The July MLF meeting was held in Bath with a good attendance. There were workshops, music, frisbees, potluck supper, and a good time full of wonderful, positive women's energy.

Since there was no General meeting, there are no minutes.

It's time to put the newsletter out and I have not heard from the hosting women about the next agenda. In our discussions at the last meeting, I understood that they are planning to have space for all to play and work. Therefore the tentative agenda is as follows: (I suggest that everyone try to be in Hollis in time for the agenda meeting):

10:00 - 11:00 Coffee, greetings, social
11:00 - 11:30 Agenda meeting - planning for the days activities
12:00 - 1:00 LUNCH - Bring your own
1:00 - 2:15 ACTIVITY PERIOD I
2:30 - 3:45 PRACTICING HOUSE RULES
12:30 - 1:00 Matriarchy and Healing - Rita
3:45 - 5:00 ACTIVITY PERIOD II
4:00 - 5:15 Poetry Reading/Sharing - Ruth
5:30 - 6:30 ACTIVITY PERIOD III (if needed)

REMEMBER: if you want to share your music, bring instruments, bring frisbees, sports equipment (baseball, volleyball, etc.) childcare is provided.

Most importantly - - - bring yourself and your friends - - - -

If you would like to have a meeting in your area (at your home or example), come to the next meeting. Those of us who have held meetings will be glad to answer any questions you may have. We are looking for an October meeting place. Think about it. There isn't too much work involved (or I wouldn't do it) and it's lots of fun.

DEADLINE FOR THE SEPTEMBER NEWSLETTER --- SEPTEMBER 5

MAINE COALITION FOR HUMAN RIGHTS MEETING - August 17, 7:00PM, Augusta, MTA Building (maybe)

Don't forget Flo's - Women's Night - August 30 - next month the schedule will return to to once a month on the second Wednesday.

NEWS TIDBIT:

A court in San Diego has ordered a lesbian to pay $100 a month in temporary support to her lover. The couple had exchanged vows in a ceremony on Feb 17 in a church, and, according Sherry, they signed an agreement giving each other one-half of all property accumulated during the relationship. In addition, she said she agreed in writing to perform "all duties of a housewife" while being supported by her lover. The Superior Court judge accepted the agreement, which also gives Sherry a share of her lover's military retirement benefits.

In response to the boycott of its beer, the Adolph Coor's Company has added the words "sexual preference" to its Equal Employment Opportunity Policy. However, due to working conditions, financial support of right-wing groups, etc., many are still boycotting Coor's.

Thank you to all who have sent in contributions to the Newsletter. If you have news or wish to share your feelings/ impressions of a recent event (the ERA March?) or life in general, please write to the newsletter. Poetry is always welcome. Ads and notices gladly printed FREE!!!

A special thank-you to the women who helped get this issue printed (I hope).
WISE WOMEN ENTERPRISES/URAMA RECORDS has announced its plans to record a second album by KAY GARDNER. Studio dates have been set in Boston for mid-June, the release date is scheduled for late September. The album, entitled "EMERGING", promises to be a real musical treat, especially for those who now enjoy "HOONCIRCLES", Gardner's first LP on the URAMA RECORDS label.

Kay has spent this past year traveling, studying, living in the mountains, living by the sea, and listening. Her latest compositions reflect the inspiration she has received from the sounds of nature and from her own woman-spirit. Using contemporary techniques, her intuitive improvisations and a studied, yet sensitive treatment of ancient musical modes combine to create an expense of musical evolution. A renaissance experience in the compositional avant-garde idiom makes this album as unique as its composer. Instrumentation includes flute, alto flute, violin, viola, cello, viola da gamba, lute, classical guitar, piano, and small percussion.

Additional information about "EMERGING" and the other albums on the URAMA Records label - HOONCIRCLES, Kay Gardner; 3 GYPSIES, Cassie Culver; DEBUTANTE, Willie Tyson - can be obtained from the main WME offices in Stonington, Maine.

THE NEXT MEETING OF THE MLF IS SCHEDULED FOR SUNDAY, AUGUST 20 IN HOLLIS

HANG ON! TO YOUR DIRECTIONS!!!!

Take Maine mall Road exit from I-295. Follow signs to Maine Mall Road as you come off 295. Then take Rt 114 to Rt 22. Follow Rt 22 about 8 miles to Rt 292. Follow Rt 202 to Rt 117. On Rt 117 go about 7 miles to Waterboro Rd. Chadbournes Ridge Road is first right off Waterboro Rd. - less than 1/2 mile down Waterboro Road. It looks like a dirt road but it's really dirt over pavement (funny, huh?)

Our number is 727-3904 if you get lost. --Maine & Delores

ALL DISTANCES ARE APPROXIMATE

GOOD LUCK - HOPE TO SEE EVERY ONE THERE

NO BOOZE, NO POT
NO DOGS PLEASE

SEPTEMBER MEETING will be at Mickey's on Sunday September 24
There will be a party on Saturday Sept 23rd so mark your calendar now
stopping by for a short visit
I find a gentle coven;
your arms, your eyes, your wonderful strength;
you, too, find a coven in me.
we snuggle in your wide bed
giggling like two girls at a pajama party
dipping into each other's lives joyfully.
at times we fly into pockets of turbulence:
your lover has left you;
I'm still trying to write poems;
your first show is next week,
but the night deepens.

we touch around again.
and even in this wide cluttered bed
we fit smoothly to each other
as old, soft and flannel shirts.

--------Ruth

CONTEST! CONTEST! CONTEST! CONTEST! CONTEST! CONTEST! CONTEST! CONTEST! CONTEST! CONTEST!

Name the new corporation of women video producers. Entries accepted at the next IMLF meeting. Some suggestions are:
Lavender Pizza Video
Mary Lou Fitzgerald Video
Try your hand at naming the corporation. Prizes are nonexistent, but fun is guaranteed for those who enter.

Working Women of Valdosta, a series of 3 half-hour video tapes will be shown at the SEPTEMBER IMLF Meeting. The first two tapes deal with the memories women have of their mothers and grandmothers. The third tape was shot mostly in factories. They are all real exciting.

TICE!! NOTICE!! NOTICE!! NOTICE!! NOTICE!! NOTICE!! NOTICE!! NOTICE!! NOTICE!! NOTICE!!

MAILEY GRAIN, a Natural Food Store and Vegetarian Deli, is now open. Owned and run by women. Take scenic Rt. 1 up or down to Camden and visit us--Donna, Toni, and Hilda. We're at:

31 Elm Street
Camden, Maine
#23C-2956

Open 6 days a week / closed Wednesday / Hours: 11-7, 11-3 Friday & Saturday

Dear IMLF Women...
Where has the summer gone?! Much of our summer has been spent recording Kay Gardner's 2nd album, entitled: EMERGING, to be released in September. We hope it's going to be a great album!

...Hickey Hickerson is no longer the Maine record distributor... We're very sad to lose her, but the record distribution business is one hell of a big job (read: long hours, little pay, and sometimes a pain in the ass!!!) Recently Olivia Records, Redwood Records and Wish Women Enterprises had a meeting and we are now working together to locate more women to go into the record distribution biz. We are putting together a large collective-effort packet that explains the business, etc. If you would... announce we are looking for a new distributor for this territory... Any woman who is interested... should write to:
WISH WOMEN ENTERPRISES. P.O. BOX 33, STORRMONT, MAINE 04061. Attn: Betsy Rodgers, Distribution. At this point, this is not a firm job offer, as we are considering other options, like expanding other distributor's territory, but we would like to put the word out. Thanks for your help... Enjoy the rest of the summer!!

---Barbara
NOTES FROM Matriarchal Meeting on Power

Ways of Developing Power
1. Sharing nurturing with others
2. In a situation of conflict, working toward:
   a. defining the problem as ours
   b. accepting responsibility for our agreement, choice
   c. air feelings now
3. Be able to compromise, listen, discuss and understand differences,
   evaluate choices later, not be too possessive of one's own per-
   spective, not creating a hostile situation
4. Show of strength, not make it as threatening
5. Sharing vulnerability honestly is a strength
6. Allow differences and know you don't have to be devoted, don't
   have to please
7. Discharge frustration positively, have patience to continue the
   fight
8. Recognize own woman strength - power - positive energy
9. Trust your own perspective on positive growth, experience with
   women
10. Look around you & see what women are doing
11. When frustrated, think of goals that have been made & struggles
    around the world
12. By gathering together we create more power
13. Importance of defining for ourselves our own power
14. Face fears in dreams
15. Face fears with others who are caring
16. Knowing physical self and sensitivity
17. Tend the wounds/hurts first and heal
18. Notice our strengths - everyday strengths, what we do,
    ex.: mothering
19. We can change ourselves which is very powerful to do
20. We can change ourselves
21. Think how we survive & care for ourselves - this strengthens us too
22. Know what nourishes and cleanses ourselves
23. Take care of basic needs along the way
24. Let us heal each other
25. Knowing difference between compromise and competition
26. Knowing difference between assertiveness and aggression
27. Recognize that you can walk away from game playing or unsolvable
    situations and that you can state "I'll no longer play that game."

Matriarchal Workshop for the next two months will focus on "Healing and
Matriarchy". Rita Babrattis will lead the workshop for August. Please
think, read, and bring writing on this topic.

POETRY READING WORKSHOP - Rich
"...I'd like to do a poetry reading workshop for the next NLFL ... I will
be reading some of my poems and I know that there are other closet poets so
if anyone has any of their work that they would like to share, please bring
it and read too. I'd like this to be a cozy workshop where reading one's
work does not mean that it is necessarily "finished". Our writings are
one means of expressing and sharing parts of our lives and thoughts and
visions for the future."

As mentioned in the Matriarchy notes, it is very important for us to take care
of our physical needs. I would like to take this space to urge all of you
to learn how and practice breast self-examination. Cancer and other less
dangerous lumps can be found early if we practice this simple examination.
We owe ourselves the few minutes a month it takes to insure early detection.
If you detect a lump or bump, please, don't wait! Contact your physician
or local clinic at once to have it checked. If you can't help early, the proce-
dure is simpler (and less expensive). For information, contact your local
women's clinic, Cancer Society, or Family Planning Office. Too often we
feel we can't afford a yearly check-up, but we need to take care of ourselves,
selves and PAP Smears are important. I love you all and want to see you
around, healthy for a long time. The women's community can never afford to
lose any of you. Every sister counts. -- Connie