

LEAPING LACROSSE NEWS

March 1988
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A-MUSK-ING AMAZON: KIM OPRNH MASSAGE STUDIO

Kim Hammer is opening a massage studio in the Bayville Building this month. She has been doing massage and giving workshops on massage in the La Crosse area for the past couple of years and has decided she needs a central location for her business.

Before becoming a masseuse, Kim created original clothing and other fabric works of art. Some of you may remember seeing her pieces at the Pump House or may even own one. Although she is learning to make paper, and recently designed a stained glass piece that Bev of Moonshadow Stained Glass Studio in Trempealeau made for Sally Salisbury, she is focusing more on massage now.

I asked Kim how she got from textiles to massage. "For me, the link is that they're both working with my hands, which I think is my calling in this world. To me, massage is real creative in that I can make decisions as I go along on how to respond to what that person needs. It's very much like creating a work of art in that there's this decision making at every step."

Kim was working in a fabric store in Oakland, California when she decided to study massage. She enrolled in a 160 hour course, studying massage techniques, anatomy and physiology, and business ethics and hygiene. She uses: Swedish massage, which she describes as "more vigorous, an athletic kind of massage," that includes some work on range of motion; Reales, which is "a soothing, deepening kind of massage, more relaxing;" and Reflexology, which is the Eastern science of the foot and how the points on it and massaging it, can effect organs and nerves.

Describing her use of these techniques, Kim says, "A lot of the strokes I use are real gentle. It might be vigorous at times, but generally it's a pretty general and soothing massage that I do. That's my hope, that the person comes away affirmed and nourished by it rather than feeling as if something was forced at them."

I asked Kim to describe what her routine would be if someone came to her in her new studio, for a massage. First, she said, "I

do an intake interview to find out how people heard about me and if they have had any injuries I should know about."

Then she continued, "I know myself, I would be very nervous going to someone's office and taking my clothes off for the first time; so, I have 2 rooms: an outer office for greeting people, with a phone and desk and waiting area, and an inner room where the massage table is. It's a completely separate room..."

"I always keep someone fully covered when doing the massage and they have the option of wearing underwear or not. And I always leave the room when they're undressing. For everyone, even people I've given massages to a lot. That's the kind of privacy I would want if I was getting a massage."

"So, I leave, they get undressed and lie down on the table and there are towels there they can cover themselves with. Then I completely cover them with towels and wrap a sheet around them to keep them warm and for privacy. As I am doing the massage, I just unfold the area I'm working on, like if I'm working on the back, then I uncover the back."

"Typically, someone comes in for an hour massage, and that can be a full body massage, which means massaging the face, neck, shoulders, arms, legs, stomach, feet and back. Occasionally, a person will want more emphasis on one part, like if they have low

back pain... So if a person comes in with a special need, then I can respond to that and that might be just a half hour massage."

Kim has a sliding fee scale of \$15 to \$28 per hour at the office. For a little more money, Kim also does house calls, and she has a special deal for couples who would both like a massage (similar to the Valentine's Day special she ran this year). She says the house call "makes kind of a nice gift for a partner."

Kim also does workshops on massage. Her basic format is a 12 hour workshop that covers basic massage technique, as well as oils to use and other helpful hints. Usually she spends about 2 hours on each part of the body, discussing it and practicing massage techniques on it. She says, however, she can package the workshop to fit special needs. For example, she will be giving a for women only, six week workshop at the YMCA in La Crosse (see ad elsewhere in this issue) in which she will be stressing women as healers and will be talking about how the patriarchy took some of that healing tradition away from women.

Another workshop coming soon is one entitled "Come to Your Senses" that Kim is doing with Sally Salisbury as part of the Women's Health Conference on April 22. Kim describes this workshop as "a sensory extravaganza to awaken women to their senses so they can live more fully in the moment." (For more information on registering for the

L.T.N. 7

Conference, see UPCOMING EVENTS.)

I asked Kim if she had a philosophy of massage. "The thing I like about massage is that it offers benefits on all levels: emotionally, spiritually and physically. The physical stuff is pretty widely known; it increases blood flow, and helps people respond positively to stress. On a spiritual level, especially is someone is real open and real relaxed during a massage, so that it's almost like a meditation.... Emotionally what happens is some of the same things that happen when you get a hug from someone; it's really reassuring."

Then she summed up by saying, "I think too, people will receive during a massage what they need to receive. Not that I, Kim Hammer, am giving them something, but that something comes through me and is given to them that's usually just what they need at that time."

Kim can be reached for appointments at 781-1008 until March 17, and thereafter she can be contacted at 123 North Fourth Street, Suite 215, Rivals Building, La Crosse. Stop in and see her and treat yourself to a massage.

MARYO



DIRECTOR SAYS: "NEW HORIZONS IS SAFE PLACE FOR BATTERED LESBIANS"

One long time feminist activity in La Crosse, the New Horizons YWCA Women's Center, has a new Director, Barbara Jensen, as of August 1987. Barbara has an undergraduate degree from UW-Oshkosh with a major in Social Work and a minor in Women's Studies, and a masters degree in Social Work from UW-Madison. She has 3 years experience as a clinical social worker doing outpatient therapy, in Winona.

Barbara commented, "It is important for the women who use our services to know that some of the staff here had similar experiences. This gives our staff credibility to women who suffer abuse." She includes herself in that category, having experienced abuse in her first marriage, and then single parenting twin boys while she worked on her undergraduate degree. She is currently happily married and coparenting the boys and 2 adopted daughters.

Barbara called the LLN, because as Director, she wanted the La Crosse lesbian community to know that New Horizons is a safe place for battered lesbians. If you are in an abusive relationship and need help, call New Horizons, 784-6419. Staff is available 24 hours a day. In addition to providing shelter for battered women and their children, New Horizons provides crisis, intervention and short term counseling. There are no fees and confidentiality is always respected.

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The New Horizons staff recently completed an interview with Mary Evelyn and sensitivity to lesbian issues is a continuing objective. Although Barbara is not directly involved in advocate training, she will discuss the possibility of including homophobia training in the advocate's training, and identifying advocates who would be comfortable working with lesbians. (See February LLN for LVRC information on the need for advocates.)

Barbara also said she would like to have a lesbian on the New Horizons Advisory Committee. This is a volunteer position and the committee meets monthly. If you are interested, call Barbara at 784-6419.

New Horizons first offered their help to lesbians in an article in the April 1984 LLN. It is gratifying and affirming to have this support restated by the new Director.

JOY

UPCOMING EVENTS

REMEMBER: March is National Women's History Month!

REMEMBER: A support group for lesbians who have been battered physically, emotionally, or verbally by their partners, meets every Thursday at 7:00 p.m. Call New Horizons at 784-6419 or Barb R. at 895-6666, or First Call for Help at 782-8010, for the location of the meeting.

March 1: Dr. Margaret Strobel will give a lecture entitled, "Fighting Two Colonialisms: African Women, History and Heritage," and the film "South Africa Belongs to Us," will be shown in Annett Recital Hall, OWL campus Fine Arts Building, 7:00 p.m. Free.

March 6: JoAnn Loulan's Lapes on lesbian sexuality will be played, beginning at 3:00 pm at the Family and Children's Center, 2507 Weston Street. Facilitators are Mary Neute and Kathleen Adams. Free.

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LLN 8-3

UP COMING EVENTS

March 8: "Lucia," the second film in the Women's History Month series of events, will be shown at 7:00 p.m. in the Main Hall Auditorium. Discussion facilitated by Dr. William Kustra. Free.

March 10: This month's potluck is at Peg's aunt's house, 2324 Vine Street, starting at 8:30 p.m. Bring a dish to pass, your own beverage, and a friend.

March 12: "Comin' Around Again: A Vintage Fashion Show and Sale" will be held as a fundraiser for the Winona Women's Resource Center. It will be held at 2:00 p.m., at 88 Plaza East-Lower Level (Cambridge Street) in Winona. Free refreshments, and there will be door prizes. Tickets \$5. Call 507-452-4440 for more information.

March 19: Gay/Lesbian Community Services in Rochester is putting on a dance at the Unitarian Universalist Church (right off the beltline, you can see it from Hwy 52, use the 6th Street NW exit). The dance runs from 8:00 to 1:00. \$5 donation and setups provided. You must have an ID. No one under 21 admitted.

March 21: LLN Deadline.

March 21-April 26: Meshugg workshop at YWCA by Kim Hagan and Sean Licht. See add in this issue for more details.

March 22: "Hearts and Hands," is the third in the series of films sponsored by Women's Studies for Na-

tional Women's History Month. 7:00 p.m. Main Hall Auditorium. Free.

March 29: "Dis Sun," is the last film in the series. 8:00 p.m. Main Hall Auditorium. Free.

March 30: Laura Kalpakian, a short story writer and novelist, will be on the UW-L campus to talk about her works and read from them. 7:30 p.m., 339 Cartwright Center.

April 15-17: UW-L annual Phenomenology Conference. Watch next month's UPCOMING EVENTS for more information.

April 17: OUT AND ABOUT WOMEN presents Heather Bishop, 7:30, Annett Recital Hall. Watch next month's LLN for more details.

April 21-22: Annual Women's Health Conference: "Women Coming Alive." The fee is \$40. Contact Dorothy Watterlin at Lutheran Hospital, 785-0530, for more information.

Thanks!
\$200 for
Karen Thompson!
Lars

LLN 8-3

A TASTE OF THE BLUES: AN ALBUM REVIEW

There is something for everyone on Heather Bishop's new album, *A Taste of the Blues*. The blues actually do not prevail on the album. The title song was written by Connie Kaldor and is reminiscent of Maria Muldaer. Only two other songs on the album are in the blues style: "Seduced," which is rather sexy with an upbeat message, and "Tell Me More and More," which is hopelessly romantic.

Heather doesn't hold back. Her voice is clear and loud and as strong as ever. The vocal and instrumental accompaniments are especially good, with the keyboards by Marilyn Lerner getting by vote an outstanding.

Three songs on side two, "Spiral Healer," "Keeping On," and "If You Love Freedom," have political messages in a ballad style. "You Don't Own Me," is a feisty little song which

would have come in handy to sing to my Mom when I was 14.

My very favorite song on the album is the first one, "Taking My Baby Updown," written by Joan Armatrading. This song paints a marvelous mental picture of Heather walking hand in hand with a woman on a crowded downtown sidewalk, with onlookers staring and whispering. But, she doesn't care. They even kiss. Heather sings, "What we got is the best." She feels great and so do I when I listen to this song:

A Taste of the Blues is available at Tree Records as an album or cassette tape. The album has two great color photos of the freckled, sandy-haired Heather. Or better yet, Heather will be available for first hand listening on April 17, in La Crosse (see UPCOMING EVENTS for more information). Mark it on your calendars! Deborah W.

OUT AND ABOUT WOMEN, INC.

presents

HEATHER BISHOP IN CONCERT

- *Sunday, APRIL 17, 1988, 7:30 P.M.
- *Annett Recital Hall, UW-L, 16th & Vine
- *Tickets: \$18; Students/low income \$8
- Available at: Red Oak Books, Tree Records, Tattol's II, Women's Studies
- UW-L, Winona Women's Resource Center
- Sponsored by: Women's Studies, UW-L

ET CETERA

HIV Controversy: Dr. Peter Duesberg, a molecular biologist, says that the HIV virus is not the cause of AIDS. He seems to be the only one who feels this way, however. It remains to be seen if Dr. Duesberg is a hero who shakes up the medical establishment and forces them to do more research, or if he is simply looking for some notoriety. Duesberg's main argument is that the HIV virus can't be "the cause of a fatal disease, because it is so inactive." (From a SPIN magazine news release)

Women Bodybuilders Take Note: Promising to be "an alternative to the narrow variety of publications" serving the sport of bodybuilding, a new magazine called *The Bodybuilding Woman* is now available. Its first issue includes an interview with bodybuilder Diana Dennis, a book review, bodybuilding newsnotes, sexist quotes from muscle magazines, and an article on Rafting. For more information or to subscribe, write: Symmetry Publishing, Inc., 701 Seventh Avenue, Suite 9W21, New York, NY 10036 (Lisa Rogak is the editor; cost is \$14.97/year for 6 issues.)

Handy With Your Hands? Phoenix Auto, a women owned foreign car repair shop, is looking for a Journey-level mechanic. If you're interested, in relocating to Oakland, CA and applying for this job, you must have 2 years experience, have completed a 2 year auto school or 4 year apprenticeship, and must excel at troubleshooting. They have

a few more requirements as well, too many to list here, but if you're interested, contact the LLA PO Box, or call them at 415-633-3358, and ask for Pam.

Mariah Wilderness Expeditions: This California based, women-owned and operated whitewater rafting and wilderness expedition company is offering 3 rafting trips this year. Rafting the Grand Canyon: August 16-28, 20 women, \$1493. Rafting the Rogue River, Oregon: June 28 to July 2, 20 women, \$525. Rafting in Costa Rica and a Jungle Tour: November 11-20, 20 women, \$785. Sea Kayak Baja: December, 27 to January 6, 10 women, \$650. Trek Nepal: November 2-30, 15 women, \$1640. Horsepacking in the Grand Tetons: 5 and 6 day trips, 5 women, \$700-\$800, July to September. For more information, call Donna Hunter, 415-233-2303, or write Mariah Wilderness Expeditions, PO Box 248, Point Richmond, CA 94807.

Places of Interest: The editor of *Places of Interest* to Women sent an announcement saying that Pamela K. Williams is no longer associated with Ferrari Publications (the publisher of *Places of Interest*), and to announce the release of a new resource, *Two Places*, an international gay (lesbian too?) accommodations guide. Watch future issues for more information on this.

Massage for Women

Mondays, March 21 - April 25

7-9 pm

YWCA
La. Crosse

To Register,
Call 784-9475

Cost: \$40 members
\$60 non-members

Women have been healers throughout history, using touch to soothe & comfort those they love. This 6 week course will emphasize the spiritual and emotional benefits of massage while you practise several basic strokes. A guided meditation will be a part of each week; other topics include grounding and the use of intuition and imagery with massage. Come alone or bring a friend!

*** Instructors: Kim Hammond & Susan Licht ***

CHERISHED LOVE

by Evelyn Kennedy

208 pp. ISBN 0-941483-08-8 \$8.95

A romantic, sensuously detailed story of lesbian love . . .

Shocked and grief-stricken over the accidental death of her lover, Dr. Megan McKenzie has invested her entire emotional life in the practice of medicine. She . . . not the least interested in taking telephone calls from a persistent attorney attempting to handle the neglected business affairs of her dead lover.

As nurse Randall Grayson cannot understand how anyone could be so indifferent to the details of a medical-malpractice case. Then she meets Megan, and when she learns of the warmth and closeness Megan shared with her lesbian lover, Randall has only her own cold, impersonal marriage to compare. Soon she discovers a new depth of passion within herself, and all the cross-generational love laid in the arms of Megan.

Megan's close friend Lynn Bradley watches this new relationship in an anguish of jealousy and anxiety, certain that Randall will never leave the protection and privilege of her marriage, that she will hurt Megan deeply. Megan, falling ever more in love with Randall, does not believe Lynn's warnings. . . she has no inkling that Randall's husband has his own place for his marriage . . .

Comment: Katherine V. Forrest, author of *Carnous Ware*. "This one should please women who enjoy erotic romance novels. . ."

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The Mill Road Cafe presents
IN CONCERT

MARCH

5 = **KITTY BARBER** \$5.00 8:30 PM

"Hot" Rock & Roll Feminist from Milwaukee! Rock, blues, ballads reflect her feminist politics and her wild sense of humor. Electric guitar & sym the size of

12 = **GREENWOOD TREE** \$5.00 8:30 PM

True Irish Music featuring:

Bill Cagley - Mandolin, guitar & banjo

Stu Janis - Hammered dulcimer, fiddle, pennywhistle

Becka Schaefer - Fiddle, bodhran (drum)

Call early for reservations, celebrate with us!!

19 = **BOB FRANKE** \$5.00 8:30 PM

The "songwriter's songwriter" - His songs are nationally recognized and sung by Claudia Lennemann, Sally Rogers, Garnet Rogers, Utah Phillips, etc. etc. - Steel guitar & string country banjo & slide
Reservations recommended.

26 = **STEVIE BECK** \$5.00 8:30 PM

"Queen of the Autoharp"!! a Prairie Home Companion regular for 9 years - Tammy (son) to play autoharp. If you enjoy this instrument don't miss this special performance!

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