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WOMEN'S COMMUNITY PROJECT NEWSLETTER

JULY, 1986



CASSELBERRY-DUPREE: HIGH ENERGY

I NEVER UNDERSTOOD DEADHEADS UNTIL I SAW CASSELBERRY-DUPREE ON JUNE 6 AT THE CONFERENCE ON WOMEN AND POWER AT USM IN GORHAM, ME. IF I WERE A GROUPIE, CASSELBERRY-DUPREE (DO PRAY!) WOULD BE MY GROUP. I KNEW I'D LIKE THEM WHEN I SAW THEIR PUBLICITY PICTURE. ANYBODY WHO LOOKS GOOD WITH HER MOUTH OPEN IS EXTRAORDINARY. WHEN I FOUND OUT THEY NEEDED A PLACE TO STAY, I LET MY ARM BE TWISTED--AFTER ASKING THE ROOMMATES.

IN ADDITION TO J. CASSELBERRY AND JAQUE DUPREE, PERCUSSIONIST ANNETTE AGUILAR WAS IN THIS GIG. ROOMMATE TERRI AND I SPENT THE AFTERNOON SHOWING ANNETTE AND JAQUE AROUND PORTLAND. WE DROVE ALONG THE EASTERN PROM AND THROUGH THE OLD PORT, PARTICULARLY STOPPING AT MATERIAL OBJECTS ON EXCHANGE STREET. NEXT, WE STOPPED TO BUY LOBSTERS. JAQUE AND ANNETTE'S ATTITUDE WAS "WHEN ONE IS IN MAINE, ONE EATS LOBSTER." WE PICKED OUT SOME LUCKY CRUSTYS, BOUGHT A POT AND WENT HOME TO FEAST.

J., MEANWHILE HAD MISSED ONE FLIGHT FROM BOSTON AND WAS WAITING ON ANOTHER. SHE ARRIVED AT THE USM GYM AT 7:15 PM FOR THE 8 O'CLOCK SHOW, THROUGH NO FAULT OF HER HOSTESS. IN SPITE OF THE LAST MINUTE RUSH, THE SOUND CHECK WENT SMOOTHLY AND QUICKLY, THANKS TO PHIL TOWNLEY OF EBENEZER SOUND AND PIXIE LAVER. THEY WERE WELL-PREPARED AND PRODUCED A GREAT SOUND FOR THE CONCERT. BUT, GYMS WILL BE GYMS, AS THE ECHO OFF THE BACK WALL ATTESTED.

NOW, FOR THE HEART OF THE MATTER. HOW WAS THE CONCERT? I'LL BE HONEST. I'M NO MUSIC CRITIC. AFTER 5 YEARS OF PIANO LESSONS, I COULD MANAGE A FEW SCALES. CASSELBERRY-DUPREE PLAY MANY KINDS OF MUSIC. THEY PLAY A LOT OF REGGAE: BOB MARLEY (C-D PLAYED *STIR IT UP*, *THE REDEMPTION SONG* AND *COMING IN FROM THE COLD*) AND JIMMY CLIFF (*THE HARDER THEY COME*). THE DUO CLAIMS COUNTRY MUSIC IS SOMEWHERE BETWEEN GOSPEL AND ROCK. THEY PROVED IT WITH THEIR RE rendition of *TAKE IT TO THE LIMIT*, WHICH IS ON THEIR JUST-RELEASED FIRST ALBUM CALLED *CITY DOWN*. THEY PLAYED THE TITLE CUT, ALONG WITH *POSITIVE VIBRATION* AND OTHER ORIGINALS. AND, THEY PERFORMED *ON CHILDREN* BY SWEET HONEY ON THE ROCK. EVERY SONG WAS HIGH ENERGY, AND THE AUDIENCE LOVED IT. CASSELBERRY AND DUPREE WORK SO WELL TOGETHER, IT'S HARD TO BELIEVE THEY LIVE IN DIFFERENT CITIES. ANNETTE AGUILAR IS AN IMPRESSIVE PERCUSSIONIST. SHE GOT IN SOME PRETTY GOOD LICKS: 2 STICKS IN ONE HAND, HITTING 4 DRUMS. THE WOMAN HAS GREAT WAISTS. YOU CAN HEAR HER ON *CITY DOWN* AND *MICHIGAN LIVE '85*. LIKE I SAID, I'M NO MUSIC CRITIC, BUT I ENJOYED THIS CONCERT NEARLY AS MUCH AS I DID JOAN ARMSTRONG'S.

IT IS TOO BAD THE PRODUCER, USM WOMEN'S FORUM, DID NOT PROVIDE AN INTERPRETER. MEMBERS OF THE AUDIENCE QUESTIONED THIS ABSENCE, AN INDICATION OF OUR RISING SENSITIVITY TO THE DIFFERENTLY-ABLED.

CASSELBERRY-DUPREE ARE MAKING A REPEAT APPEARANCE AT THE MICHIGAN WOMEN'S MUSIC FESTIVAL IN AUGUST. WITH ONE ALBUM UNDER THEIR BELTS, THIS DUO WILL SOON HAVE LOTS OF GROUPIES. MAYBE IF I SELL BY CAR...



WCP — MINUTES

1. OUTREACH: DIANE ELZE. THE YWCA HAS SOME CONCERNS ABOUT DUPLICATION OF SERVICES WITH THE W.C.P. THE OUTREACH HAS SET UP A MEETING WITH THE YWCA BOARD FOR A DISCUSSION. ALSO, THE OUTREACH COMMITTEE HAS COMPLETED THE LETTER TO BE SENT TO OTHER ORGANIZATIONS.
2. TREASURER'S REPORT: PENNY RICH. NEWSLETTER: \$276.76. GENERAL: \$319.96. BUILDING: \$980.71. CRIS: \$2039. WE ESTIMATE ABOUT \$300 OF EXPENSES TO BE PAID FROM THE CRIS ACCOUNT. THE BALANCE IS THE PROFIT FROM THE CONCERT AND WILL BE TRANSFERRED TO THE BUILDING FUND.
3. WOMEN AND POWER CONFERENCE. PENNY RICH WILL SET UP A TABLE AND HAVE MATERIALS AT THE CONFERENCE.
4. IT WAS DECIDED THAT NO CONTRIBUTION COULD BE MADE TO THE CASSELBERRY-DUPREE CONCERT AT THIS TIME DUE TO A LACK OF FUNDS.
5. THE LOGO CONTEST WILL BE JUDGED AT THE NEXT MEETING ON JULY 13TH. VIVIAN WADAS HAD A DELAYED FLIGHT AND WAS NOT ABLE TO BE AT THE MEETING WITH THE ENTRIES. THIS WAS A SHORT MEETING DUE TO THE NASTY STORM.

TAKE BACK THE NIGHT

TAKE BACK THE NIGHT IS A MARCH TO PROTEST VIOLENCE AGAINST WOMEN. IT'S HELD AT NIGHT BECAUSE WOMEN ARE PARTICULARLY VULNERABLE AT NIGHT. BY PARTICIPATING IN THIS EVENT, WOMEN CAN COLLECTIVELY DEMAND AN END TO THE VIOLENCE WE EXPERIENCE. THE MARCH IS SCHEDULED FOR SEPTEMBER 26. THE PLANNING COMMITTEE HAS BEEN FORMED AND IS LOOKING FOR A FEW MORE WOMEN TO HELP TO ROUND OUT COMMITTEES. THE NEXT PLANNING MEETING IS ON JULY 20TH, SUNDAY AT THE PORTLAND YWCA, 87 SPRING ST AT 7 PM. THE CONTACT PERSON FOR THE EVENT IS KARMIT, 767-3400.



THE WOMEN'S COMMUNITY PROJECT IS CONCEIVED AND DEDICATED TO ENHANCE AND EMPOWER THE LIVES OF WOMEN OF ALL AGES, LIFESTYLES, VOCATIONS, RACES, AND SPIRITUAL ORIENTATION. THE PROJECT OFFERS A PLACE WHERE WOMEN OF DIVERSE INTERESTS AND NEEDS CAN INDIVIDUALLY AND COLLECTIVELY WORK TOWARD ACTUALIZING THEIR DREAMS AND POTENTIAL WHILE SUPPORTING AND PROMOTING THE DIGNITY AND WELL-BEING OF WOMEN IN MAINE.



A SHORT STORY



SOMETHING GOING ON IN THE BARNYARD

SHE BEGAN WALKING METHODICALLY TOWARD THE HOUSE AS SHE WATCHED HER FRIEND'S BRONZE CAR COAST DOWN THE HILL. AS SHE WALKED, SHE STARTED HER SOUL-SEARCHING IN THE USUAL FASHION, BY ASKING HERSELF, "HOW DO I FEEL--MAD, SAD, GLAD OR SCARED?" IT WAS AN OLD THERAPY TRICK SHE HAD LEARNED A FEW YEARS AGO. SOMETIMES SHE NEEDED TO STICK WITH THE QUESTION, ASKING IT SEVERAL TIMES, AND THEN TRYING ON EACH EMOTION TO SEE HOW IT FELT. BUT IF SHE PERSISTED, IT ALMOST ALWAYS WORKED. THE EMOTIONS THAT CAME PUSHING THROUGH THE MUCK THIS TIME WERE BOTH GLAD AND SCARED. YEAH, YEAH, THAT FELT RIGHT, GLAD AND SCARED.

THE SCARED PART WAS FAIRLY STRAIGHTFORWARD; SCARED TO TALK TO ROLAND ABOUT WHAT SHE HAD DONE. SHE DECIDED TO DEAL WITH THAT EMOTION SECOND. HER INSTINCT TOLD HER SHE NEEDED FIRST TO COMPLETELY UNDERSTAND HER GLAD. IF SHE KNEW THAT, I MEAN REALLY BELIEVED AND ACCEPTED HER RIGHT TO BE HAPPY OVER WHAT SHE HAD DONE, THEN SHE COULD DEAL SELF-CONFIDENTLY WITH HER SCARE AND WITH ROLAND. SHE KNEW SHE DIDN'T HAVE MUCH TIME. ROLAND WOULD BE BACK FROM HIS COMPANY SOFTBALL GAME SOON, AND HIS FIRST CHORE WOULD BE TO FEED THE ANIMALS.

THE GLAD SHE FELT WAS A SENSE OF RELIEF THAT CAME WASHING OVER HER AS THOUGH AN EVIL SPIRIT HAD FINALLY BEEN EXORCISED. SHE FELT IN CONTROL AT LAST. FREEDOM AND CONTROL--THOSE CERTAINLY ARE TWO ITEMS THAT COULD MAKE ONE HAPPY. YUP, SHE FELT SHE WAS UNDERSTANDING THE DYNAMICS OF WHAT HAD JUST TAKEN PLACE.

SHE HEARD THE SOUND OF THE TIRES ON THE OLD DIRT-AND-PEBBLE DRIVE AND KNEW ROLAND WAS HOME.

"YOU HAVE A RIGHT TO BE HAPPY," SHE TOLD HERSELF AS SHE INHALED DEEPLY AND BEGAN HER WALK TOWARD THE CAR.

"HI, ROLAND, HOW WAS THE GAME?" SHE ASKED WITHOUT REALLY CARING.

"GREAT, WE BEAT THE PANTS OFF OF THEM. THEIR STAR PITCHER WAS OUT. I'M THIRSTY." ROLAND STARTED TOWARD THE HOUSE, OBVIOUSLY MIND-INTENT ON GETTING A COLD BEER.

"WELL," SHE THOUGHT, "MIGHT AS WELL GET THIS OVER WITH BEFORE I ESCALATE THE IMPACT OF IT ALL AND MAKE MYSELF SICK WITH FEAR."

"ROLAND, I KILLED THE DARN ROOSTER!" THERE, SHE SAID IT, THE WORST WAS OVER.

"WHAT DID YOU SAY, GERTIE?"

O MY GOSH, HE WAS GOING TO MAKE HER SAY IT AGAIN.

"I SAID, I KILLED THE DARN ROOSTER!"

ROLAND STOPPED DEAD--REAL DEAD--HE JUST SORT OF HUNG THERE IN THE ATMOSPHERE LIKE A PARTICLE OF MATTER, PRESENT BUT NOT FUNCTIONING. AFTER A LONG SECOND HE TURNED TO LOOK AT HER STRAIGHT ON.

"GERTRAUDE, ARE YOU SAYING YOU KILLED MY ROOFUS--YOU KILLED MY ROOSTER, ROOFUS?"

THE AIR NOW BECAME OPPRESSIVE AND THICK.

"YES, AND I FEEL WONDERFUL. FOR THE FIRST TIME IN TWO YEARS I FEEL LIKE I LIVE HERE AS A FREE PERSON. I FEEL FREE AT LAST ON MY OWN PROPERTY. DOESN'T THAT STRIKE YOU AS BIZARRE, ROLAND, THE FACT THAT I COULD NEVER FEEL THAT WHEN ROOFUS WAS ALIVE?" SHE WAITED AND ALLOWED HERSELF TO TAKE IN THE FEELING OF FREEDOM.

ROLAND HADN'T EVEN HEARD HER SPEECH. HIS SENSES WENT INTO OVERLOAD AS SOON AS HE HEARD HER RESPOND "YES" TO THE QUESTION. HE BEGAN RUNNING TO THE CHICKEN SHED. GERTRAUDE SHOUTED AFTER HIM.

"ROLAND, ROLAND, DID YOU HEAR WHAT I SAID? DO YOU REALIZE WHAT A FEAT I ACCOMPLISHED FOR MYSELF?"

"OH, MY GOODNESS," SHE MUTTERED TO NO ONE. "ROLAND AND ROOFUS WERE A BIGGER THING THAN I REALIZED!"

BY THE TIME SHE CAUGHT UP WITH ROLAND, HE WAS UNHITCHING THE GATE TO THE PEN, HIS FINGERS AND HANDS TREMBLING.

"ROLAND," GERTRAUDE'S VOICE BECAME HESITANT. "ROLAND, I JUST DID IT, DON'T LOOK. I HAVEN'T CLEANED IT UP YET. ROLAND, PLEASE."

ROLAND OBVIOUSLY WAS ON ANOTHER PLANE. GERTRAUDE'S WORDS WERE FLOATING AROUND IN THE ENVIRONMENT RIGHT PAST HIM.

IN THE NEXT INSTANT, HE WAS THERE, KNEELING OVER THE LARGE ROCK WITH THE BROWN AND RED FEATHERS UNDERNEATH, LYING FLAT IN A BED OF GOOEY SUBSTANCE.

"ROOFUS, OH MY POOR ROOFUS," ROLAND MUMBLED AS HE PUSHED OFF THE ROCK. "GERTIE, YOU'VE GONE MAD."

ROLAND SAT DOWN NEXT TO THE BIRD AND ATTEMPTED TO STROKE HIS ROOFUS IN SPITE OF THE MATERIAL IN WHICH IT LAY.

GERTIE BEGAN TO SPEAK SLOWLY AND QUIETLY TO ROLAND. "ROLAND, I WANT YOU TO LISTEN TO ME. JUST THIS ONE TIME, ROLAND. I WANT YOU TO HEAR WHAT I'M SAYING. YOU DON'T HAVE TO SAY ANYTHING BACK, JUST PLEASE LISTEN. CAN YOU DO THAT, ROLAND?" SHE WAITED. HE WAS CRYING, THIS MAN WAS CRYING.

"ROLAND, I HAD TO KILL THE BIRD. I HAD TO SET MYSELF FREE, DON'T YOU SEE? I ALWAYS THOUGHT ROOFUS WAS THE SPIRIT OF AN ORNERY, HATEFUL, ANGRY MAN. A MAN WHO DIED BUT WHOSE SPIRIT LIVED ON IN THIS BIRD. I JUST COULDN'T STAND IT ANY LONGER, ROLAND. I HAD TO CLAIM WHAT WAS MINE. I HAD TO KILL THAT CHICKEN SO I COULD BE FREE IN MY OWN YARD. I WAS TERRIFIED OF THAT ORNERY BEAST, AND HE KNEW IT. AS LONG AS HE WAS ALIVE IN MY YARD, HE OWNED THIS SPACE. I'M A PERSON, ROLAND, A HUMAN BEING. I HAVE THE RIGHT TO BE IN CONTROL OF MY SPACE. AND NOW I FINALLY AM. I'M SORRY I HAD TO DO IT." SHE FINISHED SAYING HER THOUGHTS, NOT KNOWING IF HE HEARD HER.

"OK, GERTIE, YOU'VE WON YOUR SPACE. YOU ARE IN CONTROL NOW. YOU CAN HAVE IT ALL. YOU'VE WON THE YARD, AND THE HOUSE, AND THE CHICKEN SHED. YOU CAN BE AN ADULT AND CONTROL IT ALL, BECAUSE I'M LEAVING. YOU COULDN'T POSSIBLY CARE ABOUT ME IF YOU KILLED MY ROOFUS." HE BEGAN TO GATHER UP THE BIRD MASS.

"ROLAND, WHAT ARE YOU SAYING?" GERTIE REACHED DOWN TO TOUCH HIS SHOULDER. SHE HONESTLY COULDN'T BELIEVE HIS WORDS.

HIS SHOULDER REJECTED HER TOUCH. "ROOFUS AND I ARE GOING. YOU CAN HAVE ALL THE SPACE AND FREEDOM YOU NEED. YOU ARE SICK, GERTIE. I DON'T WANT ANY PART OF IT. I'LL BE BACK LATER TO PICK UP MY STUFF."

AND WITH THAT SORT OF FINALITY, HE PICKED UP HIS POULTRY, WALKED TO THE CAR, PLACED THE BIRD ON THE FRONT SEAT NEXT TO HIM, THE PASSENGER SIDE, AND DROVE OFF.

GERTRAUDE HEADED SLOWLY BACK TO THE HOUSE, FEELING HER PRIVACY, LOVING HER FREEDOM. WHEN SHE WALKED INTO THE KITCHEN, SHE SUDDENLY BECAME ARAVISHINGLY HUNGARY. "GREAT GODDESS ABOVE, I'M HUNGARY," SHE THOUGHT, AND OPENED UP THE REFRIGERATOR. "CHICKEN, YEAH--CHICKEN CACCIAOTORE, THAT SOUNDS GOOD," SHE SAID AS SHE REACHED FOR HER *BOOK OF COOKING BOOK*.



CONSUMER REPORT A CAR ADVENTURE

I COULD HAVE LOST \$2400.00. BUT INSTEAD I AM ONLY \$1800.00 POORER AND A LOT WISER THAN I WAS LAST DECEMBER 24. I'VE LEARNED THE HARD WAY WHAT MY RIGHTS ARE CONCERNING CAR REPAIRS. I AM TELLING MY STORY IN THE HOPE THAT IT HELPS OTHERS TO AVOID SOME OF THE AGONY AND FINANCIAL WOE I HAVE EXPERIENCED IN THE LAST MONTHS.

IT ALL STARTED ON CHRISTMAS EVE AFTERNOON. I CAME OUT OF THE MALL FROM LAST MINUTE SHOPPING, STARTED MY CAR AND HEARD A LOUD EXPENSIVE SOUNDING NOISE COMING FROM THE ENGINE. SINCE THE CAR WOULD NOT MOVE, I HAD IT TOWED TO YANKEE FORD. I HAD DECIDED THAT SINCE MY CAR WAS 7 YEARS OLD AND HAD 87,000 MILES ON IT, I WOULD HAVE THE CAR TOWED TO THE PLACE I HAD BOUGHT IT, IN THE BELIEF THAT I WOULD GET A BETTER DEAL THERE (THIS IS NOT TRUE. DEALERSHIPS CHARGE MORE THAN PRIVATE MECHANICS). ALSO, I DECIDED IF THE REPAIRS WERE TOO EXPENSIVE, I WOULD JUST TRADE THE CAR IN INSTEAD OF INVESTING A LOT OF MONEY IN A CAR THAT WAS IN LINE FOR A SERIES OF REPAIRS. (THIS WAS A SMART IDEA, BUT NOT A REALISTIC ONE AS IT TURNED OUT.)

AFTER CHRISTMAS I ASKED YANKEE FORD TO EXAMINE MY CAR, DETERMINE WHAT WAS WRONG, AND MAKE A RECOMMENDATION AS TO WHETHER IT WAS WORTH REPAIRING, COMPARED TO TRADING IT IN. I EXPLAINED THAT I DIDN'T HAVE A LOT OF MONEY TO INVEST IN ONE LUMP FOR REPAIRS AND THAT IT WOULD BE BETTER TO SPREAD IT OVER MONTHS IN NEW CAR PAYMENTS. (I HOPED THIS FINANCIAL DISCLOSURE WOULD RESULT IN A MORE SYMPATHETIC AND HONEST ENGINE ASSESSMENT.) YANKEE FORD TOLD ME THE CHARGE FOR ENGINE ASSESSMENT WAS \$60.00, BUT IF I AGREED TO THE REPAIRS THEY WOULD NOT CHARGE ME FOR THE ASSESSMENT. THE NEXT DAY THEY CALLED AND TOLD ME THAT MY CAM SHAFT NEEDED REPLACEMENT AND THAT THEY HAD LOOKED THE WHOLE ENGINE OVER AND HIGHLY RECOMMENDED THE REPAIR JOB OVER A NEW CAR AS THE CAR LOOKED TO BE IN EXCELLENT SHAPE. SO I AGREED TO THE \$459.37 FOR A NEW CAM SHAFT, PICKED UP THE CAR WITH ITS LIFETIME WARRANTY ON THE CAM SHAFT TWO DAYS LATER AND FELT SECURE AGAIN.

ONE WEEK LATER MY CAR DEVELOPED AN INCREASINGLY LOUD KNOCKING NOISE THAT GOT WORSE AND WORSE. FEELING RIPPED OFF, I DECIDED TO TRADE THE CAR IN BEFORE THE NEXT MAJOR DISASTER HAPPENED. THE FIRST MECHANIC WHO EXAMINED THE CAR DECLARED I HAD MAJOR ENGINE PROBLEMS IN THE CAM SHAFT AREA. I THOUGHT HE WAS JUST TRYING TO LOWER MY TRADE IN PRICE SO I PROCLAIMED, "I JUST HAD MY CAR ASSESSED AND GOT A NEW CAM SHAFT. THERE IS NOTHING WRONG!". HE TOOK ME OUTSIDE AND SHOWED ME BOLTS THAT LOOKED LIKE THEY HAD NEVER BEEN REMOVED FROM THE CAM SHAFT. ENRAGED, I CALLED YANKEE FORD AND THEY TOLD ME TO BRING THE CAR IN THE NEXT DAY (THURSDAY). THE HEAD MECHANIC AT YANKEE FORD LOOKED AT THE PLUGS, THE ACCELERATOR, THE OIL PAN, EVERYTHING BUT THE CAM SHAFT (OF COURSE, IT WAS UNDER LIFE TIME WARRANTY). HE SAID I SHOULD MAKE AN APPOINTMENT FOR THE NEXT MONDAY SO THEY COULD DETERMINE WHAT WAS WRONG. AS HE PASSED THE SERVICE MANAGER HE SAID, "IT IS THE WORST SOUND YOU CAN GET IN THE CAM SHAFT AREA." I THOUGHT, AT LEAST I WON'T HAVE TO PAY FOR THIS!!! HOW WRONG I WAS.

THE NEXT DAY MY CAR BLEW UP AT AN INTERSECTION. IT WAS TOWED TO YANKEE FORD. THEY TOLD ME THAT IT DEFINITELY WAS NOT THE CAM SHAFT, AND THAT FOR AN ADDITIONAL \$90.00 THEY WOULD TELL ME WHAT WAS WRONG. AFTER TRYING TO GET THROUGH TO THEM AND RECEIVING ONLY PATRONIZING RUN AROUNDS, I FINALLY HAD HAD IT. I HAD THE CAR TOWED TO A PRIVATE MECHANIC WHO INFORMED ME IMMEDIATELY THAT THE CAR HAD BLOWN A PISTON, THAT THE CAM SHAFT DID NOT LOOK NEW TO HIM, AND THAT THE BLOWN PISTON MAY HAVE RESULTED FROM FAULTY REPAIR OF THE CAR EARLIER, BUT THAT HE COULD NOT PROVE IT. WHEN I CHALLENGED YANKEE FORD WITH THIS INFORMATION, THE MANAGER SAID I DID NOT UNDERSTAND CARS AND EVENTUALLY HUNG UP ON ME. I THEN CALLED AND MET WITH A LAWYER WHO SAID WITHOUT IRREFUTABLE PROOF THAT YANKEE FORD HAD CAUSED THE PISTON TO BLOW I WOULD NOT STAND A CHANCE IN COURT. HE SUGGESTED THAT I CONTACT THE CONSUMER ASSISTANCE SERVICE IN AUGUSTA.

CONTINUED NEXT MONTH

PORTLAND COALITION FOR THE PSYCHIATRICALLY LABELED

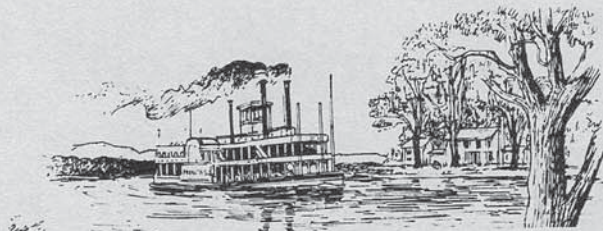
THE STATE OF MAINE HAS ONE OF THE BEST MENTAL HEALTH CARE SYSTEMS IN THE UNITED STATES, ACCORDING TO ARTICLES EARLIER THIS YEAR IN THE *PORTLAND PRESS HERALD*. THE PORTLAND COALITION FOR THE PSYCHIATRICALLY LABELED IS PRIMARILY RESPONSIBLE FOR THE MAJOR IMPROVEMENTS OF THE LAST FEW YEARS. EX-PSYCHIATRIC PATIENTS BEGAN ORGANIZING IN PORTLAND ABOUT 10 YEARS AGO, GOING FROM PRIVATE NETWORKS TO AN ADVOCACY GROUP FOR THE PSYCHIATRICALLY LABELED. THEY HAVE OPERATED UNDER A VARIETY OF NAMES: HELP, CONSUMER COALITION FOR THE MENTALLY ILL, AND, SINCE 1982, THE PORTLAND COALITION FOR THE PSYCHIATRICALLY LABELED. THE GOALS OF THE PCPL ARE "TO BUILD THE SELF-RESPECT AND DIGNITY OF EX-PSYCHIATRIC PATIENTS THROUGH DIRECT ORGANIZING AND POLITICAL EMPOWERMENT; TO ELIMINATE THE STIGMA OF MENTAL ILLNESS, AND ITS EFFECTS--THE ALIENATION, DEVALUATION, AND POVERTIZATION OF HUMAN BEINGS; TO REFORM AND/OR REPLACE THE INSTITUTIONS, TREATMENTS, AND REGULATIONS THAT PRESENTLY DENY HUMAN, CIVIL, AND LEGAL RIGHTS TO CURRENT AND EX-PSYCHIATRIC PATIENTS".

IN THE PUBLIC ARENA, THE PCPL HAS MANY ACCOMPLISHMENTS. THE STATE-ENFORCED "BILL OF RIGHTS" FOR PSYCHIATRIC PATIENTS WAS ONE OF THEIR FIRST. IN 1981, THE MAINE LEGISLATURE PASSED AN ACT "AUTHORIZING AND DIRECTING THE BUREAU OF MENTAL HEALTH TO ENHANCE AND PROTECT THE RIGHTS OF RECIPIENTS OF MENTAL HEALTH SERVICES". WHEN THE BUREAU FAILED TO SOLICIT INPUT FROM PATIENT GROUPS OR PRIVATE HEALTH PROFESSIONALS, THE PCPL DRAFTED ITS OWN 15-POINT "BILL OF RIGHTS" WHICH SET THE TONE OF DISCUSSION AND DEBATE THAT FOLLOWED. THE PCPL PROPOSED REGULATIONS BASED ON PATIENT'S RIGHTS RATHER THAN INSTITUTIONAL WRONGS. THE MOST PUBLIC OF PCPL'S ACTIONS WAS THE PUBLIC DEMONSTRATION AGAINST MAINE MEDICAL CENTER IN JULY, 1983 TO PROTEST THE PAINSTAKING ADMISSIONS PROCEDURES AND CRUEL TREATMENT OFTEN EXPERIENCED IN THE EMERGENCY ROOM. THE DEMONSTRATION RECEIVED STATEWIDE MEDIA COVERAGE. IT OPENED A CONTINUING DIALOGUE BETWEEN MAINE MED STAFF AND THE COALITION, AND IMPROVED TREATMENT FOR PSYCHIATRIC PATIENTS, PARTICULARLY IN TRANSPORTATION FROM MAINE MED TO AUGUSTA MENTAL HEALTH INSTITUTE (AMHI). PREVIOUSLY, PATIENTS WERE TRANSPORTED IN THE SHERIFF'S VAN--A "PADDY WAGON"--WHICH THEY FREQUENTLY HAD TO SHARE WITH CRIMINALS BEING TAKEN TO PRISON. ONLY THREE TRIPS WERE MADE EACH WEEK, SO PATIENTS WERE OFTEN LOCKED IN SOLITARY CONFINEMENT ("SECLUSION") FOR UP TO FIVE DAYS. AFTER THE DEMONSTRATION, MMC CONTRACTED WITH THE CITY SHERIFF FOR THE PROVISION OF AN UNMARKED VEHICLE, AVAILABLE AROUND THE CLOCK, SOLELY FOR TRANSPORTING PATIENTS TO AMHI. MORE RECENTLY, THE COALITION DEMONSTRATED AGAINST THE SOCIAL SECURITY ADMINISTRATION. THE SSA HAD CHANGED ITS GUIDELINES FOR DISABILITY FOR MENTAL IMPAIRMENT AND FAILED TO IMPLEMENT THE NEW GUIDELINES FOR 14 MONTHS, IE FAILED TO PAY OUT BENEFITS. MEANWHILE, RECIPIENTS WERE REAPPLYING FOR CITY WELFARE EVERY MONTH. THE SSA DEMONSTRATION WAS SUCCESSFUL AND THE 1300 CASES IN MAINE WERE TAKEN OFF HOLD.

THE MOST IMPORTANT ACTIVITY OF PCPL IS ADVOCACY, TO HELP A PATIENT IN ANY SITUATION HE OR SHE FEELS THE NEED. THIS COULD BE TALKING TO THE DOCTOR OR FAMILY, APPLYING FOR SOCIAL SECURITY BENEFITS. CONTACT THE COALITION ABOUT ADVOCACY. INDIVIDUALS SEEKING FREE MEMBERSHIP IN THE COALITION MUST BE EX-PSYCHIATRIC PATIENTS AND NEED ONLY CONTACT THE COALITION AT 772-2208 OR GO TO THEIR OFFICE AT THE LAFAYETTE HOTEL, 638 CONGRESS, 5TH FLOOR, PORTLAND. THEIR MAILING ADDRESS IS P.O. BOX 4138, STATION A, PORTLAND, ME 04101. THE COALITION ALSO HAS AN ASSOCIATE MEMBERSHIP FOR NON-PSYCHIATRICALY LABELED PERSONS TO SUPPORT AND CONTRIBUTE SKILLS TO THE PCPL.

THE COALITION PUBLISHES A QUARTERLY NEWSLETTER CALLED THE *PORTLAND COALITION ADVOCATE*. IN ADDITION, THE COALITION WILL PERSONALLY PRESENT ITS EDUCATIONAL SLIDE SHOW, *STIGMA*, NO FEE. THE SLIDE SHOW IS BY AND ABOUT COALITION MEMBERS. AN ART EXHIBITION, *DIFFERENT STROKES*, IS PLANNED FOR JULY 26 AT THE PORTLAND SCHOOL OF ART.

THE COALITION IS LOOKING FOR LARGER OFFICE SPACE TO ACCOMMODATE ITS INCREASING MEMBERSHIP. UNFORTUNATELY, THE COALITION IS BEING DISCRIMINATED AGAINST AND HAS NOT BEEN SUCCESSFUL. THE FIGHT CONTINUES TO RAISE OUR COLLECTIVE CONSCIOUSNESS.



INFORMATION

MAINE STATEWIDE YELLOW PAGES

THESE YELLOW PAGES WILL PROVIDE YOU WITH INFORMATION ON OVER 600 GRASSROOTS, PROGRESSIVE, SERVICE AND SOCIAL CHANGE ORGANIZATIONS THROUGHOUT THE STATE OF MAINE. THE YELLOW PAGES HAS INCLUDED EACH GROUP IN ONE OF 32 CATEGORIES INCLUDING "ARTS", "CHILDREN", "PEACE", "WOMEN" AND "WORLD AFFAIRS". IT IS INDEXED BOTH ALPHABETICALLY AND BY COUNTY, WITH MANY GROUPS CROSS-REFERENCED. THE MAINE STATEWIDE YELLOW PAGES, 55 PAGES IN LENGTH, IS PUBLISHED BY INVERT (INSTITUTE FOR NONVIOLENCE, EDUCATION, RESEARCH AND TRAINING). COPIES ARE AVAILABLE FOR A RECOMMENDED DONATION OF \$2.50 (POSTAGE PAID), WITH LOWER PRICES AVAILABLE FOR TWO OR MORE COPIES. TO ORDER, CONTACT INVERT, P.O. BOX 110, STILLWATER, ME 04489, OR CALL 827-3107.

LADYSLIPPER: RECORDS & TAPES BY WOMEN, 1986

THIS IS THE TENTH ANNIVERSARY CATALOG AND RESOURCE GUIDE. LISTS MUSIC BY WOMEN IN MANY DIFFERENT CATEGORIES: WOMEN'S MUSIC, FEMINIST MUSIC, COMEDY, CLASSICAL, ROCK, REGGAE, SOUL, GOSPEL, JAZZ, INTERNATIONAL. ALSO, A DIRECTORY OF LOCATIONS FOR PURCHASE OF RECORDS AND NUMEROUS RELATED ITEMS. AVAILABLE FROM LADYSLIPPER, INC., P.O. BOX 3130, DURHAM, NC 27705.



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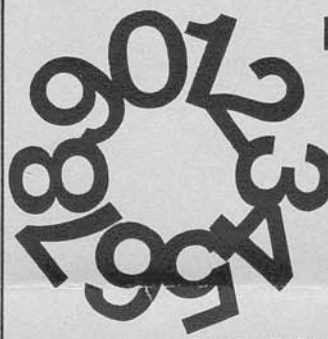
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CALENDAR



MEETING DATES

THE NEXT W.C.P. MEETING WILL BE SUNDAY, JULY 13, AT 6 PM AT THE YWCA, 87 SPRING ST., PORTLAND. THE FUN DAY IN JULY WILL BE ON SUNDAY, JULY 27, AT CRESCENT BEACH STATE PARK. CALL PENNY FOR DETAILS, 871-0251.

KENNEBEC RIVER WHATEVER RACE

JULY 5. KENNEBEC RIVER WHATEVER RACE, AUGUSTA.

ENDOMETRIOSIS SUPPORT GROUP

JULY 16. SECOND MEETING OF SUPPORT GROUP FOR WOMEN WITH ENDOMETRIOSIS IN PORTLAND. THE MEETING IS FROM 7-8:30 PM AT THE CENTER FOR HEALTH PROMOTION, 576 ST. JOHN ST., PORTLAND (FORMERLY THE MOTOR VEHICLE REGISTRATION BUILDING). MEETINGS ARE BEING PLANNED FOR EVERY 3 WEEKS. THERE IS NO CONTACT NUMBER AT PRESENT.

WOMEN OUTDOORS

JULY 13 - SOUTHERN MAINE DAY BIKE TRIP. TWO ROUTES 12-15 MILES OR 30 MILE CIRCUIT. NEED SOUND MECHANICAL BIKE. MODERATE PACE! CALL TRISH FRIANT AT 247-4411.

JULY 27 - EVANS NOTCH DAY HIKE. MODERATE DIFFICULTY. 6-8 HOUR HIKE. WHITE MOUNTAIN RANGE. CALL NANCY READ, 829-3285.

GREATER PORTLAND N.O.W.

JULY 22. GREATER PORTLAND N.O.W. AT 7:30 PM AT THE YWCA, 87 SPRING ST., PORTLAND. THE PUBLIC IS INVITED TO ATTEND.

YARMOUTH CLAM FESTIVAL

JULY 18-20. YARMOUTH CLAM FESTIVAL. LOTS OF SEAFOOD, ENTERTAINMENT AND ARTS AND CRAFTS.

DEERING OAKS FESTIVAL

JULY 22-24. 5TH ANNUAL DEERING OAKS FESTIVAL, PORTLAND.

NEWSLETTER: SPECIAL THANKS

SPECIAL THANKS TO THOSE WHO CONTRIBUTED TO THIS JULY NEWSLETTER!!! THEY ARE AS FOLLOWS:

JOANNE CLAREY -	CONSUMER REPORT
SALLY ROSE -	SOMETHING GOING ON IN THE BARNYARD
LIZ BRAUER -	CASSELBERRY-DUPREE: HIGH ENERGY
	PORTLAND COALITION FOR THE PSYCHIATRICALY LABELED
	MINUTES, MAILING
BARB PULS -	LAYOUT, PASTE-UP, MAILING
CHRISTINE TORRACA -	MAILING LABELS
VIVIAN WADAS -	SPIRITUAL GUIDANCE

DON'T BE SHY

WE WELCOME CONTRIBUTIONS TO OUR CALENDAR SECTION FROM OTHER ORGANIZATIONS. SO IF YOU'RE PLANNING A SPECIAL EVENT DON'T HESITATE TO SENT IT TO US FOR PUBLICATION. ALSO, WE ARE SEEKING INDIVIDUALS WHO WOULD BE INTERESTED IN MAKING CONTRIBUTIONS TO THE NEWSLETTER IN THE FORM OF BOOK, FILM AND MUSIC REVIEWS, ALONG WITH ARTICLES OF INTEREST, POETRY, AND ILLUSTRATIONS.

DEADLINE FOR THE NEXT ISSUE IS JULY 22. PLEASE CONTACT VIVIAN FOR MORE INFORMATION AT 772-3966.

WE WELCOME LETTERS OF COMMENT, SUGGESTION, AND FEEDBACK. WRITE: WCP NEWSLETTER, PO BOX 3733, PORTLAND, ME 04104.



Moving? Don't Miss an Issue!

W.C.P. NEWSLETTER SUBSCRIPTION / DONATION FORM

PLEASE PRINT:

NAME: _____

ADDRESS: _____ ZIP _____

PHONE: _____

PLEASE CHECK ONE:

* ENCLOSED IS \$5.00 FOR A 1 YR. SUBSCRIPTION FOR THE W.C.P. NEWSLETTER. YES___ / NO___

* ENCLOSED IS \$5.00 FOR A 1 YR. SUBSCRIPTION FOR THE W.C.P. NEWSLETTER ALONG WITH A DONATION. YES___ / NO___

* I DO NOT WISH TO RECEIVE THE NEWSLETTER AT THIS TIME, PLEASE ACCEPT MY DONATION. YES___ / NO___

* I WISH TO RECEIVE THE NEWSLETTER BUT CAN NOT AFFORD IT AT THIS TIME. YES___ / NO___

* I DO NOT WISH TO RECEIVE THE NEWSLETTER AT THIS TIME, BUT WOULD LIKE MY NAME PUT ON THE "SPECIAL EVENTS" MAILING LIST. YES___ / NO___

* I WANT MY NAME GIVEN OUT TO OTHER WOMEN'S GROUPS FOR MAILING. YES___ / NO___

* I AM INTERESTED IN LEARNING MORE ABOUT THE W.C.P., PLEASE CALL ME. YES___ / NO___

MAIL TO: W.C.P. NEWSLETTER, PO BOX 3733, PORTLAND, ME. 04104

WOMEN'S COMMUNITY PROJECT
P.O. BOX 33
PORTLAND, MAINE 04104



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