

WOMONSCAPE TIMES

~A monthly publication by the Womonscape Center Inc.~



W O M O N S C A P E C E N T E R

No-RULES BOOK GROUP (NRBG)

After a hiatus in March, the *No Rules Book Group* (NRBG) had a wonderful meeting in April. Check out the books and other media that Womonscape Times readers and NRBG participants talked about, beginning on this page.

Our next *No-Rules Book Group* Meeting is scheduled for Thursday, May 18 at 10:30 a.m. We'll meet at the Richland County Courthouse, near the lower level elevators, and walk to our meeting room.

APRIL BOOK SELECTIONS

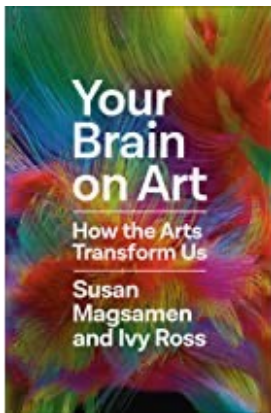
Table of Contents

NRBG + film Reviews	1-3
Have You Heard of...?	4-7
March Challenge Answers	8
Quotes	9
Next Meeting Date	1, 9

M
A
Y

YOUR BRAIN ON ART

by Susan Magsamen and Ivy Ross



Hot off the presses, this 2023 book is an introduction to the science of neuroaesthetics, that shows how our brains and overall health are improved when we participate in the arts and aesthetic activities. Whether we are creating art directly or immersing ourselves in the art of others, these experiences are shown to address loneliness, dementia, stress, anxiety, and even overall lifespan.

Ms. Ross is the founder and director of an aesthetics initiative at Johns Hopkins University School of Medicine, and Ms. Ross is a Vice President at Google.

2
0
2
3

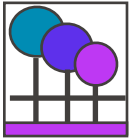
UNSHAKEABLE CONFIDENCE

by Mare Chapman

Psychotherapist and Mindfulness teacher Mare Chapman has written this book to follow her nine-week meditation class. Chapman notes that many women lose themselves in relationships, and helps them regain connection with their true selves through mindfulness. The author identifies the ways that women often internalize gender conditioning, causing them to doubt their own worth. She then gives formal and informal exercises to use in order to build confidence in the ability “to handle whatever is happening in life—from the awful and unbearable to the outrageously amazing and wonderful.”



(Continued on next page)



Womonscape. Serving Women. Enriching Lives.

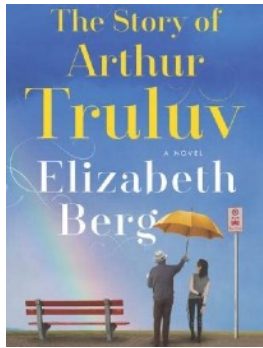


NO-RULES BOOK GROUP

(Continued from page 1)

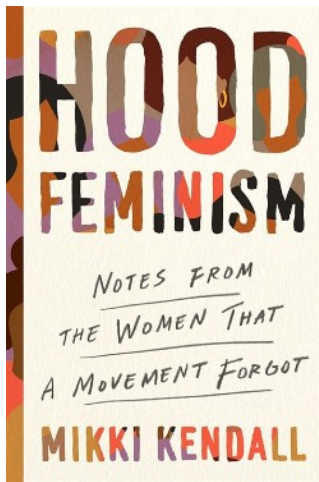
THE STORY OF ARTHUR TRULUV

by Elizabeth Berg



Novelist Elizabeth Berg has created three very different and very memorable charming characters who are all contemplating the meaning and direction of their lives. Arthur, the title character, recently widowed, has only one major life activity: visiting his wife’s grave to tell her about his day. Maddy is a socially isolated high school senior who lives with her non-communicative father. Lillian is a retired elementary school teacher who lives next door to Arthur, who has a habit of baking more cookies than she can possibly eat. Each of them is due for some sort of second chance on life, and each finds it in one way or another. When first published in 2017, one reviewer explained, “it will offer some balance to all that has happened, and it is a welcome reminder we’re all neighbors here.” This is still true today!

HOOD FEMINISM by Mikki Kendall



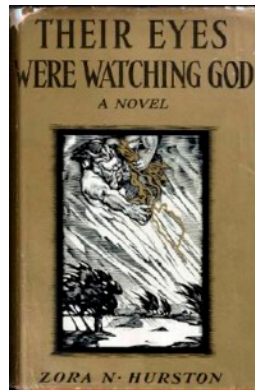
Mikki Kendall describes herself as a feminist who is kind but not nice, “the feminist you call when being sweet isn’t enough, when saying things kindly, repeatedly, is not working.” In this book she evaluates modern feminist issues, such as solidarity, gun violence, and

patriarchy with a focus on including *all* women, not just white, straight, middle- and upper-class women. The result is a book that challenges feminists to improve society, even when it may be uncomfortable.

THEIR EYES WERE WATCHING GOD

by Zora Neale Hurston

This 1937 novel is Hurston’s best known work. Despite its initial poor reception, it is considered one of the best English-language novels published in the last 100 years, and has influenced both African-American literature and women’s literature.



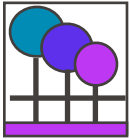
The story, set in Florida, centers on Janie Crawford, an African-American woman trying to find happiness and independence even as she attempts to navigate marriage to three different husbands, who are all too often controlling and abusive.

The book is important to literature in its themes of gender roles, sexism, and freedom and has been regarded as a major work of Black feminism.

While at times difficult to read, because of disturbing plot lines and the use of authentic Florida dialect, Janie’s story is ultimately triumphant. Hurston was described as writing “with her head as with her heart” using a “warm, vibrant touch.”



(Continued on page 3)



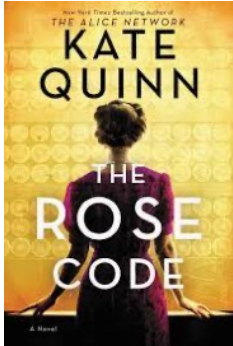
Womonscape. Serving Women. Enriching Lives.

NO-RULES BOOK GROUP

(Continued from page 2)



THE ROSE CODE by Kate Quinn



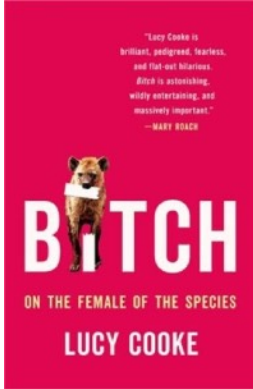
This work of historical fiction recounts the work of three women who work at Bletchley Park, England to break World War II German military codes. One is brilliant but shy; another is determinedly looking for a husband as a way out of poverty; the third is a rich woman who is trying to show the world she is more than her moneyed background. The three women reunite after the war to solve one last mystery.

TAILSPIN by John Armbruster



Wisconsin author Ambruster was teaching history when he heard the incredible story of World War II veteran Gene Moran. A tail gunner, Moran fell four miles without a parachute and lived. He was captured by the Germans and survived eighteen months as a prisoner of war. Just before turning ninety, Gene granted Ambruster a series of interviews to record this story, while at the same time Ambruster was faced with his own significant life challenge. The book follows the lives of both men with moving results.

B-TCH: ON THE FEMALE OF THE SPECIES by Lucy Cooke



Biologist Lucy Cooke takes a hard look at the history of evolutionary biology and its male-centered themes. She investigates albatrosses, meerkats, ducks, and other animals to show that the Darwinian concepts of male dominance and female passivity are unfounded.

The result is enlightening, surprising, humorous.....and definitely turns many classic human stereotypes about gender upside down.

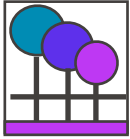
THE EXTRAORDINARY ATTORNEY WOO

- Netflix streaming Korean television series with English subtitles



Woo Young-Woo is a brilliant lawyer who lives with her widowed father in Seoul. Despite graduating at the top of her class, she struggles to find a job, simply because she is autistic. When a large, prosperous law firm decides to give her a chance, her life, and the lives of the many people she works with, are transformed by Woo's insight, tenacity, and heart. This series is a gem, well worth the effort required to navigate the subtitles.





Womonscape. Serving Women. Enriching Lives.

HAVE YOU HEARD OF THIS WOMAN?



PRUDENCE CRANDALL

If you get a chance to drive through rural LaSalle County in Northern Illinois, you may come across the village of Troy Grove and a sign pointing to a park memorializing one of its most famous residents, “Wild Bill” Hickok. But if you decide to stop and see the historical marker and bronze bust of Bill, you’ll also discover a more recent historical marker honoring another important village resident: Prudence Crandall. And while most of us have heard about the daredevil life of Hickok, Crandall was no doubt a daredevil in her own way.



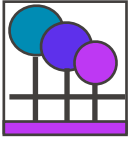
Prudence Crandall was born in Rhode Island in 1803. Her family was of White European descent, and were devoted Quakers. When she was ten years old, the family moved to Connecticut, where Prudence attended Quaker schools for her elementary, high school, and college years. At these schools Crandall learned about the abolitionist movement and the need for greater educational opportunity for Black students. Although at that time Crandall had never met a Black person, these lessons made a considerable impression.

After graduating from college, Prudence became a school teacher for several years. Then, in 1831, she bought a large house with her sister Almira, with the goal of establishing the Canterbury Female Boarding School, to educate the daughters of White aristocrats in Canterbury, Connecticut. All went well for the first year of the school, with three staff members teaching forty students lessons in reading, writing, grammar, history, arithmetic, and geography.

While working at her school, Prudence had a Black housekeeper whose fiancé was part of the family that published an abolitionist newspaper, *The Liberator*. Prudence became a regular reader of the paper, and “contemplated for a while, the manner in which I might serve the people of color.” In the fall of 1832 she admitted her first student of color, the daughter of a free African-American farmer who wanted to become a teacher for other African-Americans. This made it the first integrated school in the U.S. The townspeople of Canterbury protested, but Crandall refused to dismiss Harris from her school. The result: all of the White girls’ families removed their daughters from the school.

Undeterred, Prudence closed her school for a few months, and began exclusively recruiting girls of color to study there. By April of 1833 she was ready to re-open, after enrolling twenty African-American girls from Massachusetts, Rhode Island, New York and Pennsylvania as well as Connecticut. The response from many of the White residents of Canterbury was immediate. A group of lawyers attacked the school on the grounds that it was illegal to educate Black people who were not citizens of Connecticut within the state. Others tried to sabotage the daily workings of the school by breaking windows, setting fires, and poisoning the school’s well. Although the legal challenge to the school ultimately failed, the violence and threats to Prudence, her family, and her students led her to close the school in September of 1834. Prudence married the local Baptist minister, one of the few Canterbury residents who had supported her students and her school, and the couple left Connecticut, eventually settling in Illinois.

(Continued on page 5)



Womonscape. Serving Women. Enriching Lives.

HAVE YOU HEARD OF THIS WOMAN?



PRUDENCE CRANDALL

(Continued from page 4)

Prudence’s life in LaSalle County included work in the women’s suffrage movement and running another school. She continued to live life according to her own principles: by wearing pants, by inviting Black emigres from slave states to visit, and in her teaching.

After the death of her husband, Prudence moved once more, to Elk Falls, Kansas, where she lived with her brother on his 160 acre farm. The year was 1876, and Prudence was 73 years old. But she wasn’t finished working yet! She started one more school: for the education of American Indians.

Although she hadn’t lived in Connecticut for decades, the people of that state remembered her, and a group of Canterbury citizens signed a petition requesting that she be given a \$400 yearly pension and apologizing for how they had treated Prudence. This belated financial support helped the widowed Prudence. But when the famous novelist Mark Twain offered to buy her former home in Canterbury for her retirement, but Prudence declined the offer. She was finished with living in Connecticut.

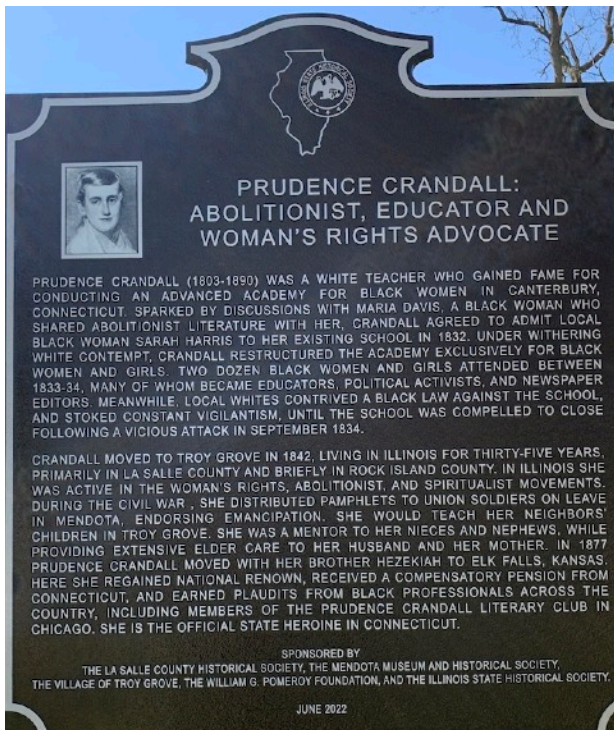
In 1885 a Topeka newspaper reported that Prudence was still vibrantly idealistic. She was 82 years old, and still happy to be interviewed and quoted.

I hope to live long enough to see a college built on this farm, into which can be admitted all the classes of the human family, regardless of sex or color....I want professorships of the highest order... You see that my wants are so many, and so great, that I have no time to spend in grief.

Prudence Crandall died in Elk Falls, Kansas in 1890.

In 1995 she was named Connecticut Sate Heroine.

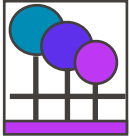
It would appear as if Connecticut is still apologizing for their treatment of this courageous woman.



Prudence Crandall Museum, Canterbury CT



Prudence Crandall Historical Marker, Troy Grove IL



Womonscape. Serving Women. Enriching Lives.



HAVE YOU HEARD OF THIS WOMAN?

POLLY COOPER

Many American schoolchildren have heard of the *Winter at Valley Forge*. According to the story, then General George Washington and his troops were camped at Valley Forge, Pennsylvania during the winter of 1777-78 between battles in the American Revolutionary War. Conditions were cold and grim, and soldiers struggled with lack of heat, clothing, and food.

But not so many of us have heard of the Oneida people who supported the Americans and brought food to the starving Continental Army. And even fewer of us have heard of a particular Oneida woman named Polly Cooper.

During the winter and spring of 1777-78 the Continental Army was not only starving, it was broke. It had no money to purchase needed food and clothing, and the White colonists would not help because they knew they would not be paid. An estimated one fourth of the army died of illness and starvation during this time.

The Oneida believed in the American cause, having become disillusioned with the British during colonial rule. They sent Oneida men to help fight the Revolutionary battles at Fort Styx and Saratoga. And when Chief Shenandoah heard about the dismal conditions at Valley Forge, he organized a gift of corn to be sent to the troops.

A group of Oneida people, including Polly Cooper, walked hundreds of miles to deliver hundreds of bushels of white corn to Valley Forge. When Oneida arrived, the famished soldiers wanted to eat the corn in its dried form; the Oneida knew that dry corn will swell in the stomach and cause death, so they held back the soldiers and cooked the corn before sharing it.

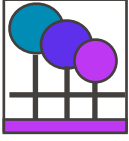
Most of the Oneida returned home after delivering the corn. However, Polly stayed, not only to teach the soldiers how to cook corn but also how to prepare other nutritious and medicinal foods. After the Revolutionary War, Washington officially recognized the contributions of the Oneida and offered to pay Polly for her service. Polly refused. She said it was her moral duty to help friends in time of need. Instead, Washington took her to Philadelphia and purchased her a shawl and bonnet as a token of gratitude.

(Continued on page 7)



Polly Cooper at the Museum of the American Indian, Washington, DC





Womonscape. Serving Women. Enriching Lives.

HAVE YOU HEARD OF THIS WOMAN?

POLLY COOPER

(Continued from page 6)



Polly's story has been passed down among the Oneida people for generations. And the shawl is still owned by Polly's descendants and is still in excellent condition to this day.

One of Polly's descendants, William Honyst Rockwell (1870 - 1960) summed up her life in this way.

"George Washington is called the father of this country; an Indian woman of the Oneida Nation should be called the

mother of this country. Her name was Polly Cooper. She cooked for George Washington and his staff...

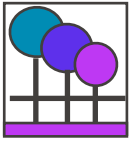
Polly Cooper would not accept cash payment for her part in the Revolutionary War. Isn't that just like what a mother does for her children?

Polly Cooper's thoughts were that all men, no matter what country they were fighting for, they all had mothers. And the mothers didn't send their sons out to kill other mothers' sons. All the old Indian people I heard talk 50 years, 60 years, and 70 years ago favored the mothers' right to govern people. Mothers carried the child before it was born. They cared for it in every way so that the infant knew the hands that held it were a dependable love.

Before the Europeans came into the country, the Iroquois women were the heads of domestic affairs. Since they took upon themselves the responsibilities of the home, it was therefore very natural they should have the right to govern home affairs. I support the good judgment of my Iroquois ancestors who yielded to womanhood for love and a peaceful government."

Note: The Oneida are one of five nations of the Iroquois Confederacy (also known as the Haudenosaunee).





Womonscape. Serving Women. Enriching Lives.



MARCH PUZZLER CHALLENGES

Here are the March Puzzle Challenges, decoded:

OUR QUOTE

Th@r@'s th#t sp@c*#l m#g*c#l
 pl#c@
 th#t @x*sts wh@n y\$% f\$rg@t
 @v@ryth*ng @ls@ b@c#%s@ y\$% #r@
 l#%gh*ng hyst@r*c#lly. *t's th@ \$ny
 tr%ly s#f@ pl#c@ #nd *t c#n
 h#pp@n
 w*th # str#ng@r \$r # b@st fr*@nd.
 N#t#sh# Ly\$nn@

There's that special magical place that exists when you forget everything else because you are laughing hysterically. It's the only truly safe place and it can happen with a stranger or a best friend.

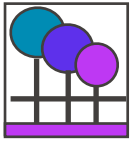
Natasha Lyonne

UNSCRAMBLE THESE BIRDS

aaicdlnr	cardinal	edr eidgnw aibbcdklr	red winged blackbird
euykrt	turkey	aidhllns aecnr	sandhill crane
eiugnnp	penguin	aeockp	peacock
ocrw	crow	iocdfghln	goldfinch
iobnr	robin	auchhntt	nuthatch
odnwy eeoodkprw	downy woodpecker	aeiccdhk	chickadee
abdl aeegl	bald eagle	eudfft eioumstt	tufted titmouse
		oucjn	junco

DONATIONS WELCOMED

Thank you to those who recently donated to the Womonscape Center. Donations help us print and publish this newsletter. Because the *Womonscape Center, Inc.* is a 501(c)(3) organization, all donations are tax-deductible. They can be sent by mail to *Womonscape Center, Inc.*, PO Box 335, Richland Center WI 53581; they can also be sent online via our website: www.womonscapecenter.org.



Womonscape Center, Inc.
PO Box 335
Richland Center WI 53581

First Class
Postage

TO:



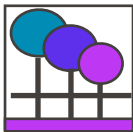
•WOMONSCAPE
CENTER, Inc.•

MAY 18— is our next
scheduled
No-Rules Book Group
in Richland Center.
See Page 1 for details.

**Womonscape
Times**

Published by
*Womonscape
Center, Inc.*
501(c)(3)
© 2023

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



Womonscape. Serving Women. Enriching Lives.



QUOTES

I said in my heart, here are my convictions. What shall I do? Shall I be inactive and permit prejudice? Or shall I venture to enlist in the ranks of those who...dare hold combat with prevailing iniquity?

~ Prudence Crandall

In Potawatomi ways of thinking, we uphold humility. Edbesendowen is the word that we give for it: somebody who doesn't think of himself or herself as more important than others. What that means is that everybody is as important as you are, and what that creates is this sense of vitality and community and family. Like dang, aren't we lucky to be surrounded by these genius bats and incredible fireflies? Humility that brings that sort of joy and belonging as opposed to submission, that's what I wish for....

~ Robin Wall Kimmerer