



VENTURA COUNTY COMMISSION FOR WOMEN

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3161 Loma Vista Road, Ventura, CA 93003 (805) 654-3109

WOMEN'S HISTORY WEEK TO BE CELEBRATED MARCH 6-12

On March 8 the Commission for Women will once again join with women around the world to celebrate International Women's Day. The celebration of the week containing March 8 (in 1983 it's March 6-12) as National Women's History Week began in Sonoma County, California, four years ago and has recently received a great deal of national attention. The first celebration of Women's History Week in Ventura County took place on March 7-13, 1982. In 1983, Women's History Week observances will take place in many cities across the country. The United States Congress and over half of the states, including California, have passed resolutions making Women's History Week an official observance. The Ventura County Board of Supervisors has also passed such a resolution.

Through the sponsorship of the Commission for Women and many other community groups, a wide variety of activities are being planned in the schools and communities to celebrate Women's History Week. These efforts will emphasize the contributions women have made to society, stressing that it is all people who make history through the ongoing process of their lives, not simply a chain of exceptional individuals and isolated great events. The Commission has suggested that women's organizations throughout Ventura County plan programs for their regular meetings during March which will focus on the theme of women's history.

One of the programs planned for Women's History Week will involve the county elementary and secondary public schools. This program centers around the involvement of many women from the various communities of Ventura County who, as community resource persons, volunteer to speak to classes about their own life experiences, their jobs or travel, their knowledge of women in American history, home arts they may be familiar with, women's art and

music, women in political roles and other such topics that they are willing to share with school children.

Other women may volunteer to work with teachers in preparing classroom programs or activities. These activities will provide students with a more realistic perspective on women's many roles in society. The



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DR. CHAMBERS TO KEYNOTE CREATIVE
OPTIONS WORKSHOP MARCH 12

Dr. Marjorie Bell Chambers, dean of the Union Graduate School, contemporary historian, political activist and feminist, will be the keynote speaker Saturday, March 12, during the fourth annual "Creative Options: A Day for Women" at California Lutheran College, Thousand Oaks.

A presidential appointee to the National Advisory Council on Women's Educational Programs and the President's Advisory Committee for Women, Dr. Chambers has a distinguished career in education, politics, women's rights, community affairs, and as a consultant to the secretaries of labor, HEW and education on equity for women.

Joining Dr. Chambers on the podium for the general assembly will be Mistress of Ceremonies, Melinda Ann Johnson, the first woman to serve as a judge in the Ventura County Municipal Court.

Planned by the Women's Resource Center at California Lutheran College and the American Association of University Women, Thousand Oaks Branch, Creative Options

features 27 workshops, including sessions on professional development, singleness, relational skills for couples, spiritual growth and financial planning.

Registration fee for the event, scheduled from 9:00 a.m. to 4:00 p.m., is \$8. An optional lunch is offered for an additional \$5. All proceeds go toward scholarships for returning women students at Cal Lutheran. Information and registration forms may be obtained by calling the Women's Resource Center, (805) 492-2411, ext. 320, between 10:00 a.m. and 2:00 p.m. daily.

Community organizations co-sponsoring Creative Options with CLC and AAUW are the Associated Women Students and Alumni Association of the college, California Elected Women's Association for Education and Research, Church Women United, Conejo Valley Junior Women's Club, Conejo Women in Business, Golden Triangle Business and Professional Women's Club, Holy Trinity Lutheran Church Women, King of Glory Lutheran Church Women, Simi-Conejo NOW, the Ventura County Commission for Women, Ventura County Women's Equity Coalition, Westlake Village Junior Women's Club, Women's American ORT - Oak Hills Chapter, and Zonta International.

WOMEN'S HISTORY WEEK cont'd.

Commission is developing a list of Community Resource Women for 1983. Teachers will be able to make direct contact with women on the list for scheduling and program purposes.

There will be a meeting for all Community Resource Women on Saturday, February 12, 1983, at 10:00 a.m. in the Camarillo Public Library, 3100 Pondrosa Drive, Camarillo. The Commission encourages as many women as possible to participate in this program.

One of the goals for Women's History Week 1983 is to present to the Ventura County Library Services Agency the award-winning film, "How We Got the Vote." Produced by Newsweek and narrated by Jean Stapleton, this documentary film tells the story of

the long and courageous struggle to win the right to vote for women in this country. The cost of the film is \$695. To help raise funds to buy the film, two luncheons are planned for January 1983.

The first luncheon will be held on January 8 at the Ventura College. The program will be entitled "Women In Action," and will feature Supervisor Maggie Erickson and Cindy Cooke of USC as speakers. The donation is \$5. The second luncheon will be held on January 15 at the Thousand Oaks Library. The program will be "History of Women in the West," by Dr. Gloria Lothrop, a writer and historian. The donation is \$8.

For more information on Women's History Week or reservation information for the two luncheons, please call the Commission office at (805) 654-3109.

BREAKTHROUGH: HELP FOR DIVORCED,
SEPARATED OR WIDOWED WOMEN

MOORPARK COLLEGE TO OFFER
CONFERENCE ON JANUARY 22

If you have been divorced, separated or widowed within the last two years and you would like to learn how to "manage" your life, rather than just "cope" with life, then BREAKTHROUGH is the place for you.

BREAKTHROUGH is a non-profit women's project that serves Ventura County. It provides a variety of services to the community with specialized courses for the woman who is recently divorced, separated or widowed. The programs and workshops are designed to teach skills which will help women reduce stress, increase self-sufficiency and make plans for the future.

Several years ago, Barbara Loubek and Kathy Ryan noticed the small amount of services available to women in Ventura County. They wrote a federal grant proposal and submitted it to the Department of Health and Human Services. One year later, their grant was approved, and BREAKTHROUGH was started in October 1980. At present, BREAKTHROUGH is State funded.

BREAKTHROUGH offers two interventions to help women manage their lives: (1) a course in life and career planning, and (2) a course in stress management. At present, they are also doing research on five outreach strategies: (1) referrals from the private sector, (2) referrals from the public sector (mental health), (3) the media, (4) special events, and (5) word of mouth. Their research will enable them to see how to bring the most participants into their program.

The workshops sponsored by BREAKTHROUGH are open to men, as well as women. On October 20 there will be a workshop in Ventura on "Managing Anger" and in November the topic will be "Overcoming Depression." Both workshops will be handled by professional counselors/therapists.

Once BREAKTHROUGH has helped women through their program, they are encouraged to form their own self-generated support groups. Since BREAKTHROUGH only exists in Ventura County, their future goals include reaching out to other parts of the State through women's centers and groups. For more information, please contact BREAKTHROUGH, 2605-A Loma Vista Road, Ventura, (805) 656-1850.

"Opening New Horizons" is the theme of a conference offered by Moorpark College for men and women on Saturday, January 22. The workshop will run from 9:00 a.m. to 4:00 p.m. in the Campus Center. Workshops include sessions such as positive thinking, divorce rights, beyond assertion, stress management, disabilities, self defense, goal setting, time management, health awareness and communicating with the traditional male.

Professional sessions will include success strategies, sexual harassment, managing stress and burnout, job search strategies, local educational offering, starting your own business, test anxiety, time management and financial planning.

Cost for the day is \$8, which includes lunch. For additional information, contact Ron Zaboski or Lisa Raufman at Moorpark College, (805) 529-2321.

COMMISSION SUPPORTS RAPE CRISIS
HOTLINE AND PRIVATE INDUSTRY COUNCIL

The following letter was sent to the Board of Supervisors by the Commission:

"On behalf of the Ventura County Commission for Women, we wish to thank the Board of Supervisors for funding the Rape Crisis Hotline. The Hotline provides a service to the community which continues to grow in need.

In addition to filling a need for the community as a whole, Rape Crisis has continued to network with the Commission for Women, especially in areas of mutual concern, such as sexual discrimination. Your insight into the needs of Ventura County is truly appreciated by all."

A second letter sent to the Board of Supervisors by the Commission is as follows:

The Commission for Women is strongly supportive of the Private Industry Council and the continuation of its program for assistance to employers."

"The Ventura County Commission for Women would like to express our appreciation to the Board of Supervisors for the support the Private Industry Council has provided to us over the past year.

The Private Industry Council has acted as a major arm of support to the Commission's Child Care Project in the form of research, employer contacts, grant preparation, and donations of time and money.

CHILD CARE PROJECT SEEKS CONSULTANTS

The Child Care Project Committee of the Ventura County Commission for Women is preparing a list of consultants for employers who are interested in assisting working parents with their child care needs. Individuals, agencies or organizations which have a service that employers may wish to contact will be asked to complete an application form available from the following address:

COMMISSION FOR WOMEN
c/o Beverly French
3161 Loma Vista Road
Ventura, CA 93003

Consultants will be asked to provide information about experience and educational background, philosophy and any specialty to be stressed. The completed list will be brief and alphabetically arranged. It will not imply sponsorship by the Commission of those listed.

PARENTS' RESPONSIBILITIES BROCHURE AVAILABLE

The State Department of Social Service, which licenses homes to provide child care, has issued a new brochure entitled "What Are Parents' Responsibilities"?

The brochure explains the ways in which parents must be responsible for checking the quality of care that children receive in licensed family day care settings.

"Monitoring of family day care homes is a partnership between the licensing agency, the care provider, and you, the parents," the brochure states.

Copies of the brochure are available from the Child Care Resource and Referral Center, (805) 487-0784 or 659-1413.

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