

Traveling women

Plenty of opportunities exist for women who like to travel together

by Guerry Jameson, owner of *Tours by Design in Nashville*

Cross-country skiing in Yellowstone ... *for women only*. Shopping in Paris ... *for women only*. Whale-watching in Baja Mexico ... *for women only*. Antiquing in London, journal writing in Ankara, reef diving in the Bahamas ... *all for women only*.

The faster the brochures came, the more surprised I got. What was this? Travel programs just for women? What a concept! And why didn't I think of it? I've been in the travel business for more than 30 years, I belong to the International Federation of Women's Travel Organizations, and naturally I've done a good bit of traveling myself — yet until recently I had never thought of travel in gender terms.

However, now that I've started thinking about it, women-only travel makes perfect sense. Women instinctively seek the company of other women for everything from conversation to quilting. Why not for vacations?

Apparently, many already do. My friend Linda tells me she has been going on a "girls' weekend out" for the past several

years with six high school friends who reunited for a trip to a wedding. They had so much fun that they decided to make it a tradition. Last year they met in an Atlanta suites hotel, traveled by limousine to a local salon and ate at some of the city's finest restaurants.

However, it's not just the chance to be pampered that appeals to Linda and her friends. When women travel out of their routine relationships of work and family and into one of women only, there is a distinct difference in energy and enthusiasm.

"Women like the camaraderie of other women," said Susan Eckert of

over 30. "They help each other and have fun together. I think women feel more comfortable learning something new in a supportive environment. They don't feel like they're competing with men."

Ditto, says Liz Olds, administrative manager at Woodswomen, Inc., of Minneapolis. "Women like to go off and do things together without the guys around. We discover that, 'Hey, we can do this — we *are* doing this!' We like to talk about empowerment but we also like to have fun."

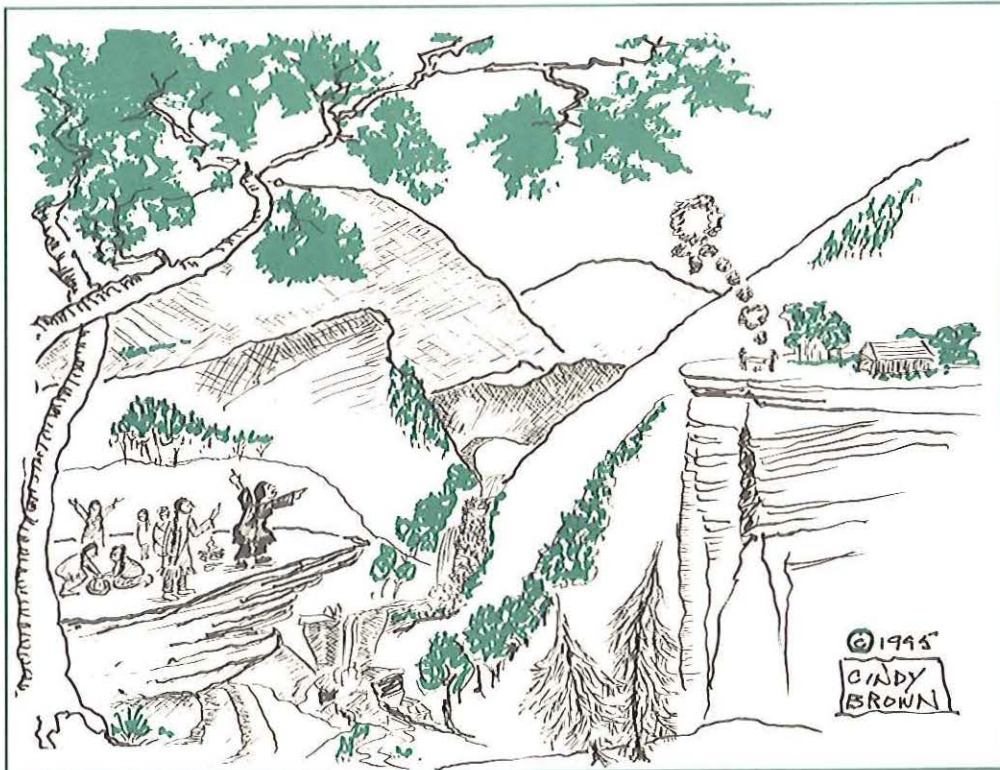
Founded in 1977, Woodswomen is probably the largest women's travel

broker in the world, offering 70 trips a year, from rockclimbing in the Grand Canyon to bicycling in Ireland. Average group size is 10-12, and ages range from 17 to 80.

Now, I have to admit that rappelling down a cliff isn't my idea of a great time. Given a choice, I'd rather sleep in a hotel than under the stars. However, I still love the idea of nature hikes, or walking tours of historic sites. Fortunately, there are plenty of trav-

el options geared for the slow-lane adventurer like me.

At Goddess Tours of Greeley, Colo.,



"Look! Special rates for women and children at Highflats Lodge. Pack up the pemmican and let's go!"

Bozeman, Mont., whose company, Rainbow Adventures, offers worldwide travel adventures for women

for instance, this year's tours to Great Britain and Turkey include a drive along the Ionian Sea and an early-morning walk through Stonehenge, as well as a free day "to nurture the Goddess within."

"These trips are a great experience for just women," said partner and tour leader Lydia Ruyle, who teaches women's studies and visual arts at the University of Northern Colorado. "They become their own kind of sacred, safe space."

Like Goddess Tours, several other companies focus on what might be called the "spiritual" dimension. The Palo Alto-based International Women's Studies Institute, for example, offers a "Creative Journey" to Greece: 11 days of supervised journal writing, art, poetry and fiction on the island of Halki. Those who want to combine the spiritual with the physical might try the wilderness journeys of Her Wild Song, based in Brunswick, Maine, or the contemplative canoe trips designed by Hawk, I'm Your Sister, out of Santa Fe, N.M.

But what if your tastes are more traditional? What if what you *really* want to do on your vacation is sit by a pool with a good book — only you want to do it with other women?

Don't worry. The mainstream travel industry is eager to serve you, too. As travel professionals come to appreciate the magnitude of the women's travel market (60 million women traveled for pleasure in 1991, according to an industry survey), they are designing more travel options for this audience. Cruises, always popular with singles and couples, are now being booked for women only. My own company, Tours By Design, has put together a mountain-top getaway for women only in August (see page 6 for details). In Miami, Fla., an outfit called The Women's Travel Club offers a constant flow of discounted group tours to places from Paris to Alaska.

There's even a newsletter for women on the go.

Travelin' Woman premiered in March 1994. In addition to stories about interesting people and unusual tourist destinations, the newsletter also alerts readers of such useful news as bargain airline rates and the availability of a "disposable travel panty."

Publisher and editor Nancy Mills said she started *Travelin' Woman* in order to serve the neglected but "burgeoning" market of women travelers.

"My sense is — I don't have any statistics bearing this out — attitudes about gender have changed. It is no longer an anomaly for a woman to travel on her own, whether solo, single or divorced. Women also have more disposable income now. There's a very large market of women who very sadly have lost their husbands prematurely. Not only is this an affluent market. There's a growing market of women out there who have worked all their lives."

Mills said she hopes to nourish what she calls the "curiosity in women. They're not afraid of trying new things. Men seem to be comforted by a routine. Women seem to be boxed in by one." (Amen!!)

So what will it be? A rock-climbing vacation to shout your name from the top of the Himalayas? An adventure in Native American history and Southwestern culture? Art and literature in Italy? Or a trip to a spa to treat yourself in mind and body? Fortunately, the choice really is yours. ■

For women only: a resource guide for women travelers

Adventure Associates. *Outdoor adventure travel.* P.O. Box 16304, Seattle, WA 98116. Tel: 206-932-8352.

AnaTours. *Study tours of sacred sites.* 315 Crestview Dr., Santa Clara, CA 95050. Tel: 408-246-7646.

Goddess Tours. *Tours of sacred sites.* Lydia Ruyle, partner. 2101 24th St., Greeley, CO 80631. Tel: 303-352-1643.

Hawk, I'm Your Sister. *Wilderness canoe trips.* Beverly Antaeus, founder. P.O. Box 9109, Santa Fe, NM 87504. Tel: 505-984-2268.

Her Wild Song. *Wilderness journeys.* Anne Dellenbaugh, founder. P.O. Box 515, Brunswick, ME 04011. Tel: 207-721-9005.

International Women's Studies Institute. *International summer programs.* Lillian Cincone, administrative coordinator. P.O. Box 1067, Palo Alto, CA 94302. Tel: 415-323-2013 or 931-6301.

Rainbow Adventures. *Worldwide adventure travel.* Susan Eckert, president. 15033 Kelly Canyon Rd., Bozeman, MT 59715. Tel: 800-804-8686 or 406-587-3883.

Rock Woman Journeys Home. *Week-long trips down the San Juan River.* Jane McAuley, leader. P.O. Box 6548, Denver, CO 80206. Tel: 800-676-5404 or 303-763-5109.

Travelin' Woman. *Monthly newsletter.* \$48/year or \$4/issue. Nancy Mills, editor/publisher. 855 Moraga Drive, #14, Los Angeles, CA 90049. Tel: 800-871-6409 or 310-472-6318.

The Women's Travel Club. *Discounted U.S. and international tours.* Phyllis Stoller, founder. 8180 Erwin Rd., Miami, FL 33143. Tel: 305-667-6229.

Woodswomen. *Outdoor adventure travel.* Liz Olds, administrative manager. 25 West Diamond Lake Rd., Minneapolis, MN 55419. Tel: 800-279-0555 or 612-822-3809.

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“NEWS QUOTES”

...a compilation of news excerpts from the national press. Some stories have been edited for clarity, consistency or brevity...

Insuring battered women

A growing number of battered women are reporting that insurance companies have denied them health coverage because of the very danger that threatens their lives. ...

The National Association of Insurance Commissioners is drafting anti-discrimination guidelines, which it will urge states to adopt. In addition, bipartisan legislation introduced in both houses of Congress in March would prohibit health insurers from denying (or altering) coverage to victims of domestic violence.

Working Woman
June 1995

Holding down two jobs

For a growing number of women, one job isn't enough any more. In 1994, for the first time, women equaled men in working multiple jobs, according to the U.S. Bureau of Labor

Statistics. The percent of female workers with more than one job jumped to 5.9% last year from 2.2% in 1970. The rate for men declined, then stayed flat at about 6%.

College-educated women are more likely than high school graduates to have more than one job. Women take on numerous jobs mainly for the money. The proportion of women who head households with children has tripled since 1960 to 25%; 45% of those families live in poverty.

And although women's earnings have improved over the years, they still earn about 24% less than men, the government says.

Nashville Banner
April 24, 1995

Health Matters: over-the-counter PMS drugs

by Debra Grady with Amy Treece, students in Vanderbilt's Master of Science in Nursing (MSN) program

Despite all the jokes about PMS these days, more than a third of American women experience premenstrual symptoms severe enough to interfere with their daily lives. The precise causes of these symptoms remain unknown, yet a myriad of over-the-counter products exist which claim to offer relief. Do these remedies actually help? And what's in these pills, anyway? The list below contains ten widely advertised PMS-fighting products, along with their active ingredients.

The main ingredient in eight of these products is acetaminophen, the active ingredient in Tylenol. The labels claim that the product should provide general relief of PMS symptoms, or, more specifically, should alleviate cramping, headaches and backaches. Interestingly, however, acetaminophen may not be the best PMS pain reliever. Non-steroidal, anti-inflammatory drugs (such as aspirin and ibuprofen) may actually be superior for relief of menstrual cramps. Only two of the drugs listed, Midol IB and Advil, contain ibuprofen.

Another key ingredient in PMS remedies drugs is Pamabrom, a mild diuretic found in five of the listed products. Diuretics help the body excrete fluids, thereby reducing bloating and weight gain. But before reaching for a diuretic, women need to remember that some water retention is a normal result of the hormonal surge of progesterone in the days preceding menstruation. Unfortunately, diuretics including Pamabrom have not been proven effective in treating fluid retention from PMS. In fact, they may alter the natural balance of body fluid.

A third class of drug in PMS products is antihistamines, which temporarily relieve symptoms of sinus congestion or mild allergies. Although Midol PMS and Midol Maximum Strength contain an antihistamine called Pyrilamine, the labels make no claims about the purpose or benefits of this ingredient. In Pamprin, Pyrilamine is described as "an ingredient for the tension many women experience" — a strange claim for an antihistamine. (Besides Pyrilamine, Midol Maximum Strength also contains caffeine, which, while it may alleviate vascular headaches, may also cause the jitters.)

PMS drugs are diverse, and their manufacturers make many claims about their effectiveness. If you consider using any of these products, read the labels carefully. And remember — other approaches to PMS, from a modified diet to a stepped-up exercise program, may offer as much relief as any of these drugs. ■

PMS DRUG	ACTIVE INGREDIENTS
Advil	Ibuprofen 200 mg
Bayer Select Max. Strength for PM Symptoms	Acetaminophen 500 mg, Pamabrom 25 mg
Midol IB	Ibuprofen 200 mg
Midol Maximum Strength	Acetaminophen 500 mg, Caffeine 60 mg, Pyrilamine 15 mg
Midol PM Nighttime Formula	Acetaminophen 500 mg, Diphenhydramine 25 mg
Midol PMS Formula	Acetaminophen 500 mg, Pamabrom 25 mg, Pyrilamine 15 mg
Midol Teen Formula	Acetaminophen 500 mg, Pamabrom 25 mg
Pamprin	Acetaminophen 500 mg, Pamabrom 25 mg, Pyrilamine 15 mg
Premsyn PMS	Acetaminophen 500 mg, Pamabrom 25 mg, Pyrilamine 15 mg
Tylenol PM	Acetaminophen 500 mg, Diphenhydramine 25 mg

In the library...

A new biography reveals the human side of Marie Curie

Barbara Clarke,
Women's Center
librarian



Susan Quinn spent seven years working on *Marie Curie: A Life* (Simon & Schuster, 1995). This is the first major biography of Curie published since scholars were given access to her journal in 1990. Quinn presents a more comprehensive and complicated picture than previous biographers, and shows that Marie Curie was much more human than the stoic of legend. She was a private person who tried to hide her problems from the world.

Curie was born Maria Salomea Sklodowska in 1867 in the Polish capital of Warsaw. She was the youngest of five children born to teachers who placed great emphasis on education for both girls and boys. At the time of Maria's birth her mother was the headmistress of a private school for girls. Maria was a gifted student who completed her secondary schooling by the age of 15; she finished first in her class. Her only brother studied at the University of Warsaw, but Polish universities were closed to women; they had to leave the country to pursue higher education. Maria's sister, Bronia, studied medicine at the Sorbonne in Paris, and Maria followed her to France.

In Paris Maria became Marie; she was one of very few women studying science and later mathematics at the Sorbonne. She married scientist Pierre Curie in 1895 and they eventually had two daughters.

In 1897 Marie began research on Becquerel rays. She and Pierre collaborated on some aspects of their research and worked separately on others. They gained respect and recognition for their work on elements, especially polonium and radium. In 1898 the French Academy of Sciences awarded Marie the Prix Gégner for her

research. Academy officials notified her husband in writing of her award. Comments Quinn: "While the academicians were willing to depart from usual practice and award the prize to a woman, they were not willing to go so far as to inform her of it *directly*."

Marie received her doctorate in 1903; that same year she and Pierre were awarded the Nobel Prize in physics. Marie's nomination was opposed by many scientists, despite the fact that some of the important research had been hers alone. She was the first woman to win a Nobel Prize, and in 1911, some years after Pierre's death, she received the Nobel Prize for chemistry. In 1935 Marie's older daughter became the second woman ever to win a Nobel Prize in the sciences.

Curie was the first female faculty member at France's leading preparatory school for women teachers, and in 1906 she became the first woman ever to teach at the Sorbonne. In 1911 she was denied membership in the prestigious Academy of Sciences, partly because of her gender and partly because of a scandal surrounding her alleged affair with a married scientist. Pierre, who died in 1906, had become a member of the Academy in 1905. In 1922 Marie Curie became the first Frenchwoman to be admitted to the French Academy of Medicine.

Throughout the years, Curie enlisted an unusually high percentage of women and foreigners to work in her laboratory. Despite ill health from the effects of radiation, she continued her research until her death in July 1934.

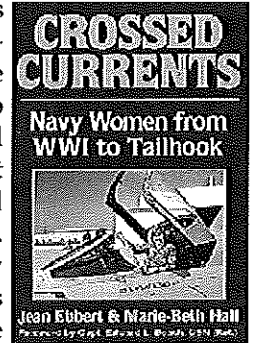
Jean Ebbert and Marie-Beth Hall are the editors of *Crossed Currents: Navy Women from WWI to Tailhook*

(Brassey's, 1994). Ebbert was formerly a naval officer and both writers have many ties to the Navy. This volume is designed to fill part of the void in the history of women in the U.S. Navy; nurses have not been included. The "emphasis is on the Navy's struggle to accept change and women's struggles to be accepted by the Navy."

The writers begin their history with the women who served in World War I; the first women enlisted in March 1917. There was no law barring females from joining the Navy, as the idea that they might enlist was unthinkable. Women were sought at first so that men could be freed for service at sea. Most of the first female members of the Navy did clerical work and by 1920 most had returned to civilian life.

By July 1942 women were once again being sought for naval service. These women were to be under full military control, but were not eligible for all its benefits. They were to receive the benefits prescribed for civil employees. The first female officers were selected from successful professional women; the president of Wellesley College became the Navy's first female lieutenant commander. By 1943 more than 25,000 women were in the Navy. The first black women enlisted the following year.

After World War II women remained in the Navy but for many years were prohibited from all combat roles. Today women comprise about ten percent of the total force and most positions are open to them. The writers discuss the problems the Navy has had to face in recent years, such as sexual harassment and the Tailhook scandal, pregnant women at sea, dependent husbands, lesbianism, child care and single mothers. ■



S U M M E R

Calendar of Events

Margaret
Cunningim
Women's Center



Please save and post. Individual flyers for these programs may not be sent.

June 5 (Monday)

Women's Time Out, a monthly group at the Women's Center, offers a forum to reflect on women's issues, life enhancement and personal growth. This month's topic is: "How do women become self-affirming?" 5:15-6:30 p.m. No need to register. For more information call Nancy Ransom, 322-4843. (Meets the first Monday of each month except July.)

June 6 (Tuesday)

Creative Life Planning Group focuses on ways to improve problem-solving skills and make life changes. Topics for June include growing old gracefully, women and depression, and how to deal with difficult people. Noon to 1 p.m. New members welcome. For more information call Judy Helfer, 322-6518. (Meets Tuesdays throughout the summer except July 4.)

June 7 (Wednesday)

Women's Learning Forum fosters growth and self-empowerment through education and dialogue. Discussions address local, national and personal issues and are often facilitated by a guest speaker. 6:30 p.m. (Meets every other Wednesday.)

June 12 (Monday)

Book Group will discuss *Girl, Interrupted* by Susanne Kaysen. Facilitator is Hia Rubenstein. New members welcome. 5:15-6:15 p.m.

June 14 (Wednesday)

Writers Workshop. Writers in all genres are invited to bring their writing or works-in-progress for others to critique. New members welcome. 5:15-7:15 p.m.

June 28 (Wednesday)

Writers Workshop. 5:15-7:15 p.m. New members welcome.

July 10 (Monday)

Book Group will discuss *Shipping News: A Novel* by E. Annie Proulx. Facilitator is Janet Colbran. New members welcome. 5:15-6:15 p.m.

August 7 (Monday)

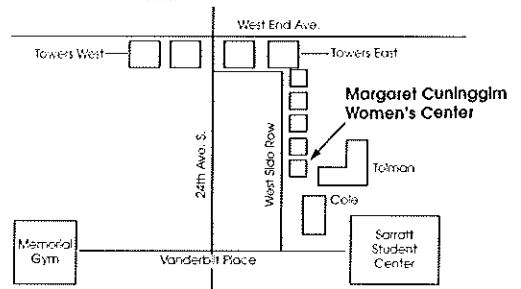
Women's Time Out. This month's topic is assertiveness. 5:15-6:30 p.m.

August 14 (Monday)

Book Group will discuss *Nobel Prize Women in Science: Their Lives, Struggles, and Momentous Discoveries* by Shannon Bertsch McGrayne. Facilitator is Jane DuBose. New members welcome. 5:15-6:15 p.m.

All programs are held at the Cunningham Center, Franklin Building, 316 West Side Row. For more information, please call 322-4843.

HOW TO FIND US...



- 6 1949 Singer and peace activist Holly Near
- 7 1909 Virginia Apgar, developed viability scale for infants
- 11 1880 Jeannette Rankin, pacifist, suffragist and first woman elected to Congress (1916)
- 14 1904 Margaret Bourke-White, first accredited woman war correspondent

Birthdays of Notable Women

June

- 27 1880 Helen Keller, writer, lecturer and advocate for the disabled



- 16 1917 Katharine Graham, CEO of the Washington Post
- 22 1906 Anne Morrow Lindbergh, aviator, poet and writer
- 23 1940 Wilma Rudolph, winner of three Olympic gold medals
- 29 1893 Helen Hokinson, "New Yorker" cartoonist
- 30 1917 Singer Lena Horne

Announcements

Conferences

Women's Movements: Cultural, Intellectual and Political (R)evolutions, sponsored by the National Women's Studies Association, meets June 21-25 at Oklahoma University. Call OU Women's Studies at 405-325-0138. E-mail: aa0383@uokmvsa.bitnet.

Transformations, the 1995 AAUW convention, meets June 24-27 in Orlando. Contact the American Association of University Women, Box 630505, Baltimore, MD 21263-0505. Tel: 202-785-7781; 800-821-4364.

Prisms of Gender, 1995 conference of the Organization for the Study of Communication, Language and Gender, meets Oct. 5-8 in Minneapolis. Contact Barbara Lynn Werner, Univ. of Wisconsin, KFA-B24, River Falls, WI 54022. Tel: 800-228-9126.

Planned Parenthood's Annual Conference, "Continuing the Legacy," meets Nov. 2-5 in New York City. Watch for details in future newsletters.

Call for papers

Women Leading the Way into the 21st Century, the 1995 conference for women in higher education, meets Oct. 5-6 at Tennessee State University in Nashville. Abstracts (50-75 words) are due by June 14. Contact Robbie Kendall-Melton, UT-Martin, 237 Gooch Hall, Martin, TN 38238 or e-mail her at RKendall@UTM.EDU.

Coming in August ...

Nashville hosts the caucus!

National Women's Political Caucus 12th Biennial Convention

August 3-6, 1995
Nashville, Tenn.

*Special guests: Tipper Gore
and Nanci Griffith*

For registration material, call
800-729-6972

and don't miss ...

"The Perfect 36"

celebrating 75 years of woman's vote

August 26, 1995
Tennessee Performing Arts Center
Jackson Hall
8:00 pm

\$26 adults / \$20 seniors & students

For tickets, call 860-9517

or Ticketmaster: 737-4849

or 800-333-4849



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Exhibits

Spirit Visions, paintings by Chicago artist Rebecca Allen and Nashville resident Jo Abbott Taylor, are on display June 6-30 at Sarratt Gallery. Allen concentrates on the spirits present in fossil and skeletal remains. Taylor's work focuses on transformations, especially those in nature. Summer gallery hours are 9 a.m.-4 p.m., Monday through Friday. Closed weekends. For information, call 322-2471.

Retreats

Camp Whoopie, a consciousness-raising retreat sponsored by the Nashville chapter of NOW, is June 9-11 at Standing Stone State Park near Livingston, Tenn. The \$15 fee includes bunkhouse-style housing (bring your own linens), a wine-and-cheese party, Saturday dinner and two breakfasts. Call 269-7141 for more information. *Registrations are due by June 2.*

"Upon the Mountain," a four-day women's weekend of self-discovery, is Aug. 10-13 at St. Mary's Conference Center in Sewanee, Tenn. \$289 double occupancy (\$299.50 single) includes transportation, lodging, 8 meals, a massage, guided nature walks, group yoga sessions, storytelling workshops, and continuous coffee, tea and lemonade. To register, contact Guerry Jameson, Tours By Design, 2649 Miami Ave., Nashville, TN 37214. Tel: 889-4159 or 800-880-4159.

Vanderbilt University is committed to principles of equal opportunity and affirmative action.

Women's VU

To subscribe, return this form to the Women's Center or call us at 615-322-4843 (fax: 615-343-0940).

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