

# 365/24/7

# Moms on Duty with NO Pay

A Radio Program for  
International Women's Day

March 8, 2002



By Students in the Family Learning Program  
South St. Paul, MN

Angel O., Ana Montalban Sardi, Beatriz Murillo,  
Debbie De Hoyos, Letty C. Martinez,  
Melinda Alquicira, Ruta & Melanie

Compiled & Designed by Mev Miller

Teachers: Liz Arend and Evelyn Soli  
with extra help from tutor, Judy Weigel

# Introduction

by Mev Miller

In the Twin Cities (Minneapolis and St. Paul) of Minnesota, we have a unique resource — a community radio station, KFAI Fresh Air Radio. Since 1989, KFAI has sponsored special 24-hour live programming in honor of International Women's Day, March 8. This event is planned by the women programmers at KFAI along with women throughout the Twin Cities. A true community event, it has included live on-air performances, interviews with local women, roundtable discussions, and women's music from around the world. The programs cover a wide variety of topics and women's voices.



[www.kfai.org](http://www.kfai.org)

In 2001 and 2002, women at the Family Learning Program in South St. Paul, MN have participated in this special International Women's Day Programming. They created and performed their own half-hour shows. In 2001, the show was called "Our Day as a Single Mother." The women who participated each wrote their own short stories about being a single mom. They read them live, on-air during the course of the program. In 2002, the show was called "365/24/7 - Moms on Duty with NO Pay." This group of women used a "talk show" format to answer questions and to talk about their lives as overworked moms.

This book was developed by the 2002 group of students. We have included the following information:

- Information about International Women's Day
- Step-by-step how we planned the show (including our notes)
- A transcript of the radio show
- Our written reflections about our experience with radio
- Pictures of us in the radio station
- A copy of the program guide from International Women's Day KFAI for March 8, 2002

This book will help you to know more about overworked mothers. We also hope this information will help you if you ever have the chance to be on the radio.



## **International Women's Day - History and Origins**

International Women's Day has its origins in women's trade union organization, in particular the activism of women working in the clothing industry sweatshops in America in the early nineteenth hundreds. In 1907 women working in these sweatshops, who regularly worked extremely long hours in dangerous conditions, held a 'Hunger March' in New York calling for a ten hour working day and better wages. The march was attacked by the New York City police.

The following year, on March 8th 1908, a landmark march to commemorate the struggle of these women was held in the city. This is the date which has come to mark what is now known as International Women's Day.

Two years later, in 1910, the Second Socialist Women's International Conference was held in Copenhagen. Delegates from seventeen countries adopted a resolution calling for an 'Annual Women's Day' - a unified international event to be celebrated by women all over the world in the movement for women's rights, peace and freedom. This was celebrated for the first time in 1911 in Germany, Denmark, Switzerland, Austria and America. Rallies and demonstrations took place involving an estimated one million men and women who demanded women's right to vote, to hold public office, and for an end to sex discrimination in employment and training.

In 1913 with more countries participating, the first Women's Day rally was held in Russia's then main industrial city St. Petersburg. The marchers, again comprising for the most part women from the clothing industry, faced severe police brutality. The event cemented International Women's Day as the Russian 'working women's day of militancy' and subsequently became a standard part of the former Soviet Union's official secular calendar.

As the First World War loomed in 1914, International Women's Day became an anti-war event and peace a major theme of the day, particularly in America, for the duration of the war. In Russia the large demonstration celebrating Women's Day on the 28th of February (the 8th of March's equivalent in the Julian calendar) led to a riot and subsequently to the February Revolution.

In the late 1960s International Women's Day was revived by the new women's liberation movement. In London in 1971, 5,000 women demonstrated to demand equal pay, equal opportunity, free childcare, free contraception and abortion on demand. The event grew from there with celebrations and demonstrations taking place through out the world.

International Women's Day was formalized as an annual event by the United Nation's General Assembly which fixed the 8th of March as its date in 1977.

## Our Thoughts on International Women's Day

International Women's Day is the commemoration of the day that women began to work to validate their rights. I believe women still have much work to do to make their lives better and get their rights, but most of this work has to be more stronger. Women need to work together with the women that live in parts of the world with less possibilities to bring this to a reality. -- *Ana*

I think women should talk up for themselves and not let anybody put you down. Your dreams are your life. No one should take you away from that. For our kids as well. That abuse is not okay, it's wrong. What is it? It's to teach other women that we are one. We make choices for our self. I would like to say that women should have a break to get paid for what they do. I am glad I get that chance to do it. I get a break. Most women should as well. -- *Melinda*



First of all, its fair to have a International Women's Day. We deserve it. Women have been put in a lower category, even though we have a big job and responsibility not only as mothers and wives but as competent human being. We deserve the same rights as men and it's good to see that times are changing. It's getting better for women. International Women's Day gives credit to what women really are. -- *Letty*

### International Women's Day Websites

<http://www.isis.aust.com/iwd/stevens/contents.htm>

<http://www.un.org/ecosocdev/geninfo/women/womday97.htm>

<http://www.un.org/cyberschoolbus/days/women/index.asp>

## How We Planned the Radio Show

November, 2001

Mev told us about the KFAI radio station and the plans for International Women's Day. She asked if we might be interested in organizing our own show. We agreed to think about it.

January 10, 2002

We had to decide by the end of the month if we wanted to participate in doing a radio show. We read together a short article about International Women's Day so we could know what it is. Mev also showed us the radio schedule from 2001. Mev and Melinda talked about what last year's class did and what it was like. We decided to do the radio show. We agreed to spend time the next week making a plan.

January 17, 2002

Both classes met together and brain stormed ideas about how to do the show.

We had these ideas for themes:

1. Women and diversity - how women have many different roles that we are doing, like stay at home moms, single moms.
2. Women's stress and living in crisis

After talking for awhile we decided the theme should be the struggles and stress of being a mother and a woman. Rather than read our stories, we decided to do it in a "talk show" format. Some women said they would like to read their story and some women said they would listen but not talk.

Women volunteered to do different things. Melanie agreed to write the description of our learning program to read on the show. Beatrice said she would like to ask the questions. Debbie likes to talk and is excited about the format. She would talk a lot and help keep the conversation moving. Letty agreed to write a final summary and read it at the end of the show. Some women said they would feel more comfortable if they could write down their ideas ahead of time. We began to think about what we would say and wrote down some sentences.

We suggested a couple of songs we could play. (Destiny's Child, *Survivor's Song* or Jewel's song called *Life Uncommon*)



Ruta

Ana

Beatriz

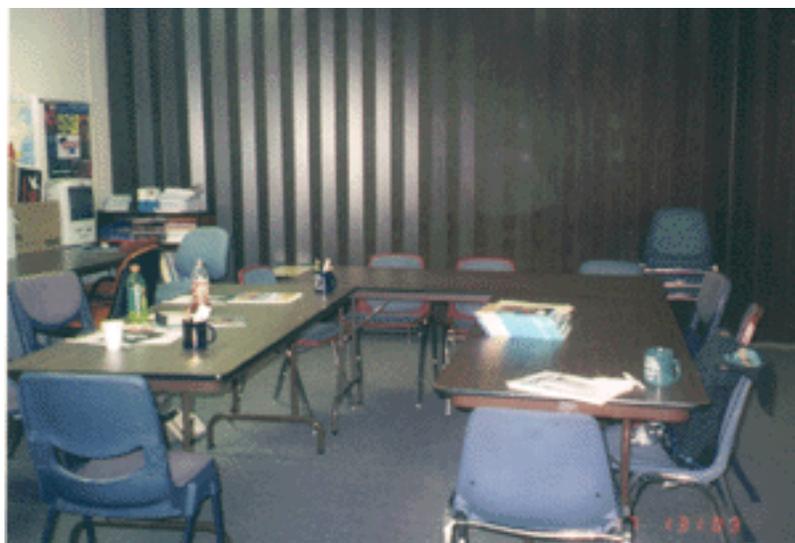
## When I first heard about the radio show I thought...

When I first heard about the radio show I thought, Uffff!! Me in the radio? No thank you. About what, I will talk? My voice is not a radio voice, and many things similar. The principle was my bad English pronunciation but later I thought that if you don't take a risk, you don't win anything, and I want to win a new experience in my life. -- *Ana*

When I first heard about the radio show I thought it is not going to happen. -- *Ruta*

I thought it would be a wonderful idea for our group to share their stories on the air. -- *Debbie*

When I first heard about the radio show I thought it was going to be very scary because I have never been to a radio show and I never talked in public before. -- *Beatriz*



Our Classroom

### Planning:

We talked and discussed a lot. We changed our plans many times, but the major idea — to talk about our daily lives — stayed the same. -- *Ruta*

Planning the radio show was good for us people who don't talk a lot. It was easy because we agree sometime and it was hard because we didn't agree. It was fun to be together and sharing. It made me feel great because we got to express our feelings. -- *Beatriz*

We wrote our ideas on the white board and Mev typed them for us.

### Possible topics for the talk show

- About being a mom
- Getting a job
- Finding a place to live
- Teen pregnancy
- Transportation - how hard it is to not have a car.
- Having no money
- Stress of being here from another country and to have friends and family in different places
- The struggles of living in a new country
- The stress of discrimination
- Problems of not being able to spend time with friends because you can't find a babysitter.
- I'm a young mother and I want to enjoy life. But I have to make sacrifices. My social life conflicts with responsibilities
- Sometimes I just want another adult voice - and adult to talk to, some adult conversation
- I used to work all the time now I don't work at all. There's not as much money when you stay at home

What do I do when a child is sick in the night and I'm alone? What do I do?

What happens when the man is there but he isn't doing anything to help? I have to do everything myself. It's like I am alone even though he is there.

Why do women always have all the responsibility, like to get up at night. The kids always run to mommy instead of dad. Why do they want everything from the mom?

What are the problems of raising children from different ages. My oldest is a teenage and she was an only child for a long time. Now I have younger children. It's hard to explain the different family arrangement now. It's stressful.

What did you learn from your experiences?

What makes you happy? What makes you proud?

What do you do with feelings of isolation?

What do you do when you feel like you have no one to talk to and no where to turn?

Why are women's salaries so much lower? We work part-time but never have any money. When something happens to the kids, it's always mom who has to leave work to care for them

What do you do for fun? And what do you do with the guilt? It's hard to have fun when I'm away from the kids, because I miss them.



Why do I feel so attached to my kids?

What do you do if you feel tired all the time?

Lack of education is an obstacle. What has it been like to try and get an education when raising kids? What does an education mean to you?

What do you do when you're suddenly homeless and you have a new infant?

What do you do when you get depressed?

What would make it easier for you as mothers?

How do you feel about getting paid for being a mother?

Where does the money come from?

Do you ever get a break? Does anyone ever help you?

How important is it to have the dads around their children?

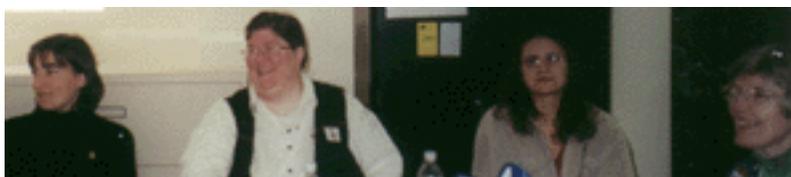
## Preparing for the show...

During the rest of January and February, we thought about the questions and wrote down some of our ideas.



Melanie

Liz



Ruta

Mev

Melinda

Evelyn

After more discussion, we decided to name the show, “365/24/7 - Moms on duty with NO pay.” We decided to talk more about what it means to get paid. But we were not sure about it. We do not want people to think we do it for money. We disagreed about whether mothers should get paid.

We thought it would help us to not be so nervous if we had something to read. We wanted to be prepared in case we couldn’t think of something to say.

Mev typed up a plan for the show. We used it to practice. We practiced 2 or 3 times for the show.

This part was hard. We would pretend we were on the air and no one would talk. Then, when we stopped practicing, we had a lot to say about being mothers!

Sometimes we felt like we were practicing too much. It got boring and we were afraid we might not want to talk on the radio show when it was time!

But each practice taught us something about each other. We changed the order of the show and changed the questions many times. We always had new ideas about what to say on the radio. Every time we practiced we changed our plans for what we would do. We even made changes on the day we had to tape the show!

We also listened to many different songs and finally decided to use *You Gotta Be* by Des’re. It is up beat and matched our theme.

Ruta decided not to talk on the air, but changed her mind and said a lot on the show. Debbie and Letty added new questions on the day of the show.

Unfortunately, Melanie and Melinda could not attend the day of the show. Because of our class schedule, we could not do our show live. We pre-taped the show on March 7.

Mev coached us about talking on the radio...

- Talk clearly and not too fast.
- Watch our for “dead air.” Keep the conversation moving and avoid long pauses or periods of silence.
- Talk directly into the microphone.
- Try not to bang the tables or rattle papers too much because it makes noise over the air!
- Be sure we have eye contact with each other so we know who will talk next.
- Don’t get overwhelmed. Be relaxed and calm.
- **Have fun!**



Ruta Ana Beatriz Angel Letty Debbie



## Radio Show Transcript

Mev: You're listening to special programming, in honor of International Women's Day, on KFAI, 90.3 FM in Minneapolis and 106.7 FM in St. Paul. Stay tuned for 365-24-7, Moms on Duty with No Pay.

OPENING SONG: *You Gotta Be* by Des'ree

Mev: Hi, my name is Mev and I'm the host of this special segment. We have several women in the studio today who will now introduce themselves to you.

Debbie: My name is Debbie, I have two daughters whose names are Charlie-Anna, who's two years old and Gabriella who's three months. I came from Crystal City, Texas and now live in Inver Grove Heights, Minnesota.

Letty: Hi, my name is Leticia. I was born in Mexico City and now I live in Inver Grove Heights. I have three children, two girls, Tita and Paula, their ages are three years and 20 months old, and a boy, Raul, he's five years old.

Angel: Hi my name is Angel and I have one daughter, her name is Alayceona and she's two years old and I live in Inver Grove Heights.

Beatriz: Hi my name is Beatriz. I have two boys, one is Cesar that's two, and Ezequiel that's one. I was born in Mexico and now I live in St. Paul.

Ana: Hi. My name is Ana. I have a son of 3 years old. His name is Andres. I was born in Spain and now I live in So. St. Paul. I am studying in the Family Learning Center for my ESL.

Ruta: Hi. My name is Ruta. I have 17 month old son, August. I was born in Lithuania and now I live in Inver Grove Heights.

Debbie: We are women from the Family Learning Program. Family Learning at Family Connections in South St. Paul is an educational program for parents and their children, from birth to five years of age wanting to study for their GEDs, brush up on their adult education skills or learn English as a second language. The program offers opportunities for children to learn in a fun and secure early-childhood classroom environment, while the parents learn positive parenting and child development skills.

Beatriz: We would like to ask, to talk about stresses and struggles we have as mothers and women, and some things that give us hope and pride. I would like to ask the question, and the first one is "How does everyone here feel about being a mother and should we get paid for it?"

Debbie: I feel that being a mom is something special because we get to create this special little person, in our belly, and they're little creations that we have and we get to teach them new things, to explore things in life for the very first time.

Ana: For me, being a mom on duty is something the woman decides. Being a mom is beautiful and the most marvelous thing that can happen to a woman. But she must recognize that this is stressful on her too. A woman is asking to herself if she has to have another job, with kids how many times she think that she feel down because its hard. It's so hard especially if she doesn't get the help from her partner.

Beatriz: I think that being a mom is great but it's hard too because, like with me, I have two children and I have to do everything with them. I don't have no time by myself. We get mad fast.

Debbie: I think the reason why we probably get mad is because we do all the work or other our other half that help us make them, they don't really help us out as much as we want them to. I think that's why we get overly stressed just being a woman because we have all the responsibilities of taking care of the kids and getting things ready, making supper, making sure the house is good, entertaining people besides entertaining your child or your kids. Being a mom, it's fun but it's also hard at some times.

Letty: I love my family and I give thanks to God for them but sometimes, you know, with two kids I feel stressful and I sometimes I feel frustration because it seems like moms have to do everything. Like, in my case, you know when my husband gets home from work I try to have everything ready for him and I try to keep the children busy so he can rest and on his days off he gets to do a lot of things for him and I never have time, I never have a day off for me. All my time is for my family and for everything else except for myself and I often, I feel like I just need a break really bad.

Angel: I think being a mother is a wonderful thing. It would be nice if the other half helped out, but you know, sometimes you don't need them if you have another special person in your life that helps out a lot, that's really helpful too. Being a mother, you know, it's hard but you do love them, seeing them grow up and getting stuff that you never had and giving them the love that you never had growing up if you was growing up that way.



Ruta, Ana, Beatriz, Angel

Beatriz: Does anyone here feel stressed out at any point in time with their children?

Debbie: Yeah, I know I do. I raise my two daughters by myself. Their father really is not in the picture, as I wish that he would be. I have another person in my life that helps me more than their own father does. I get stressed out just, I don't know if it's just being alone or just raising them by myself or – I don't even know.

It's just real hard sometimes. I get overly stressed like when, for example I don't drive so I have to take two babies on the bus and when my two year-old is acting up and the snacks and the coloring books and you know, trying to entertain her to distract her doesn't work and then she starts up and I get really stressed out about what people are seeing. I hear little comments, "can she quiet down" and then the baby starts crying and if it's not the bottle it's not like I can change her right away on the bus, I gotta wait until we get to our destination then I can change her. Sometimes I'm really stressed to a point where you sometimes you wish they probably would've waited to have these kids.

Beatriz: I know, I mean, I have my boyfriend or husband and he doesn't help me at all. I do everything by myself, like if I was alone with two children. And it's hard, it's stressful and I just wish that he could help me a little bit more.

Angel: That's true. I have a boyfriend at home too but it's not the same as if it was the father because you can't just, you know, tell him what you're going to do with the kids and get a time where you gotta ask and see if it's okay and if he has time but if it was the father, you know, if you want him you can just say



**Beatriz & Angel**

"you're watching your child." But you can't do that with a boyfriend, so it does get stressful when you can't just get away for a minute. You know, you have to ask and see who can watch your kids or if it's safe for people to watch your kids so it's hard.

Letty: For me, even though I get help from my husband, he helps me a lot around the house but it's not the same. It's like I need time for myself to be outside of the house without the kids, and he works a lot so then I cannot have the time.

Ana: For me, sometimes my husband helps me a lot but many times it happens that my husband doesn't help me when I really I need some help so many time I feel frustrated. Even if I say, "okay, I need your help" and he say, "yeah, I help you" but, you know, how do you tell him, "When I *need* your help, you don't help me"? I don't want to make him feel bad but...

Beatriz: When you feel overly stressed does your partner even bother to say that he will help you at least?

Debbie: No, no he doesn't. When their father comes over and the baby's crying or my daughter needs a toy or she wants a glass of juice or something he tells me, "hey, go get her the glass of juice right away." He doesn't even bother to get up and do it himself and get her something to drink, it's always, "Debbie do this, Debbie do that, go get this, go get that, why is she crying, go see why she's crying" and I ask him, "well why can't you get up and go see what's actually wrong with her, she's right in front of you?"

Beatriz: For me, when the kids get sick I have to take them to a hospital, I have to take them to a clinic by myself. He doesn't, I don't know if he cares or not but I do everything for me and the kids. All he does is work, eat and sleep. He doesn't help me, I have to get on the bus by myself with the two kids, go to the hospital. I have to find someone to take me and that's hard.

Debbie: About the hospital thing, my daughter recently had to go into the hospital because she had pneumonia and I called her father to let him know that she was in the hospital and he just told me "call me when she gets out." He didn't make no exceptions or suggest "well, at least I'll attempt to go down there" or at least call the room that we were in. But my boyfriend that I have now, he took three days off of work to stay at the hospital with me and I just thought that was so special because that wasn't even his daughter and he took the time to be there with us. We do do everything by ourselves and even if we do have a boyfriend, or we don't, or we're married – all of the responsibility just lies on a woman, period.

Angel: That is true. I have a boyfriend and he helps a lot and he does a lot more than, you know, her dad, I mean, she hasn't even seen her dad, so I mean he does everything a father figure should do. He does that with her, so, you know that's special, you know, I found somebody who can take her and accept her for, you know, accept her and me as if it were his own. I can, I mean, it helps a lot.

Debbie: It does help a lot, because now we feel like now we can split half the, I won't say half the prize, but half the responsibility. My boyfriend now helps me a lot with the kids stuff and I'm just really fortunate to find somebody like that.

Liz: What would make your jobs easier as mothers?

Ana: I believe that this is more easy to resolve. For example, the point of have a payment or be a mom on duty. If I have kids and take care of them and be a mom to them – don't mean be – um, a woman needs to be – eh, a mom needs to be a woman too. She needs to make things and educate and live to so the first thing is that woman has to try to find ways for not being a slave of the house and the kids. I'm talking in the case of the woman can make her life more easy. There are organizations, for example, have international mom's clubs that exist in many states of USA and nearly of different communities in the case of Minnesota and you can find on Internet - the address [www.momsclub.org](http://www.momsclub.org) - there are many activities and help. But the most help I think that came from the government and the government institutions have to create more program like ECFE and keep kindergartens more

Ana

Beatriz

Angel



cheaper. At this moment that's terrible expense, the kindergarten. For moms to have so much money, try to give transport for moms that for any reason can't drive, can apply for something very important in creating of jobs that can be organized from the house or for to start some business that some moms beginning to helps.

Liz: Should moms be paid?

Debbie: I think we should, to be honest. It is a job, you know, 24/7 all the time non-stop, morning to night to the next day. I think sometimes we should get paid and I'm not saying whether it should be money-wise but paying, just you know, actually to help around the house, help us with the kids or just have time for ourselves. Let us be an individual for once, for at least one day.

Letty: I believe moms should get paid with time. Sometimes a word of gratitude or recognition would help us a lot.

Ruta: I agree that moms should get paid. I will give you some example. In Lithuania, when a baby is born, moms get a nonreturnable amount and then they get paid every month through first three years. It's like minimum but still it helps a lot.

Debbie: So is that like assistance in Lithuania?

Ruta: Something like that.

Ana: I think that being a mom is a job that can be paid because they decide or they still have an obligation so the woman don't need to be paid for this on duty and in fact, I think it's true only in part. But it's a reality too that with enough sense of money the moms on duty are living only for the kids. She need the care and needs of herself. There are many other things that make the payment for moms on duty something that never will be possible.

Angel: I don't think we should get paid for it because it was our choice to, you know, lay down and do what we did, to make a baby. So, you know, I don't think you need to get paid for something - not money-wise that you guys are talking about money-wise but, you know, like she said in time and stuff like that, that would be a wonderful thing to get paid for. Money-wise I don't think we should get paid for it.

Beatriz: I think the best pay would be helping out around with the kids, join them more, participating more in what we do and what our children do. Because it's a lot of help just by taking us out, distract ourselves, distract our kids. I think that's the best pay that we can get, our partners helping us.

Mey: We only have a couple of minutes left and I just wondered if you all have any advice you would like to give the moms out there who are struggling every day.

Debbie: Just to keep in there, you're not the only one dealing with these issues by yourself. Each day will just get better if you give it time, little by little. Just hang in there.

Letty: I would like to say that it's better if you plan with your kids ahead of time. I have three kids and they're really close together so it's really hard and it's a lot of work to do. And maybe if they were three years apart, each, it would be easier.

Angel: I would say talk about it with your partner before you just have, you know, lay down and do something with someone because it's a very hard thing to take care of people and from one day to the next you don't know if that person is gonna be there. They can say anything, you know, to lay in the bed with you but, you know, I guess they say it takes a man to take care of a baby but it takes a boy to make one.

Beatriz: I think you should talk to your partners, ask them for help or to join in more if they're not with you, just to join in with the kids and get help.

Ruta: I think this program like Family Learning and others like WIC, it really helps for women to deal with their baby and life's struggles. And, of course, maybe they have to try to find their own ways, like just take daily walk in street or to bake some good food that they like, or just to get makeup - just to do something.

Letty: I would like to say that being a mother has a lot of rewards. To see your children grow, to be there when they learn something new, or when they make a mistake or just to see their smile is a reward. Everything they do is a reward. We have give a step for a better future for our children by coming to the Family Learning Program. The Family Learning Program has given us the opportunity, not only to improve as individuals in this society, but to be better moms.

#### CLOSING SONG:

*Women's Work* by Tracy Chapman



Ruta

Ana

Beatriz

Angel

Letty

Debbie

## Our Reflections

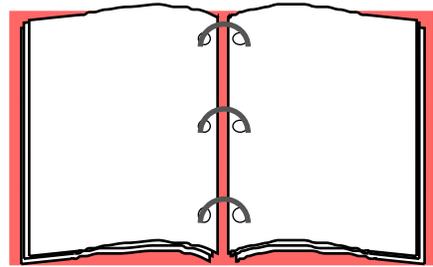
### about Being on the Radio

The last week in the International Women's Day celebrated March 8 of 2002, I listened the program that me and the people of my class of the program of ECFE (Family learning in South Saint Paul), recorded a day before in the KFAI Radio Station in Minneapolis.

I felt very excited about make a radio program, was a wonderful experience. Of course are the first time that I made something how this, and I felt too nervous, a little embarrassed, because my English is not good. I feel so impress of see the studio, with the microphones, the small room but comfortable, and all of us sit in round and joking and smiling in second and the next second seriously and quiet.

But how I told before, the sensation was indescribable, thinking that many people will go listen our voices, and our opinions about be a Mom on Duty and the people can't know to us. And know that the world of the radio is something magic.

I want to give the thanks to Mev Miller for give to us the opportunity of know the radio's world, enjoy the experience and have a good time. -- Ana



I think the program was great! All the girls sounded very professional because everyone has a lot to say. It was a great experience too because many of us might dreamed about being on a radio but didn't expect how it might feel for real by speaking up our own life experiences. It feels good when you hear your own voice on the radio. You feel important to yourself and to others, and you respect yourself more. -- Ruta



Ruta

Ana

I imagined the radio station being a bigger room. The equipment and how it operated was interesting to see. I was nervous when I decided to talk. -- Ruta

I was shy and scared because I never did anything on the radio. It was easy finding some thing to discuss and a subject to talk about. It was hard to explain my life. I didn't get to write my story about myself being a single mother but I read another mother's story. It made me feel great reading a story about some one else. It could change other people's lives. What was not fun that it couldn't be longer time to spend on the radio. It was fun and new for me. I enjoyed it. I would love to do it again.  
-- *Melinda*

(Note: Melinda was unable to attend the 2002 show. However, she did read a story during the 2001 program. She has two sons -- Christopher is 3 and Bryan is 6.)



Melinda

On March 7, we went to the radio show. It was fun. It was the first time we had been there so it was a new experience for all of us, especially for me. I was very nervous at first, then I calmed down and I started to enjoy myself. We all relaxed and began to talk as if we were in class. I think it helped us a lot that we could talk like that because we are all friends and we share many feelings. It was really fun and exciting. We did a great job as a group. I wish that one day we can do this again. -- *Beatriz*

To me being on the radio show was exciting, something that I thought I would never do in my life time! The half hour that we had just talking about the duties and responsibilities of mothers/women have with their kids, gave us an opportunity to let our voices be heard on how to keep our family grounded.

I thought our group had wonderful stories to share about their own experiences and life struggles of raising their children alone, mentally and physically -- and basically letting people out there know that they're not alone either.  
-- *Debbie*



Angel

Letty

Debbie



Letty

I had always imagine how it was to be on the radio. When I was told about the radio show I felt very excited. After a few days, I started to feel scared and undecided. I was afraid to send a different message than what I was really feeling because I am not too good expressing my feelings, but I finally decided to go.

When I was there I was excited, but nervous. After I listened to the program I felt confident and happy, that was the best part. I think my friends did much better than me. We all said important and helpful things for mothers. It was a great experience for me. I am thankful for being invited to participate. -- *Letty*

Being on the radio was very exciting. Sitting together with other mothers sharing our stories was interesting because they were similar to mine. I was nervous. I never experienced anything like that. I would like to do it again. -- *Angel*

I would love to do this again either about the same topic or other problems that women have in everyday life. But I would like to be on the radio show longer -- about 1 hour!

Everybody did a wonderful job sharing their point of views on raising their children by themselves or with help. We would never had this chance if it wasn't for our teacher Liz to introduce us to Mev. -- *Debbie*



Mev gets us to laugh & relax

We would like to thank Melanie for her help and support. She was in our class and helped us with some early ideas and planning. She wrote the description about the Family Learning program that Debbie read at the beginning of the program (see p. 8). We missed her participation on the day of the show.

## Some Reflections from Our Teachers

As I watched and listened to the progress the women made as they planned the format and questions, I could not help seeing and living the empowerment that was taking place. We can talk about our lives and share with others -- hope is alive and well! We are women. We are mothers. We know tomorrow will come. This experience has been very powerful and enriching. Debbie has let it be known she wants to volunteer at the radio station this summer and like some training there. Next year, she wants to help us participate again. I am grateful to Mev Miller for inspiring us and encouraging us and for all her hard work in the program for 2 years. -- *Liz*

I felt privileged to be apart of this endeavor. It was fun to watch and listen as the women shared their thoughts and experiences. Each one of these women are overcoming challenges and obstacles in their lives everyday. This experience enriched all of us! -- *Evelyn*

One of the women asked me to say who I am. I have been volunteering at Family Learning for the past 2 years. Once a week I facilitate book discussion groups with the women in the program. I have enjoyed helping them select what to read. In doing so, they learn new things about each other and themselves. They have so much knowledge about life and the world -- more than they each take credit for! I learn so much from them and their opinions.

Also, I have volunteered as a programmer with community radio for the past 8 years. I program my own weekly radio show. I love having the opportunity to share this experience with other women. I have felt their excitement and nervousness myself. I appreciate their willingness and courage to take this risk to have their voices be heard. I am also grateful they want to share it in this book. This has also been moving to me. Thanks women! I hope you continue to share your power and insight -- not only with your families but to the world in general. You all are strong women! -- *Mev*



Mev

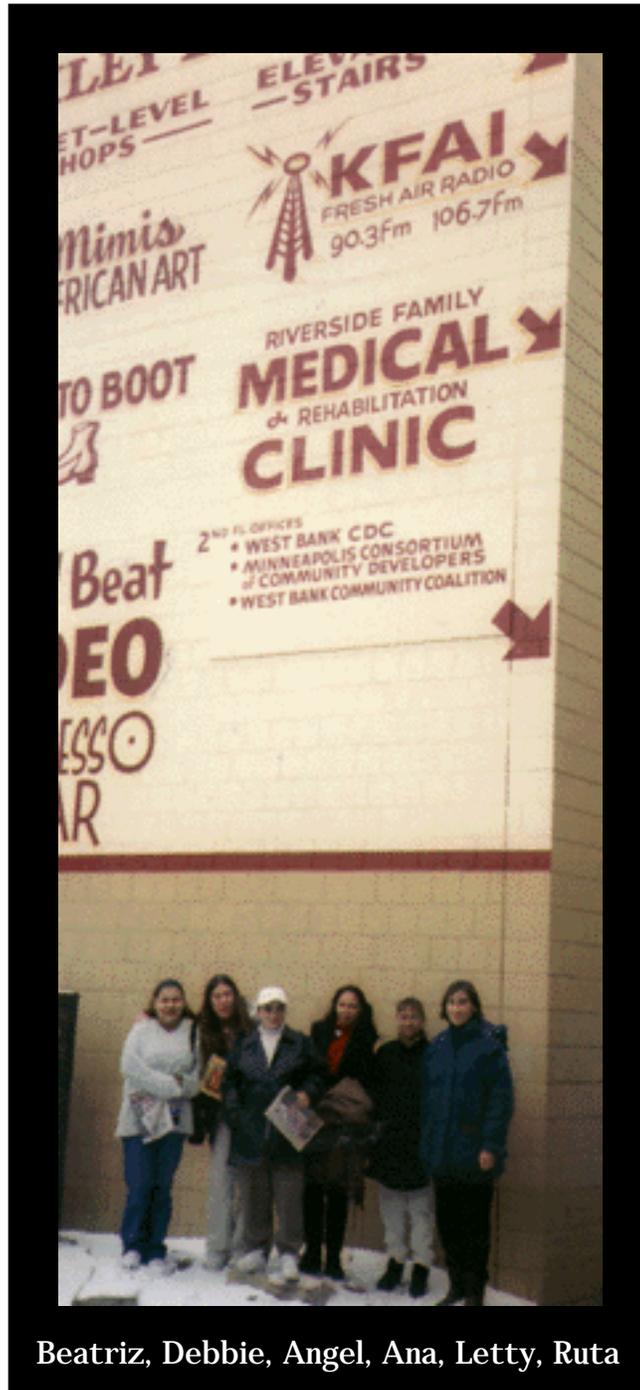
Liz

WOW! I was so inspired, while I was driving that I found myself moving at 80 mph. Fabulous work...  
-- *email from Kristin Keller*  
(Liz's supervisor and one of Mev's mentors.)

## Some Final Tips about Doing a Radio Show

With the little experience that I took in my first visit to a radio station and preparing the radio show, I think the most better thing is the improvisation, and don't review so much the topic about what you will say. Only prepare the questions and the music that you want to do in the program. -- *Ana*

I think it is interesting to have a person in the show who might went through similar difficulties in her life and overcame it. But the show was interesting as it was. The program might last a little longer. We also might use some words at the end of the program of some famous person (writer, activist, actor...) about how to keep your spirit and faith up. Probably I would like to do it again. -- *Ruta*



Beatriz, Debbie, Angel, Ana, Letty, Ruta

Find a topic of interest for everybody and prepare some questions. Choose questions that are most important to the topic you choose. It's good to practice one time to put everything in order like who is going to speak first or how you are going to begin the show. It's good to have different people represent the different cultures so the listeners get other points of view. Pick 2 different songs that are related to the topic. Pick the songs with happy rhythms. -- *Letty*

What I would write for the next time is how I changed my life and to explain how other people can do as well. -- *Melinda*

**Radio**

**MOMbo** on KFAI.

Minnepaolis/St. Paul (90.3 FM and 106.7 FM) or [www.kfai.org](http://www.kfai.org).

*Wednesdays 11:30 am - noon*

MOMbo seeks to support, enlighten, share humor and frustration about the strange, lonely, thrilling and exhausting world of motherhood.



Letty Angel Debbie (in back) Beatriz Ana

**Internet**

**International Mom's Club**

<http://www.momsclub.org/>

**Mom's Club of Maple grove Minnesota**

<http://www.nikelle.com/moms/>

**Being a Single Mom, Carrie Elliott**

<http://literacynet.org/value/writers/misc.html#Being%20a%20Single%20Mom>

**How to Feel Good: Learning to Relax and Exercise - An Invitation, Wai Ming Chan, Rosalba Torres, Mayra Villalta, Miralta Campos Virgilia Guzman and Lee Hewitt**

Description: from the introduction -- When you are a new arrival in a country, you may feel strange because it is a place that you don't know very well and everything is different! This can make you feel sad or depressed. We know how that feels because it happened to us. On these pages we want to share our experiences and how we overcame those bad moments. We found ways to relax by doing things that we enjoy like exercising, crocheting, reading and fishing.

<http://www2.wgbh.org/MBCWEIS/LTC/ALRI/feelgood.html>

**Mujer: Mothers United for Jobs Education and Results, Culebra Moms of the Culebra Workforce Center's "Choices" Class**

<http://members.aol.com/culebramom/mujer.html>

**A Book & Newspaper**

**The New Middle of the Night Book: Answers to Young Parents' Question When No One Is Around,**

*Anne Walker Smalley*

Description: This handy reference guide offers over 165 illustrated pages of clearly written, up-to-the-minute information about parenting during the first two years of life. Over 28 personal planning worksheets and checklists are included.

MELD, Inc., 1999, 0-9676470-0-2, Paperback, 168 pgs, 8 1/2 x 11, \$17.95.

**Welfare Mother's Voice, Pat Gowens (editor)**

Description: This newspaper is free to mother living in poverty. It includes articles, community activism, news, tips, songs and much more. They accept writings from "any mother who has ever had to depend on government benefits for her children's support." Organizing Center, 2711 West Michigan Ave

Milwaukee WI 53208. Phone:(414) 342-6662 (MOMA); FAX: (414) 342-6667 (MOMS);

<http://www.execpc.com/~wmvoice/>