

WOMONSCAPE TIMES

~ A monthly publication by the Womonscape Center Inc. ~

•www.womonscapecenter.org • www.facebook.com/womonscapecenter • 608 477 9448 •
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F E B R U A R Y 2 0 1 4

Womonscape Center Inc. ...Serving and enriching women's lives...

SPECIAL BOOK DONATION

Rhonda Siebecker, local free lance writer, belly dance instructor, actor, and breast cancer survivor, has graciously donated her book, Writing to Heal: a poetry journal helper for breast cancer survivors and those who love them, to our library. Rhonda explains that when she was diagnosed with cancer, many people told her to keep a journal. Even though she is an avid writer, Rhonda initially balked at the idea of doing something so difficult, or even contrived. Later, she became curious about the challenge of journaling, found it helpful, and made up her own guide to help herself and others in dealing with the disease and its treatment. Cancer survivors and those currently in cancer treatment, as well as their friends and family members, will certainly find this book helpful.

SPIRITUALITY GROUP 2ND SUNDAYS

What's the word with the Spirituality Group?? The Womonscape staff has decided to try one more formal Women's Spirituality Group on Sunday, February 9, from 1 pm to 2:30 pm. All philosophies and beliefs welcomed!

READ/SHARE BOOK GROUP



Meeting at the Womonscape Center on Tuesday evenings, our *Read/Share Book Group* continues to include many titles on a variety of topics, accompanied by lively discussions. The group has become a wonderful blend of reading aloud, sharing thoughts and ideas, with new and continuing participants. Please join us whenever you can, any Tuesday from 6 to 7:30 p.m. Bring a reading to share from a book, magazine, newspaper article, internet source....you name it! Or simply bring yourself, and a willingness to listen.

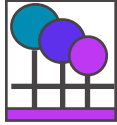
.....
We are very pleased
to be here.
We welcome you,
your family of origin
and your family
of friends.
.....

VOLUNTEERS NEEDED

...to cover daytime shifts at the Womonscape Center when regular staff is unable to be there. Some training and familiarity with day to day operations will be needed. If interested, please contact the Center. Call 608 447 9448, or email womonscapecenter@fastmail.net.



****If the BARABOO SCHOOLS ARE CLOSED DUE TO INCLEMENT WEATHER, WOMONSCAPE CENTER WILL BE CLOSED AND ALL SCHEDULED ACTIVITIES AT THE CENTER WILL BE CANCELLED.**

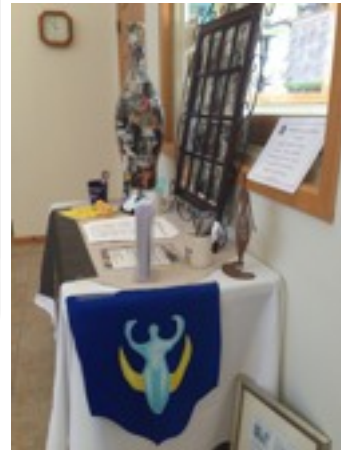


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NOTE: The Womonscape Center was the Business of the Month for January at the Baraboo Area Chamber of Commerce. It was very exciting to be advertised like this and have so many folks stop by and grab a newsletter or brochure.



FEATURED FILMS FOR FEBRUARY

The Womonscape staff is always enthusiastic about movie nights, but February brings some particularly exceptional selections.

The Long Walk Home (Feb. 7), with Sissy Spacek and Whoopi Goldberg, tells the story of the 1955 bus boycott in Montgomery, Alabama through the eyes of a middle class black woman and the white family for whom she works. Spacek and Goldberg are wonderful in this 1990 drama.

Shirley Valentine (Feb. 14) is the light-hearted yet thought-provoking story of a bored suburban English housewife who decides to join a friend in a trip to Greece. Pauline Collins reprises the role that earned her a Tony Award on Broadway in this 1989 film.

The Vagina Monologues (Feb. 21) features Eve Ensler, the author and original performer of this moving and fascinating show based on Ensler's interviews with women about, well, their vaginas. The film combines the best of several Ensler performances and interviews with women, as well as behind-the-scenes commentary from Ensler herself. (2002)

If you've never seen **Bells Are Ringing**, save the evening of February 28 for a real treat. This is the last film made by the very talented comic actor Judy Holliday. Ms. Holliday originated the role of Ella, a young woman who works at a telephone answering service in the days before answering machines, on Broadway. For her work in this play, Ms. Holliday earned a Tony Award. The film is a musical, and features such standard songs as "The Party's Over" and "Just in Time." It also features a young Jean Stapleton as Ella's boss. (1960)



(WARM AND STICKY) FIGGY PUDDING...and, yes it does rate an entire page in our newsletter!!
It is **that** good!

In case you hadn't heard, there are other verses to the old holiday favorite, *We Wish You a Merry Christmas*.

Here they are: "Oh, bring us a figgy pudding;
Oh, bring us a figgy pudding;
Oh, bring us a figgy pudding,
and a cup of good cheer.



"We won't go until we get some;
we won't go until we get some,
we won't go until we get some,
so bring some out here."

Have you ever wondered what figgy pudding was, and why anyone would so enthusiastically demand to have some? Well, KC, a regular participant in the Womonscape Center Constructive Living (CL) class, not only wondered about figgy pudding, she decided to make some. If you were lucky enough to be present at the January 19 CL class, you got a chance to taste KC's figgy pudding firsthand--a truly rich, deeply delicious experience. For those of you who would like to amaze your friends, family, and yourself, here is KC's recipe via the *Food Network*.

Ingredients

- 1 1/2 C chopped dried pitted dates
- 1/2 C chopped dried figs
- 2 C water
- 1 t baking soda
- 7 T butter, softened
- 1 C superfine sugar
- 2 eggs
- 2 1/2 C self-rising flour
- 2 1/2-ounces dark chocolate, grated
- Butter, for coating ramekins
- Ice cream or whipped cream, for garnish

Sauce:

- 2 C brown sugar
- 2 C heavy cream
- 14 T butter
- Fresh figs, quartered, for garnish
- Vanilla ice cream, optional
- Whipped heavy cream, optional

Directions:

Preheat the oven to 350 degrees F.

Add the dates, dried figs and water to a medium saucepan and bring to boil over medium heat. Remove the pan from the heat and stir in the baking soda. Let cool for about 5 minutes, then add to a blender and puree.

Using a hand mixer, cream the butter and sugar in a large bowl. Add the eggs and beat well. Fold in the flour, the pureed date mixture and the chocolate.

Put the mixture into 12 buttered, 1-cup individual ramekins, filling halfway or slightly under. Put in the oven and bake for 20 to 25 minutes.*

Total Time: 1 hr 15 min Prep: 30 min
Cook: 45 min Level: Easy

Prepare the sauce by stirring the sugar, cream and butter in a medium saucepan over low heat. Simmer until the sugar dissolves. Raise the heat and bring to a boil, then reduce the heat and simmer for 5 minutes. Add the butter and stir until incorporated.

Remove the ramekins from the oven and let stand for 10 minutes. May be served in the ramekin or unmolded onto a small serving plate. With paring knife cut a cross in the top of the puddings for the sauce.

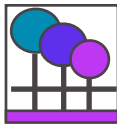
Pour the sauce into the cross in the center of each pudding, then pour more sauce over the puddings and allow it to soak in slightly. Top with fresh figs and vanilla ice cream or heavily whipped cream. Serve warm.

A viewer, who may not be a professional cook, provided this recipe. The Food Network Kitchens chefs cannot make representation as to the results. The Womonscape Constructive Living Class, however, snarfed down every last delectable morsel...and then some!

Read more at: <http://www.foodnetwork.com/recipes/warm-sticky-figgy-pudding-recipe.html?oc=linkback>

*KC says: This recipe originally said to fill four (4) 1-cup individual ramekins. KC discovered that the recipe was able to fill twelve (12) 1-cup ramekins, halfway.

Recipe courtesy Jade Thompson
SHOW: Ultimate Recipe Showdown
EPISODE: Ultimate Recipe Showdown:
Cakes & Desserts, Season 3



WOMONSCAPE CENTER

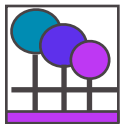
February 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>February is Teen Dating Violence Awareness and Prevention Month. More information: www.hopehousesw.org/default.php?page=25#sec_.</p> <p>• One Billion Rising (www.onebillionrising.org) campaign is on February 14.</p>					1 CLOSED
2 Constructive Living Class 11:30-1:00pm	3 CLOSED	4 Read/Share Book Group, 6-7:30pm	5 We are OPEN 10-3pm	6 We are OPEN 10-3pm	7 Womonstrong Film Series: <i>The Long Walk Home</i> 6pm	8 CLOSED
9 Spirituality Group 1-2:30pm	10 CLOSED	11 Read/Share Book Group, 6-7:30pm	12 We are OPEN 10-3pm	13 We are OPEN 10-3pm	14 Womonstrong Film Series: <i>Shirley Valentine</i> 6pm	15 CLOSED
16 Constructive Living Class 11:30-1:00pm	17 CLOSED	18 Read/Share Book Group, 6-7:30pm	19 We are OPEN 10-3pm	20 We are OPEN 10-3pm	21 Womonstrong Film Series: <i>Vagina Monologues</i> 6pm	22 CLOSED
23 We are OPEN 10-3pm	24 CLOSED	25 Read/Share Book Group, 6-7:30pm	26 We are OPEN 10-3pm	27 We are OPEN 10-3pm	28 Womonstrong Film Series: <i>Bells Are Ringing</i> 6pm	

WOMONSCAPE CENTER HOURS

- Monday Closed
 - Tuesday 5:30 pm - 8 pm
 - Wednesday 10 am - 3 pm
 - Thursday 10 am - 3 pm
 - Friday 5-9 pm
 - Saturday Closed
 - Sunday 10 am - 3 pm
- Open for select special events and by appointment •

-612 Oak Street, Baraboo 53913--
 website: www.womonscapecenter.org
 Facebook: www.facebook.com/womonscapecenter
 Twitter: @womonscape
 Phone: 608-447-9448



And here is our installment of

~Womonscape Brings You *The News, Which is Good*~

ALL CRACKED UP

It seems that my partner, Ricki, has always had a great deal of respect and admiration for her hands. She appreciates the unique abilities of the human hand to feel, touch, communicate, and do. She enjoys work as an artist and massage therapist, both very hand-centered activities. She is drawn to models of hands, photographs of hands, sketches, paintings, and sculptures of hands.

As for me, I've tended to take my hands for granted. Years of work in institutional kitchens brought a welcome collection of scars and calluses to my hands early on. If my calluses were thick enough, my hands weren't nearly as bothered by hot dishwater or even hot pans. A love of gardening only added to the roughness of my hands, as it also contributed a layer of perma-grime. My hands began to look like a pine floor, stained to bring out the wood grain.

When I was required to provide fingerprints for a new job, I always thought it was pretty cool when the tips of my fingers were too worn to get a good print, as if I could somehow still hide my true identity, even in an age of advanced techniques in forensic science.

But this year I overdid it. I left my hands exposed to too much winter weather and spent too many hours with my hands in and out of water--always mixed with soap, vinegar, or bleach. My hands rebelled and cracked: deep, painful, impressive valleys in the calluses, three or four cracks per hand. My hands hurt; they refused to be ignored any longer.

I couldn't believe it. How could they possibly be complaining after so many years of hard, ungrateful use and neglect? I thought about all the other parts of my body that I have taken for granted over the years. I admitted to myself that I'd actually bragged about having asbestos hands or an iron stomach or feet that could walk forever as long as they were enclosed in sensible shoes. It occurred to me that maybe, just maybe, I'd been wrong about me. If I am sometimes guilty of taking other people for granted, how much more so do I take myself for granted. I realized that I have taken better care of the car than I have of myself.

The good news is that I now wear rubber gloves when I wash dishes. I feel like the women I saw in commercials wearing Playtex gloves when I was growing up: I'm not yet able to pick up a dime when I've got them on, but I haven't dropped anything. I found an old container of pure lanolin, a kind of industrial strength treatment for dry, cracked hands. It makes me smell like a sheep (baaahhh....) but my hands are definitely happier; and if I put some on at bedtime, I don't smell too much like a ewe in the morning.

Apparently I'm still learning about me, about how to take care of myself. I guess my education in self-care didn't end when I was able to wash my hair and tie my shoes without supervision. If I pay attention, and actually listen to the messages my body gives me, there's probably a lot more I could learn. Imagine that.

Jane



FEBRUARY FILM LINE-UP

- 02/07 THE LONG WALK HOME, 1990, 97 MIN., PG
- 02/14 SHIRLEY VALENTINE 1989, 108 MIN., R
- 02/21 THE VAGINA MONOLOGUES 2002, 77 MIN., R
- 02/28 BELLS ARE RINGING (FAMILY NIGHT) 1960, 127 MIN., NR

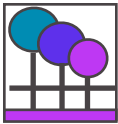
~~ Our *Womonstrong Film Series* continues in the new year, with the movies listed above. All showings begin at **6 pm**; admission is FREE and open to the public. Donations are gratefully accepted to help offset costs. Films are shown on a large movie screen in a comfortable, casual setting.

Sneak Peak: 03/07: NORMA RAE, 1979, 113 MIN, PG
MARCH 2014 03/14: Womonscape Center will be closed this evening.

We also have a vegetarian potluck before and during the film.

**To find out more about any film, go to www.imdb.com, and plug in the title.

If you want to see a complete list of our films, please visit the Womonscape Center website at www.womonscapecenter.org.



Womonscape Center, Inc.
 612 Oak Street
 Baraboo WI 53913

First Class
 Postage



February
 2014



to:

HOURS

- Tuesday 5:30 pm - 8 pm
 - Wednesday 10 am - 3 pm
 - Thursday 10 am - 3 pm
 - Friday 5 pm - 9 pm
 - Sunday 10 am - 3 pm
- Open for select special events
and by appointment

~The Womonscape Center, Inc. is a non-profit 501(c)(3) organization. All donations are tax-deductible.~