

Women take on updated mothering skills

by JAN COOLEY

Peggy Steele is a working mother who would rather stay home with her two children.

Judy Hassing is a stay-at-home mom who misses her career in the business world.

Sandy Ignolia is the epitome of "supermom;" she is trying to raise three perfect children, keep a flawless house and serve as in-home receptionist/secretary/bookkeeper for her husband's business.

Carol Nightengale is a counselor, mother and stepmother, and is co-developer of a Mother Person class at Christian Counseling Center in Gresham. The class is offered to help these women and others like them strike a balance in their lives.

As the first six-month class draws to a close, Hassing, Steele and Ignolia can look forward to Mother's Day with a new awareness of their roles and the choices they make in creating them.

Before and even during the class, Steele would come home from work in a rage about something that happened at work, she says. She resented having to go to work after her husband, having endured several layoffs from his job, decided to go into business for himself. She is supplementing the family's income while the business

gets established.

Her lifelong dream, she says, was to be a wife and mother. Joining the work force did not figure into it. The struggle to juggle a home, children and a job overwhelmed her.

The class, which doubles as a support group for the five participants, taught Steele to set priorities and to include herself among them.

"I learned it's OK to take time out for self and self care," Steele says. As a swing shift worker who spends time with her family only two evenings a week, she felt guilty if she spends that time shopping or doing other things for herself.

But she discovered that all that guilt is "not really necessary," she says. "You can't take care of others if you don't take care of yourself."

She also has learned to compromise to make more meaningful the time she does have with her husband and two children, ages 5 and 8. Steele plans family time, limiting those hours to the four of them. She no longer lets other people plan for her.

She also has turned over some of her household responsibilities to her husband, who has been more than willing to pitch in with the housework. But, she admits, "It's been real hard to give up some of my chores."

It has helped to talk to other women in the class, she says.

"Whether they work out of the home or in the home, there's still some stress," Steele says.

For Hassing, the transition from the working world to the home front has meant taking on more responsibility for the family. A year ago she quit her job to stay home with her 17-year-old stepdaughter, her 10-year-old son from a previous marriage, and a 5-year-old daughter from this marriage. But she has come to realize that many of her expectations are old-fashioned.

Hassing quickly found herself trying to live up to the "Father Knows Best" image, she says. That standard has women wearing aprons and having everything — children, house, yard, self — neat and tidy.

In her quest to be the perfect homemaker, Hassing found herself immersed in household projects. "And projects make messes," she says. Becoming too embroiled in family things is not the answer.

"Somewhere you're shorting yourself or you're shorting your family," Hassing says.

During the Mother Person class, she worked on changing her self expectations.

"I don't have to be supermom to be mom and wife," she says.

She used to find it hard to spend time with the children, reading to them or playing with them. Instead, she saw 2,000 jobs that needed doing, she says. Her goal now is



Staff photo by Jan Cooley

Peggy Steele, back, and (left to right) Judy Hassing, Carol Nightengale and Sandy Ignolia talk about new mothering skills.

to be more flexible.

A clean house — along with clean, well behaved children, impeccable personal grooming, showcase meals and a well-run office for her husband's business — left Ignolia little time to enjoy her

three children, ages 8, 10 and 13. And less time for herself.

The simple act of leaving the house to take a solitary walk was something Ignolia had to learn, and she is working at putting more fun in her life.

She also is working to be less of a perfectionist, although that is something she probably will live with the rest of her life, she admits.

For more information, call the Christian Counseling Center at 666-8832.

Tri-Met bill gains support

A bill that would allow communities to withdraw from the Tri-County Metropolitan Transportation District has the support of Tri-Met officials as well as Damascus business owners.

Tri-Met officials say the bill, which is in the House Intergovernmental Affairs Committee, could be of mutual benefit to the transit agency and small communities that do not receive direct bus service.

Rep. Dave McTeague, D-Dist. 25 and sponsor of the measure, said he expects the bill to be approved when it comes to a vote on the House floor.

"I think so far we are doing very well," McTeague said Tuesday.

"I don't see any problems with the bill in the House," he said.

The measure, House Bill 2813, has won unanimous support in the committee, McTeague said.

The bill will create an orderly process for communities on the fringe of Tri-Met's service area to withdraw from the district, and thereby not have to pay Tri-Met payroll taxes, McTeague said.

He said Damascus is one area that may make use of the bill if it becomes state law. McTeague said Tri-Met service to Boring and Estacada is too far away for

Damascus residents.

"They have been paying the Tri-Met tax and receiving virtually no service," McTeague said of the Damascus area.

Brad Barger, a Damascus businessman and resident of the Eagle Creek area, said last week that since Damascus does not receive bus service from Tri-Met, it is only fair that the area be excluded from Tri-Met taxes.

He said several hundred signatures have been collected from area residents and businessmen who wish to withdraw from the transportation district.



Dave McTeague

Cooperative library system seeks new board members

The Cooperative Library Network of Clackamas County is seeking two new members for its Citizen Policy Board.

The vacancies include Position 7, which would be filled by a citizen, and Position 11, which would be filled by a school official.

Each position is for a three-year term, expiring July 1990, with the option of reappointment to a second three-year consecutive term.

Applicants for Position 7 must live in Clackamas County and "be active-

ly involved" in a Friends of the Library group there.

Applicants for Position 11 must live in Clackamas County and be a school board member, school principal or school superintendent.

The 11-member board considers policy and budget matters for the network. It meets on the third Tuesday of the month at 9 a.m.

Application deadline is May 29. Applications are available at local libraries and from Beverly Simpson, network coordinator, at 655-8545.

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