8PM women only \$5-7

SUN SEPT 9 *

AYANNA PRESENTS...
EXCERPTS FROM THE MUSICAL, DUNBAR

AYANNA (Eleanor Elliott) is a woman who gets an idea in her head and then goes out and makes it happen. We got to know her because she got the notion that Zora Neale Hurston's masterpiece, Their Eyes Were Watching God, should become a theatre piece, and bought dozens of copies of it from us as she worked to make it happen; as Jump the Sun, it was a big success here as well as in New York last year. Before that, AYANNA had gotten the idea that Paul Laurence Dunbar's poems should be set to music and presented as theatre. She made that happen too, on both Coasts; it was very successful, audiences loved it and it and the cast received several 'best' awards. Mama Bears applauds women who make wonderful things happen, so we've invited AYANNA to come and treat us to some of the highlights of DUNBAR, which opens September 15 at the Inner City Cultural Center under the auspices of ICC and The E.A. Elliott Production Company. Performing with AYANNA today are: QUITMAN FLUDD III, NIKITA GERMAINE, LUENELL CAMPBELL, and GLEN PEARSON. This is a fundraiser for Ayanna's future productions.

3PM \$5

MON SEPT 10

OPEN 10 AM TO 6 PM

TUES SEPT 11

ELAINE BLAKE DISCUSSES VIRGO

All right Virgos and Virgo watchers, here's your chance...what would we do without our Virgos...and what would they do without us...making it all go positively, that's the trick. Goodness, what will a heavy dose of Virgo do to Mama Bears?

7:30PM women only \$3-5

WED SEPT 12

TEAR GAS/MACE CERTIFICATION CLASS

Given by JUDITH FEIN, of WORTHINGTON-FINE & ASSOCIATES. This is a one-time, State-licensing course, in which Judith will train & certify you to use tear gas & mace for self-defense. This class costs \$20, plus \$6.50 for the State license. Advance registration requested --call JUDITH at 564-9140 to register. Dr. Fein has a doctorate in physical education and exercise physiology and a black belt in Karate, and has been teaching self-defense to women for over 12 years. She is the author of Are You A Target, available at Mama Bears.

7-9:30PM women only

THURS SEPT 13

OPEN TIL 11 PM OR LATER
FOR WOMEN-ONLY SOCIALIZING

FRI SEPT 14

OPEN TIL 11 PM OR LATER
FOR WOMEN-ONLY SOCIALIZING

SAT SEPT 15

SPOTLIGHT! --A JOYLETTA A. ALICE
PRODUCTION

As mentioned under our August 4 event, Joy likes nurturing and promoting new talent: Tonight she presents exciting newcomers ANGIE ROBINSON, from Jamaica and KATHY CASHMAN, both singer-guitarists. Let's welcome them to Mama Bears in style.

8PM women only \$3-5

SUN SEPT 16

MOTHERPLUCKERS JAM SESSION

We're delighted to announce that the MOTHERPLUCKERS have decided to make their home at Mama Bears! They will jam here every third Sunday of the month, beginning this month. Bluegrass, folk, country...bring your voice & instrument & join in, or settle back & enjoy.

3-6PM \$2(donation)

MON SEPT 17

PAULA GUNN ALLEN'S CLASS COMPARING
SPIRITUALITIES STARTS TONIGHT

Ms Allen's class is an intensive delving into varieties of spirituality and what they have in common. 8 sessions (4 Mondays & 4 Wednesdays, evenings at Mama Bears, beginning tonight. To register, call Ms. Allen, 526-6872

TUES SEPT 18

OPEN 10 AM TO 6 PM

WED SEPT 19

OPEN 10 AM TO 6 PM

THURS SEPT 20

OPEN TIL 11 PM OR LATER
FOR WOMEN-ONLY SOCIALIZING

FRI SEPT 21

MEDITATION WITH CRYSTALS--CONDUCTED BY
SUZANNE & VICKI OF CRYSTAL VISION

The crystals on sale at Mama Bears are provided by SUZANNE & VICKI, who also sell them weekends on Telegraph (in front of Cody's)...these women are in the forefront of our reclaiming of alternative woman's technology. Tonight they will lead a crystal meditation workshop...you are invited to participate.

7:30PM women only \$2(donation)

SAT SEPT 22 *

RIPLEY & CHANDLER -- HUMOR & SONG

Humorist KAREN RIPLEY & singer TERESA CHANDLER are back at Mama Bears with another night of magical entertainment. Not to be missed. Teresa belts out blues like you wouldn't believe, and KAREN gets you in the heart while you belly laugh.

8PM women only \$4-6

SUN SEPT 23

OPEN MIKE MUSIC & HUMOR NITE

Come and show us your stuff...all kinds okay. (We say that because sometimes women slink up to us & say 'I just do pop tunes, not woman's music'...hey, if you're doing it, we want to hear it.) Performers don't need to sign up in advance, but it helps.

7:30PM women only

MON SEPT 24

OPEN 10 AM TO 6 PM

TUES SEPT 25

JUDY GRAHN'S WRITERS WORKSHOP
STARTS TONIGHT.

This is a 15-session class, and the members give a reading at Mama Bears at the end. The class will meet Tuesday evenings at Mama Bears. To register, call Ms. Grahn, 526-6872

WED SEPT 26

OPEN 10 AM TO 6 PM

THURS SEPT 27

OPEN TIL 11 PM OR LATER
FOR WOMEN-ONLY SOCIALIZING

FRI SEPT 28

OPEN TIL 11 PM OR LATER
FOR WOMEN-ONLY SOCIALIZING

SAT SEPT 29 *

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STATE OF INTUITION

from di, and facultas, meaning aptitude (are you apt?). aptitude is the same word as attitude.

It is in deed difficult to know what an other person feels. But then, so is walking for example til one is practiced.

intuit means to look into, acknowledging the using of posture, position, and movement in demystifying the word intuition.

ONE PROBLEM ABOUT BEING PART OF A TEAM IS THAT THEN I'M HARNESSSED.

Through the use of an electronic filter, it is possible to measure the degree of liking communicated vocally.

What the filter does is eliminate the higher frequencies of recorded speech, so that words are unintelligible but most vocal qualities remain.

This method allows us to find out, in a given message, just how inconsistent the information communicated in words and the information communicated vocally really are.

It is indeed difficult to know what another person really feels. He says one thing and does another; he seems to mean something but we have an uneasy feeling it isn't true.

The early psychoanalysts, facing this problem of inconsistencies and ambiguities in a person's communications, attempted to resolve it through the concepts of the conscious and the unconscious.

Some analysts insisted that inferring the client's unconscious wishes was a completely intuitive process.

Others thought that some nonverbal behavior, such as posture, position and movement, could be used in a more objective way to discover the client's feelings.

A favorite technique of Frieda Fromm-Reichmann, for example, was to imitate a client's posture herself in order to obtain some feeling for what he was experiencing.

figure 19. the sound (vocal) and the word (verbal) and the image (facial/body) (sheet 2 of 2)

WAR RESEARCH

us? who is this us, G.I.?, that's using this method. who has electronic filters. any way, who needs them. not us.

(The actions take place in space - right brain mode - whereas the "logical, objective" verbalizations take place in time - left brain mode.)

Intuition analyzes and interprets the same information, but holistically.

completely intuitive and more objective are not contradictory.

she was using empathy, which means feeling in, literally. (sym pathy, parasym pathy) Basically an intuitive process, made conscious. that is, done with awareness.



FROM THE TOP: LINDA (TUI) TILLERY, MARY WATKINS, JOY JULKES AND BONNIE JOHNSON. THEY'LL BE MAKING MUSIC AT MAMA BEARS-- SUNDAY AFTERNOON, AUGUST 19, 3 TO 6 PM. \$ 5. THIS IS A BENEFIT FOR MAMA BEARS.

EXCERPT FROM IN OTHER WORDS BY ALICE MOLLOY

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Helen Thomas, the American version of the English handsome girl. In her ideal completeness she would have been unaggressively determined a trifle brutal entirely impersonal a woman of passions but not of emotions capable of long sustained action incapable of regrets In this American version it amounted at its best to no more than a brave bluff. In the strength of her youth Helen still thought of her self as the unfrustrated ideal. She had as yet no suspicion of her weakness. She had never admitted to herself her defeats.

--from **Q.E.D.**, by Gertrude Stein

passion	passive	
passion	passive	pathy
impassion	impassive	empathy
compassion		
dispassionate		
passionate		sympathy
passage		parasympathy
pass		sympathetic nervous system
pace		parasympathetic nervous system
		apathy

word 10. feeling, suffering (sub plus ferre)
(pati-, pass-)

the passive one feels

to be passive is to be able to feel

the active one is felt

This is a novel by Gertrude Stein, one of the first things she wrote. It is the story of a triangular love relationship among 3 women, which 2 will wind up together. Actually, it is about money.

WHAT IS THE IMAGE

EXCERPT FROM IN OTHER WORDS
BY ALICE MOLLOY

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I WOULDN'T KNOW

my intuition tells me that there has to be a reason why in is the only prefix used with this word. their absense represents suppression of the other aspects of 'looking to or after'. that's what my intuition tells me.

intuition
intuit
intuitive
tuition

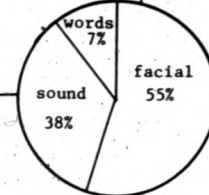
word 13. looking to or after (tuere)

SUPPOSE YOU ARE SITTING in my office listening to me describe some research I have done on communication. I tell you that feelings are communicated less by the words a person uses than by certain nonverbal means—that, for example, the verbal part of a spoken message has considerably less effect on whether a listener feels liked or disliked than a speaker's facial expression or tone of voice.

So far so good. But suppose I add, "In fact, we've worked out a formula that shows exactly how much each of these components contributes to the effect of the message as a whole. It goes like this: Total Impact = .07 verbal + .38 vocal + .55 facial."

What would you say to *that*? Perhaps you would smile good-naturedly and say, with some feeling, "Baloney!" Or perhaps you would frown and remark acridly, "Isn't science grand." My own response to the first answer would probably be to smile back: the facial part of your message, at least, was positive (55 per cent of the total). The second answer might make me uncomfortable: only the verbal part was positive (seven per cent).

As I look at this I wonder: "is 7, 55 and 38 roughly the proportion of what we loosely refer to as upper, middle, and working class?? and would working class be the 38 or the 55."



Correct intuitive judgments of the feelings or attitudes of others are especially difficult when different degrees of feeling, or contradictory kinds of feeling, are expressed simultaneously through different forms of behavior.

As I have pointed out, there is a distinction between verbal and vocal information (vocal information being what is lost when speech is written down—intonation, tone, stress, length and frequency of pauses, and so on), and the two kinds of information do not always communicate the same feeling.

This distinction, which has been recognized for some time, has shed new light on certain types of communication.

intuition means to look in to, and what is there to look in to. the image, in the outer eye, the inner eye.

by Albert Mehrabian
from Psychology Today

Sarcasm, for example, can be defined as a message in which the information transmitted vocally contradicts the information transmitted verbally. Usually the verbal information is positive and the vocal is negative, as in "Isn't science grand."

figure 20. the sound (vocal) and the word (verbal) and the image (facial/body) (sheet 1 of 2)

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