

WOMEN'S VU

October 1984

A publication of Vanderbilt University Women's Center

VII:2

Eleanor Roosevelt Centennial is Celebrated

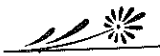
The Women's Center will celebrate the 100th anniversary of Eleanor Roosevelt's birth with a special lecture and reception on October 23, at 4:00 p.m. in Room 109 Furman Hall.

Elizabeth Perry, Visiting Scholar in the Department of History, will speak on "The Political Apprenticeship of Eleanor Roosevelt." She explains,

Most of us remember Eleanor Roosevelt from the perspective of the last years of her life. Elder stateswoman of the world, defender of human rights before the United Nations, articulator of the needs and hopes of American women for President Kennedy's Commission on the Status of Women - these are the chief images that come to mind when Eleanor Roosevelt's name is mentioned.

How did she come to play these important roles? Was it merely because she was the wife and then widow of a great president? Or did she earn these roles in her own right?

Eleanor Roosevelt's involvement in women's political networks during the 1920's trained her for a prominent role in public life. A study of this involvement will deepen our understanding of women's political roles after suffrage, and of why it has taken so long for women to achieve political stature in American society.



Strategies for Conquering Your Fear of Math

A three-part workshop, taught by mathematician Paula Sloan and sponsored by the Women's Center, will meet from 7:00-8:30 p.m. on October 16, 23, and 30th.

The first session will explore math myths and misinformation. The second session permits participants to examine their own experiences and identify the sources of their anxieties. Finally at the third session, strategies for self-help and for getting outside help will be discussed. Throughout the workshop

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Office Workers Meet to Explore Issues

Most office workers, no matter where they are employed, face the same problems. Low-paying and dead-end jobs, lack of respect and recognition, stress and other hidden health problems are all concerns familiar to clerical workers. These issues are the topics of a series of brown-bag lunches and an upcoming all-day conference open to all women.

The lunches are being held on Thursdays, from 12:00 to 1:00 p.m., at the Downtown Library. A film on office workers opened the series on Sept. 13, followed on Sept. 27 by a presentation on career development. Nancy Ransom, director of the Vanderbilt Women's Center, and Cindia Cameron, director of the Atlanta 9-to-5 chapter, were speakers.

On Oct. 11, Dr. Rocio Huet-Cox, Knoxville physician, and Corky Jennings, staff member of the Tennessee Committee on Occupational Safety and Health, will discuss health problems related to the use of video display terminals. The final luncheon, on Oct. 25, will feature a presentation of pay equity and affirmative action by attorney Mary Frances Lyle.

The all-day conference will be held on Saturday, Nov. 17. A wide range of workshops will be offered to help women more fully explore the issues that are of primary importance to them. Keynote speaker for the conference will be Dr. Jeanne Stellman, director of the Women's Occupational Health Research Center at Columbia University. Dr. Stellman is well-known as the author or co-author of a number of books, including *Office Work Can Be Dangerous To Your Health*. More information on the conference will be available in the next issue of *Women's VU*.

IT'S A MAN'S WORLD—UNLESS WOMEN VOTE!

October 6 is the last day to register to vote for the November 6 presidential election. The Davidson County Election Commission can be reached at 259-6031.

Empowering Women to Speak Out for Peace

October 16
Legislative Plaza

This all day conference on the subject of global peace is of special interest in this election season. Keynote speaker for the conference will be Elissa Melamed, author of *Mirror, Mirror: The Terror of Not Being Young*. She is the project coordinator of "Target Women '84," funded by the Ploughshare Fund of San Francisco.

The conference will also feature local organizations' activities and projects. Sponsors include Peace Links, Women Against Nuclear War, the League of Women Voters, National Organization for Women, Women's Political Caucus, National Council of Jewish Women, Brandeis Women's Committee, the Tennessee Coalition for Hunger, YWCA Network, the Tennessee Women's Vote Project, American Association of University Women, Church Women United, and the Vanderbilt Women's Center.

Self-Esteem Workshop Begins October 10

Dawne Kimbrell, doctoral candidate in psychology, will lead a workshop of three parts on October 10, 17, and 24, from 6:00-8:00 p.m. at the Women's Center.

The first session focusses on defining self-concept and self-esteem, evaluating different strategies for maintaining a positive self-esteem, and exploring the relationship between gender and self-esteem. During the second session, participants will examine the relationship between achievement and self-confidence. The concept of responsibility to self will be introduced. The third and final session will be a review of themes from the first two sessions while participants attempt to develop future applications of the workshop's lessons.

Enrollment in the class is limited to 10 persons; however, if the response is greater, a second class is a possibility. For further information, please call the Women's Center, 322-4843. There will be a registration fee of \$20.00.

2 Report on Women's Athletics: Lady Commodore Cross Country

When the temperature begins to cool and leaves begin to change their color, nature is signaling the beginning of not just one, but two seasons: fall and cross country running. Practice did not begin until September 15, but the very dedicated and self-disciplined Lady Commodore runners were logging the miles long before then, preparing their bodies for the upcoming season of competition.

Returning to the Lady Commodore squad this year is junior Sarah Dunsmore, the team's top runner from last year and the recipient of the 1983-84 female Academic Athlete of the Year Award. The talented Dunsmore is expected to provide the team with leadership both on and off the course. Hardworking head coach Mark Webb, now in his second year at Vanderbilt, is looking for her to place high in the standings of SEC competition.

Also returning to this year's team is junior Jhonda Johnson and sophomores Margaret Feville and Jenny Stanton. The experience of these runners will be a valuable asset to the relatively young, senior-less squad.

Newcomers joining the Lady harriers this year include two freshmen, Laura Kemp and Laura Vaughn. Kemp is a talented runner from Marietta, Georgia. Vaughn hails from Columbia, Missouri, and was one of her state's top cross country runners last year. Sarah Wright, a sophomore from Huntsville, Alabama, also joined the Vandy runners this year, and Coach Webb says she is "looking tough" in early season workouts.

Injuries brought disappointment to two Vandy runners and the entire Lady Commodore team before practice ever began. Junior Joni Lovell, suffering from a stress fracture, and sophomore Genie Whitesell, battling a hip injury, are expected to be out of action for the entire season. While these runners were expected to be in the top five on the team, Coach Webb is looking forward to having them both back for the 1985 season, but he is also confident that a solid top five will be assembled this season among the rest of the squad.

Last year the Lady Commodores finished seventh in the SEC competition. The goal of this year's team is to improve upon last year's finish. The SEC Championship Meet is scheduled for November 2 in Baton Rouge, Louisiana.

Twice in October, the Lady harriers will be Nashville for competition. On October 6 they will be participating in the Fisk Jubilee, and on October 27 they will be a part of the Belmont Invitational. Both meets are on a Saturday, so if you are in town, get out and enjoy the fall season and support the Lady Commodore Cross Country Team.

-Terri Thompson

WOMEN'S SUFFRAGE OBTAINED A REAL BOOST IN VOLUNTEER STATE

by Susan Ford Wiltshire, Associate Professor of Classical Studies

The following is excerpted from an editorial which appeared in the Nashville Tennessean on August 24, 1984.

Two episodes in Tennessee's past bode well for the success of efforts by the Women's Vote Project to increase the political participation of women in this state and throughout the country.

In 1866 Tennessee became the first Southern state to ratify the Fourteenth Amendment, which eventually extended the Bill of Rights to states and ensured due process and equal protection of the laws. This amendment, together with the Fifteenth, provided the constitutional basis for the Voting Rights Act of 1965.

In 1920 Tennessee extended the right to vote to millions of women by ratifying the Nineteenth Amendment, becoming the 36th and final state necessary for its passage.

Both stories are predictably colorful. In the latter case, suffrage activities had begun in Tennessee in 1867 with an address to a state political convention by Mrs. Napoleon Cromwell of Mississippi who urged a resolution in support of the vote for women. Her appeal seemed a preposterous joke to the delegates, and it was not until 1889 that the state's first equal suffrage society was organized in Memphis.

Public disapproval was so daunting that only an intrepid few would open their doors to suffrage meetings. The momentum grew, however, and in 1911 Mrs. Guilford Dudley was elected president of the newly-formed Nashville Equal Suffrage League. The League sponsored a lecture at Ryman Auditorium by the militant Sylvia Pankhurst in 1912, and four years later the Vanderbilt Suffrage League

invited Sylvia's equally militant mother Emmeline to lecture.

The National American Women's Suffrage Association held its national convention in Nashville in 1914. Mrs. Dudley considered this the turning point of the suffrage struggle in Tennessee, observing that the social side of the convention brought many society women into suffrage work.

Opposition was bitter. Religious leaders exhorted that God's punishment for women for Eve's apple-biting was to stay at home and be ruled over by their husbands. John Vertrees, husband of the first president of the Tennessee antisuffrage association, published "An Address to the Men of Tennessee on Female Suffrage," declaring that the problem was not a question of what women wanted but what they ought to have.

Gov. A.H. Roberts convened a special session of the legislature on Aug. 9, 1920. After a vote of 25-4 in the Senate in favor of suffrage, the House was tied at 48-48 until Harry T. Burn, a legislator from Niota, changed his vote at the urging of his mother. After a number of futile maneuvers by opponents, Roberts signed the certificate of ratification on Aug. 24, and on Aug. 26 the U.S. Secretary of State proclaimed the equal suffrage amendment to be part of the Constitution.

Twice in the past Tennessee has been midwife to the bringing of dreams of equality into national reality. We may take heart from our history for the work that is still to be done.

1984 Vanderbilt Cross Country Schedule

Sept. 22	Georgia State Invitational	Atlanta, GA
Sept. 29	University of Louisville Invitational	Louisville, KY
Oct. 6	Fisk Jubilee	NASHVILLE
Oct. 13	Furman Invitational	Greenville, SC
Oct. 20	Dual Meet with Emory University	Atlanta, GA
Oct. 27	Belmont Invitational	NASHVILLE
Nov. 2	SEC Championship Meet	Baton Rouge, LA
Nov. 10	NCAA Region Meet	Greenville, SC

*Both men's and women's cross country teams will participate in all meets.

Dutchtreat Breakfasts

Monthly meetings open to all women employed at Vanderbilt continue on October 18. Katrin Bean, IDS-American Express representative, and teacher of several Women's Center courses this fall, will speak in the Rand Hall Faculty Dining Room at 8:00 a.m. Come for a dutchtreat breakfast at 7:30 (go through the line at Rand Hall) and enjoy coffee compliments of the Women's Center.

New at the Women's Center Library . . .

Two new publications are available at the Women's Center or can be obtained from The Center for Research on Women at Memphis State University.

A bibliography on women of color, which was compiled originally for the Summer Institute on Teaching, Research, and Writing about Women of Color held at Memphis State University in 1983, has been revised to include recent works. The bibliography contains references on Afro-Americans, Asian Americans, and Latinos as well as citations of feminist research. The bibliography is useful for lecture preparation and as a resource for students. Price: \$3.00.

Also available is the first in a series of working papers designed to promote new research on southern women. The series is a collaborative venture with Duke-University of North Carolina Women's Studies Research Center and the Women's Research and Resource Center at Spelman College. This paper, "Subversive Sisterhood: Black Women and Unions in the Southern Tobacco Industry" was written by Dolores Janiewski of the University of Idaho. It explores the ways traditional Southern patterns of racial, gender and class relationships were reconstituted in tobacco factories and hindered unionization. Price: \$4.00.

These publications may be ordered directly from the Center for Research on Women, Publications Department, Memphis State University, Memphis, TN 38252.

Fear of Math, cont. from p. 1

participants will do exercises to help them understand their own fears and skills and develop greater competence in approaching math problems.

There is a \$10.00 fee for all three classes. Applications are available from the Women's Center, E-2 West Side Row, 322-4843.

Investing in Real Estate

Sandra Lewis, C.P.A., will offer a new program at the Women's Center, on investing in real estate. The class will be held in three parts on Monday, October 29, Wednesday, October 31, and Friday, November 2, from noon to 1:00 p.m. There will be a fee of \$8.00 for all three sessions.

Lunchtime Seminars

Rob Roy Purdy, Senior Vice-Chancellor Emeritus, will speak at the second Lunchtime Seminar offered by the Women's Center this fall. His topic will be "Manglish vs. Femglisch: The Quarrel over Sexist Language." Come and join us Wednesday, October 24, from 12:00 noon to 1:00 p.m. at the Women's Center, E-2 West Side Row. Bring your lunch.

Dale Johnson, Associate Professor of Church History, will speak on Wednesday, November 7, on "Investigating Women in English Religion (1700-1925)." 12:00 noon to 1:00 p.m. at the Women's Center, E-2 West Side Row.



University of Tennessee Women's Center Sponsors Its First Concert

On Tuesday, October 23, at 8:00 p.m., a special events will take place at the University of Tennessee Music Hall: the Women's Center will sponsor their first concert. As a part of the 10th anniversary of Women's Studies at UTK, the Center is sponsoring Cris Williamson and Tret Fure in concert. Williamson is a long-popular artist whose upbringing close to the Sioux Indians in South Dakota has influenced her music to a great extent. Her most recent album on Olivia Records, *Portrait*, is showing definite signs of being another winner for Cris.

Tret Fure, after years as a recording engineer and producer, has emerged as an artist in her own right. Her first album in some time, *Terminal Hold* (Second Wave Records), showcases her wide repertoire of new music. She will back Williamson on guitar as well as perform her own music.

Tickets will be on sale in late September at the Central Ticket Office. Prices will be announced; for more information contact Lucy Hamilton, Women's Center Director or Jane Howard, Graduate Assistant, at 974-5455.

Personal Money Management II, or Developing a Sound Financial Plan

Katrin Bean, IDS-American Express representative, offers the second course in fundamentals of money management. The course will meet on five Monday evenings, from 6:00-8:00 p.m. at the Women's Center, E-2 West Side Row: October 8, 15, 22, 29, and November 5. A fee of \$20.00 will be charged.

RETIREMENT WORKSHOP

A workshop on planning for your retirement will be offered for the first time by the Women's Center on Thursday, November 1. The three hour (6:00-9:00 p.m.) workshop will be taught by Katrin Bean, IDS-American Express representative.

When I ask my clients about their retirement plans, many of them, particularly the women, confess that they have never thought about it. The pressures of job and family life often make it difficult to plan for something that seems many years in the future, but planning and saving for retirement should be started early and continue throughout the earning years.

According to information assembled by the AAUW "nearly one-third of all older Americans live in poverty and 72 percent of them are women." Women's social security benefits and pensions are generally lower than those of men of the same age, if they have any pensions at all: in 1981 only 11 percent of women age 65 and over received pensions. The social security system is under increasing pressure. The social security der increasing pressure and it is not impossible that future benefits will be lower than they are now.

The well-known financial author Venita VanCaspel claims that "98 percent of our citizens reach sixty-five without having made adequate preparations for retiring in financial dignity."

If you don't want to become part of these sobering statistics, you must do two things: learn as much as you can about available options, and begin a systematic savings program which takes advantage of employee benefit options and current tax laws. The time to get started is now!

-Katrin Bean

There will be a charge of \$5.00 for this workshop. For further information or to register, please call the Women's Center, 322-4843.

ANNOUNCEMENTS

YWCA

STRESS MANAGEMENT: A two-part workshop designed to provide practical information and techniques to help identify sources of stress in your environment and ways to prevent some of stresses in your life. Wednesdays, October 3 & 10, 7-8:30 p.m. Class Fee: \$18

WELLNESS WORKSHOP: An examination of what wellness is and how to begin achieving individual health and fitness. It will allow you to play an active part in determining specific areas of weakness and needs and guide you in developing an action plan to achieve optimum health. Topics to be discussed will be life style, setting priorities, diet exercise and spiritual aspects. Wednesdays, October 17-31, 7-8:30 p.m. Class Fee: \$30.

ASSERTIVENESS AS A LIFESTYLE: For advanced training in skills that will bring about positive changes in your life and relationships. Group discussion and exercises. Mondays, October 15-November 12, 7-8:30 p.m. Class Fee: \$40.

CAREER/LIFE PLANNING WORKSHOPS: Designed for those considering career change, continuing education or re-entry into the job market. Responds to questions such as "Who Am I?", "What Do I Want To Do With My Life Next?". Includes vocational interest testing and consultation. Three six-week workshops:
Mondays, 5-7:30 p.m. Oct. 29-Dec. 3
Tuesdays, 9:30-12 noon, Oct. 30-Dec. 4
Tuesdays, 7-9:30 p.m., Oct. 30-Dec. 4

Rape and Sexual Abuse Center Services Available

The Rape and Sexual Abuse Center of Davidson County serves any person (adult or child) who has been affected by rape or sexual abuse. Currently our services include a 24 hour hot line (327-1110) to help people in crisis. We also offer individual counseling for adult and child sexual abuse victims, and group counseling for women sexually abused as children and women who have been raped.

We have a Speakers Bureau with people ready and waiting to talk with your group or organization about a variety of topics related to rape and sexual abuse. We offer accompaniment and advocacy services to women who choose to go to General Hospital after a rape and for women that choose to make a report to the police and go through the court/legal processes.

If you need us, call 327-1110; we are ready to help heal the hurt!



Class fee based on a sliding scale according to family income.

WEIGHT MANAGEMENT LECTURE: Dr. Martin Katahn, Director of Vanderbilt's Weight Management Clinic will speak Monday, October 22, 8:00 p.m., Franklin Road Academy. Open to all YW members (\$15)

All YWCA classes require YWCA membership. For more information call 385-3952.

League of Women Voters

The League of Women Voters of Nashville will sponsor a health forum, **NEW CHOICES IN HEALTH CARE**, October 17, 1984, at the Downtown Campus of Tennessee State University. The "Health Care Market Place," featuring providers of health care in non-hospital environments, will open at 11:00 a.m. and will continue throughout the forum. At noon Lewis B. Lefkowitz, Jr., Professor of Preventive Medicine, Vanderbilt University, will discuss the new choices available in the changing world of health care and will answer participants' questions. Workshops on home health care, ambulatory medical care, primary and family care clinics, and new ways of paying for services will follow at 1:00-2:00 p.m.

Action Research Project

The Center for Health Services is initiating a new experiential learning project for students: the Action Research Project. Through this project, students would work with the community on local research needs while obtaining academic credit. The project will enable students to gain practical or job-related experience and to apply academic theory to specific situations.

The Vanderbilt Center for Health Services has developed many programs to involve students in the community through volunteer work, activities for academic credit, and paid employment in summer projects.

If you are interested in the Action Research Project or in finding out more about the Center for Health Services, call Pat Sharkey, the Service-Learning Coordinator, at 322-4773.

Edited by Linda Karwedyk

TO RECEIVE YOUR OWN LABELED COPY OF WOMEN'S VU return the form below or call the Women's Center, 322-4843, to place your name on the mailing list.

We regret that newsletters can be sent to off-campus addresses only for a \$2.00 fee. Please make checks payable to Vanderbilt University Women's Center.

Name _____

Department _____

Address _____

Student (please give school and class) _____

Staff _____ Faculty _____



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