

The University of Maine

DigitalCommons@UMaine

Maine Women's Publications - All

Publications

8-1-1982

Spruce Run News (August 1982)

Spruce Run Staff

Spruce Run

Follow this and additional works at: https://digitalcommons.library.umaine.edu/maine_women_pubs_all



Part of the [Domestic and Intimate Partner Violence Commons](#), [Family Law Commons](#), [Psychiatry and Psychology Commons](#), and the [Social Work Commons](#)

Repository Citation

Staff, Spruce Run, "Spruce Run News (August 1982)" (1982). *Maine Women's Publications - All*. 231.
https://digitalcommons.library.umaine.edu/maine_women_pubs_all/231

This Newsletter is brought to you for free and open access by DigitalCommons@UMaine. It has been accepted for inclusion in Maine Women's Publications - All by an authorized administrator of DigitalCommons@UMaine. For more information, please contact um.library.technical.services@maine.edu.

Spruce Run Association

P. O. BOX 653

BANGOR, MAINE 04401

Incorporated and serving the community since 1973

SERVICES FOR
ABUSED WOMEN
207/947-0496

August 1982 Vol. 9 Issue 2

WHAT WE DO

Spruce Run is a non-profit organization that provides services to women in crisis and abused women. Though our offices are now in our house, we are not yet sheltering women. We do make referrals to shelter. Counseling is available by phone 24 hours a day and is geared to the needs of the battered woman. Further, we give information about and make referrals to other services. We provide information about protective orders and pro se divorce. We encourage women to advocate for themselves, but we do provide advocacy when it's needed. Through our community education program, we familiarize the public with our services and the causes of domestic violence, the issues involved, and directions for change.

* * * * *
World peace begins at home.



* * * * *

THE SECOND NATIONAL CONFERENCE

We have returned! Five Spruce Run workers, Connie, Sue, Nancy, Marian, and Lynn, along with 1,000 other women from the battered woman's movement, attended the 4-day conference in Milwaukee, Wisconsin.

High points included the two keynote addresses, "The Role of the Battered Woman's Movement in the Struggle for Human Rights" by Eva Jefferson Paterson, assistant director of the San Francisco Lawyers Committee for Urban Affairs and Adjunct Professor at Hastings College of Law, and "In Honor of the Battered Woman's Movement: An Appraisal of our Work" by Susan Schecter, an activist and author of the forthcoming book, Women and Male Violence: The Visions and Struggles of the Battered Woman's Movement. Themes which ran through both addresses and the conference itself were: a.) that we must not lose track of where we came from, that the stage was set by the work of the civil rights and antiviolence movements and the (cont. page 2)

THE BIG NEWS

We've found it! We're in it! Our very own house is located on State Street. It's three stories high. We love it. Our offices are located on the first floor. When you walk in the door, the counseling room is on the right, Sue and Marian have an office on the left, and there's a nook and cranny for children in the hallway under the stairs. Behind the front rooms are a meeting room and Nancy's and Connie's office on the left. There's also a kitchen with all the modern conveniences including a dishwasher.

The second floor has a living room, 3 bedrooms, a laundry room and two bathrooms. The third floor, which needs lots of work, has four more rooms.

We will not be sheltering women in the immediate future but are continuing our services as before. Hopefully, with the help of community organizations and volunteers donating furnishing and labor for renovations, we may begin sheltering women within a year. Our immediate needs: a medicine chest for the bathroom and a person to regularly do yard maintenance. Soon we will be collecting furnishing. Our primary needs will be beds and bureaus. If you would like to contribute, please call the office at 945-5102.

Special thanks to the people who helped move us: Ruth, Lynn, June, Colleen, Anne, Sarah, Fran, Jesse, Dottie, SDN, Mark, Becky, Elaine, Leslie, Connie H, Nancy, Marian, and Sue.

WHO THE WORKERS ARE

Sue lives in a rustic village setting with her husband and son and drives an hour each morning to our office. She joined S.R. as a volunteer almost three years ago but was soon transformed into a staff person in the form of a bookkeeper. Another transformation took place, and she now holds the position of counselor/advocate. This work includes counseling, some advocacy with a concentration on coordination of information on pro se divorce and the protective orders, bookkeeping, and statistics. She's a member of the by-laws committee (her favorite) and the volunteer committee, as well as a consultant to the shelter committee. She was a trainer for the two most recent volunteer groups.

Marie, mother of six children and keeper of 3 cows and a bull, 4 sheep, a dozen hens, 5 ducks, 1 dog, 2 cats, also works part time outside her home. She is a community organizer and is encouraging us with craft ideas for the Christmas craft and bake sale. On top of all that, she manages to volunteer as crisis counselor on the hotline and in the office. She has been with us almost two years and in that time has been known to enhance certain scripts for dramatic presentation with lively realism.

Cathy has been a volunteer counselor since she was in high school three years ago. In fact, we were lucky to have her working as an office counselor through the on-the-job training program her senior year. She took a vacation from counseling a year ago to go to Washington D.C. as a congressional intern. We were glad to have her back as an office counselor and occasional babysitter.

Connie H. is an active volunteer with the Woman's Halfway House and formerly worked for Project Response where she worked with adolescents and their mothers. She began as the child development counselor but found herself counseling women as well. Her job evolved into the counseling coordinator. This job includes providing or providing for counseling services, scheduling volunteers, and arranging supervision (a thankless job). She serves on the shelter, the volunteer, and the legislative committees. In April 1981 she attended Other Voices in Shelter, a conference on advocacy for children, following which she co-led a workshop on children for the Maine Coalition. In addition to all this, she lives a busy country life, freezing, canning, pickling, jamming, and jellifying.

The Second National Conference (cont.)

started by battered women, b.) therefore, we must be careful not to become mechanical corporate organizations disconnected from the needs of battered women, ourselves, and each other, c.) that, though we maintain our principles, we should not cut ourselves off from other groups that are striving to achieve human rights and antiviolen-

Another highpoint of the conference was a dramatic presentation of "the obstacles to unity," the differences which cause so much conflict and pain within our projects and our movement. The presentation, a portrait of women working in a battered woman's shelter, was powerful, bringing most of us to tears as we identified with the pain and isolation we saw. It was followed by workshops designed to help us see our own situations in a broader context and accompanied by the following paper. (Page 4)

Nancy facilitated workshops on Rural Networking and Marian facilitated a workshop on Organizational Structures for Empowerment. Other workshops that we attended were: Moving from Crisis Coping to Planning for the Long Haul, Challenges of Staff Development, Volunteer Programming, Integrating Abuser Programs with the Battered Woman's Movement, How our Work Affects Us, Violence in Lesbian Relationships, Organizing around Native American Issue, Staff/Board Growing Pains, and Radical Agonizing.

We came back feeling good about what we are doing, having learned that in areas such as volunteers training and agency restructuring that we are in the vanguard. The Maine Coalition is progressive in vision, cooperation and progress.

We are planning a day-long presentation of the information we acquired at the conference so that we can share it with each other and any of you who are interested.

NCADV NEWS

At the national meeting, held the last day of the conference in Milwaukee, the National Coalition Against Domestic Violence voted that each state will now have one representative to NCADV. This is a change. Previously, representation was shared by two states. Jacqui Clark from Augusta will represent Maine.

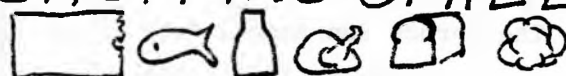
"If one is truly concerned with the level of violence in America, the place to look is in the home, rather than on the streets."
Murray Straus

Marqueta completed our volunteer training last fall and is currently one of our precious hot line volunteers. She and her husband are both on the faculty of the University of Maine at Orono in the department of Chemical Engineering. They have an eleven year old son and enjoy singing in the Oratorio Society at the university. She is interested in meeting other adoptive parents and graciously hosted a volunteer meeting at her home.

Ruth became involved with Spruce Run as a humanist participating in the Maine Council project on Police Training. Ruth wrote a paper suggesting the use of specific short stories (and literature in general) for getting the point across. Ruth read a short story at both the Penobscot and Hancock County Police Training sessions describing a day in the life of an abuser. It was one of the most effective parts of the training and as a leader of the discussion she was sensational. For the past year Ruth has served on the steering committee and the community education committee, and worked hard on the proposal to the Junior League.

Joan has the distinction of being in Spruce Run's first volunteer training group. She began her staff career at Spruce Run as Office Coordinator in October of 1977. When her CETA position ended, she joined the Steering Committee, where she has actively baked and sold and organized and participated in a variety of fundraising events. She has a reputation as having the most phenomenal memory for faces and names of anyone in the agency, an attribute which certainly endeared the many women she's worked with. (workers continued on page 6)

SHOPPING SPREE



Buy tickets now for our full three minute shopping spree at Doug's Shop and Save in Bangor. Doug's is paying for the first \$100.00 worth of groceries, but the winner could be taking home \$400.00 worth of groceries. SO, WE NEED TO SELL A LOT OF TICKETS! The shopping spree will take place on Sept. 18, but tickets must be purchased by the 11th. Tickets are available at our office at 223 State St. weekdays and occasionally at the Bangor Mall. Additionally they can be purchased from staff, volunteers, or steering committee members.

Special thanks to Ann S., Connie L. and Joan for organizing and working many hours on this exciting fundraiser!

VOLUNTEER TRAINING - coming SOON

We rely heavily on our volunteers to provide round the clock availability of counselors. Our 40-hour training in crisis intervention counseling with a focus on the specific needs of battered women will begin Sept. 20. We are now accepting applications and scheduling interviews. Nancy F. and Marian will be the trainers for this fall group. They are counting on input from the volunteer committee throughout the training.

The Volunteer Committee is planning for the future. Publishing a trainers' manual for volunteer training and providing continuing education for our volunteer counselors with workshops, films and publications are directions the committee is considering.

HOW WOULD YOU ANSWER THESE QUESTIONS?

1. Have you ever been financially dependent upon another person?
2. Have you ever been embarrassed by the actions or words of your spouse or child and wanted them to change?
3. Have you ever struck out verbally or physically at someone close to you who was not the source of your frustration?
4. Have you ever excused another person's behavior by circumstances: i.e., he was drunk and didn't know what he was doing?
5. Have you ever hoped someone would change because he or she promised to change?
6. When things were going poorly in your home, did you ever feel it was your fault?
7. Have you ever blamed someone close to you for not meeting your needs?
8. Have you ever seen your own strength as "being able to put up with a lot"?

If you answered yes to any of the above, see Page 5 for Characteristics...

Announcing:

The Spruce Run Annual Meeting

Sept. 15

7:00 PM



All Soul's Congregational Church

"If we believe women should control the decisions that affect their lives, can we expect change outside unless we set internal examples?"

M.C.A.

* * * * *

OBSTACLES TO UNITY WITHIN THE BATTERED WOMAN'S MOVEMENT

by Marian Allen

It is sad, but not surprising that the woman's movement is plagued with the same destructive practices that are detriments to society. Within the battered women's movement, racism, classism, and heterosexism have been identified as obstacles to our unity. Each is a doctrine of superiority, the conviction that one's own class, ethnic stock, or sexual preference is superior to others. The need to feel superior is based on the fear of those who are different. The notions of superiority consequently lead to intolerance and oppressive behaviors which divide people according to their differences.

There are major, obvious differences between us. We come from different races, classes, geographic locations, political backgrounds, population sizes, and life experience. But there are many more subtle differences which I suspect lead to many more "isms." The differences are real. We've learned different behaviors, values, and survival skills. Yet, they need not be oppressive or mutually exclusive. It is not the differences that are the obstacles. It is the fear of differences that leads to prejudice and oppression. It is the fear that has the potential to tear our movement apart.

Political strategists concerned with gaining power or maintaining control within any group of society are well aware of fear as a weapon. It is, after all, the fear of the differences that underlies that desire to control others. Differences appear threatening. We suffer great anxiety about losing control of our own lives, about being alone and unacceptable, about not getting what we need. We've been taught that there's only one right way to be, that conflicts are dangerous, that we can't all be right, we can't all be satisfied. We are convinced that we are dangerous to each other. We believe that to avoid pain, loss, and isolation, we have to fight, we must win. We engage in competitive struggles, the divisive tool of hierarchical power structures.

The personal is the political. We each bring to our work our own needs and fears. We bring our internalized lessons on inferiority and superiority and on safety and danger. We bring our stereotypes of people who are unlike ourselves. We come to the larger group feeling insignificant, wanting to be accepted, needing our work to be acknowledged and ourselves to be heard. We have high expectations for ourselves and each other in this movement. We hope that our common ideology will make for a cooperative and unified effort.

Yet when our differences become apparent, when our needs are not met, when we find ourselves in conflict with each other, our fears are triggered but seldom acknowledged. We fall back on old notions of superiority, convincing ourselves that we are better, or, at least, know better than the others. With that justification, we set about assuming positions of authority. We vilify, accuse, and blame each other. We ignore, invalidate, and exclude those who differ. We reassure ourselves that we are right without looking at the real problem. Whatever form this takes—racism, classism, ageism, heterosexism, or something less easily identifiable—we block ourselves from the unity we so strongly desire. In fact, we jeopardize the work of the battered woman's movement.

To continue our work productively, we must recognize that our personal needs and feelings influence our ability to cooperate. It is time to talk about ourselves. As different as we are, we have in common our feelings of isolation and our fears. Rather than allowing them to divide and alienate us, we can build bridges over the lines that divide us. By exploring and sharing our needs, feelings, and resources, we see that we are all human, less threatening than we appear. We discover common ground and see some value to our differences. We take the first steps to unity.

WE ARE ALL POTENTIAL VICTIMS OF ABUSE AND POTENTIALLY ABUSIVE

Characteristics common to:

Abused Woman

1. She sees herself as a nurturer, believes a woman should take care of the needs of others. She may ignore or be unaware of her own needs. She may pride herself for "being able to take a lot."
2. She identifies strongly as wife and mother. If she does not succeed in these roles, feels like a failure as a woman.
3. She takes an inordinate amount of responsibility for the family. To leave would indicate that she was a failure.
4. She loves her husband and wants him to succeed. Sees part of her job as trying to figure out what he wants and provide that for him.
5. When she's abused, she often believes it's her fault, that she somehow deserves it for not being what she should be.
6. She tends to deny and understate her problem to others for fear of social condemnation. (It doesn't happen to nice people.)
7. She is dependent on him financially, and does not have a way to support herself and children though she may be well educated.
8. When seeking help, she feels shame, self-doubt, and guilt. She is often discouraged by those who blame her: "Well why do you stay?"
9. She hopes he will change because he keeps promising that he will.
10. She excuses his behavior: "he lost his job," "he was drunk and didn't know," etc.
11. She lives in terror for herself and anyone who might help her. Her survival, not only of her body, but of her identity is at stake.

Man who Batters

1. Expects wife to take care of his emotional and physical needs, blames her if he's not happy.
2. He sees his family as reflection of himself and believes they should fit his expectations. If they don't, it's his responsibility to influence and control them.
3. He views violence as a means to an end, justified when all else fails. He uses it as an instrument of control.
4. He believes that men are supposed to be "in charge," "in control," and "on top of every situation."
5. He has trouble living up to his own expectations. He feels great pressures and frustrations; he feels that his life is out of his control.
6. He avoids so-called "feminine" traits such as crying, being tender, or admitting pain or fear. A man who expresses emotion might be called a "sissy" or a "fag."
7. He views violence as normal male behavior, an accepted outlet for anger and frustration.
8. He feels socially isolated, often doesn't trust others, so can't talk about things that bothers him.
9. He is afraid of losing his wife; is often possessive and jealous, thinking she is seeing "someone else."
10. His wife is seldom the source of his frustration, but he blames her for not making him happy and consequently for his violence.
11. He is not considered a psychopath but a person who has learned violence as a way to deal with conflict.

This is an average couple in our culture, coming from all professions and levels of income. Marital violence happens regularly in 26% of the population; in one half of all marriages at least one violent episode will occur, hidden by the insulation of the sanctity of the family.

WHO THE WORKERS ARE (cont.)

Lynne has been described as empathetic theatre. She joined the Steering Committee about two years ago, has been active on the By-laws and Shelter committees, and has recently served as treasurer of the steering committee. Perhaps her most important mission with Spruce Run has been as the Cactus Kid—Dick Tracy move over. Lynne recently left her position as Director of Emergency Services at Community Health and Counseling Services. She is currently doing private counseling across the state, but we trust she will boogie back to Bangor on a regular basis.

Dottie, who was a full time student at Husson, is now a full time convalescent at her country estate. She has been interested in Spruce Run for several years. Last September she went through our crisis intervention counseling training and now, in addition to covering hotline, does back up and office coverage. She worked hard on the Spruce Run Yard Sale. She provides additional nurturance for the staff, is a very active member of the shelter committee, and has done work on a consultant basis this summer.

Lynn found that St. Thomas was too hot, so she moved to Maine to finish her education. We were fortunate to have her placed at Spruce Run for her internship in counselor education last fall. She completed her counseling training and worked at the office 20 hours per week. Presently she is working as acting director of emergency services for CHCS (see the other Lynne to decipher). She still finds time to volunteer on our hotline and is active on the shelter committee. We appreciated her interest in learned helplessness and her astute observations of S.R. which she developed in her paper, Report on The Consensus Process and The Spruce Run Association.

Profiles of our workers will be continued in the next newsletter.

Our Funding Sources:

Local Fundraising and membership dues (\$10)
The United Way of Penobscot Valley
Donations from individuals
The State of Maine Bureau of Social Services
Donations from churches, clubs, and other groups concerned with social issues
In-kind donations: time, supplies, rummage, labor, space, or baked items.

All donations are tax deductible.

THE VOICE OF A MURDERED WIFE

Mercy, Mercy, you beg
With tongue and hired tongue - gifted tongues
Mercy, Mercy you beg
With pen and hired pen - gifted pens.

Where was mercy when you taunted me
at a neighborly cookout,
at a cocktail party in our living room,
at times together in our bedroom,
at the hour your hand still clenched the smoking gun?

Where was mercy when my blood seeped into the carpet,
the blood that fed our children,
that nourished the hand that served you.
the hand that can no longer hold a pen?

Where was the mercy when my tongue throbbed,
stilled, and stiffened,
the tongue that taught our children,
the tongue that can't reveal the battering harangues?

Where was the mercy when you separated body and spirit
and stopped me from touching my children?

Mercy, mercy, have mercy on the spirit
that hangs like vapor above you.

This poem was written by Minnie E. Bowden from Orland, Maine. She wrote it following the murder of a woman who was killed by her husband in the state of Maine.

A Kansas City Police study indicated that 40 to 50% of the murders in that city were by one spouse killing the other.

Special thanks to Anne M. and her friends from the group home for cleaning our old office when we moved out!

The Spruce Run newsletter is published periodically. We welcome news items, your comments, and, of course, letters to the Ethical Feminist Etiquette column. To submit items or to obtain additional copies, write to Marian Allen, editor at Spruce Run Box 653, Bangor, Maine 04401.

More police are killed intervening in domestic disputes than in any other line of duty.

POLICE TRAINING

Mary and Marian did it again. To wrap up the Maine Council for the Humanities and Public Policy project, another two-day police training workshop was held. In mid March, police officers from Hancock and Washington counties met at the district court house in Ellsworth. Again, humanists and their ideas were included in the training. The dramatization of the family dispute, the reading of Like A Winding Sheet, a short story depicting one day in the life of a man who batters, roleplays involving the police, and lively discussion marked a second exciting and successful seminar.

In addition to that project, Mary and Marian, with input from Sue, designed a workshop on Police-Community relations which they conducted at the Criminal Justice Academy's conference on Domestic Violence in June. That conference was geared to improving team work among police, court personnel, human service workers, and domestic violence workers. The point of our workshop was to uncover our preconceived notions of each other and "tell it like it is." We were excited by the result, but disappointed that very few people from our local area attended. Therefore, we are considering putting on our local workshop for service providers in the Bangor area.

Ethical Feminist Etiquette

(a column describing the ethical feminist way to slide out of sticky situations)

Dear Ethical Feminist Etiquette Editor,

What should I do when I notice that my friend with whom I'm dining has spinach in his teeth?

signed,
Embarrassed friend

Dear Friend,

The basis of Ethical Feminist Etiquette is consideration for self and others. Naturally, you do not wish to look at half chewed spinach hanging from your friend's mouth, so, your need is to have him remove it. Further, it is unlikely that he would choose to display his food in such a manner, but in order to make a decision or take action, he needs that information. Tell him, but quietly please; no one else needs that information.

EFEE

♡ Appreciation ♡ ♡

We wish to express special appreciation to the following people for their contributions to Spruce Run:

BETTY BENNETT for calling us when she found this very building, for educating us on house buying, and for donating her commission as a real estate broker. (Also to Jake)

MARY CATHCART for searching for houses, for meeting with bank presidents, zoning officers attorneys, and coordinating the legal work for the purchase of our house. We miss you Mary and all the other wonderful things you do with our organization!

RUTH W. for photographing and documenting our move, plus all the extra time you've put into our new office, hanging doors, etc.

SALLY DS. and LYNN G. for organizing car wash.

ALL SOUL'S CHURCH for helping with the car wash, the Sunday School Project for raising money for books, and the clothes closet.

ANN S. for her house for the yard sale.

JEAN and her cadre of volunteers for the yard sale.

SDN for hilarity

JOLLY SUE BAKER for her time and expertise on the capital funds drive.

DOTTIE for extra shelter committee stuff and general support of staff. ♡ ♡

CAPITAL FUNDS CAMPAIGN

Spruce Run has been given permission to conduct a capital campaign beginning Dec. 1. Our goal is to raise \$80,000 to cover the balance of the Shelter mortgage, renovations, and campaign expenses.

We are looking for people to serve on the Capital Funds Committee and to help with other campaign-related tasks. Planning and preparation has already begun. If you have ideas for the campaign, or are interested in working on the committee, please call us NOW.

The Dreaded Zucchini Plus and 34 Undocumented Non-violent Uses for Chocolate, are on sale NOW at our office, 223 State St. for \$1.00.

UPCOMING EVENTS

SEPT. 15	Annual Meeting, 7 P.M., All Soul's Congregational Church
SEPT. 18	Spruce Run Shopping Spree at Doug's Shop'N Save, Bangor Mall
OCT. 9 or 12	Bake Sale at University of Maine, Orono
DEC. 1	Kick off date for Capital Funds Drive
DEC. 12	Holiday Crafts and Bake Sale, University of Maine, Orono

If you wish to become a member or would like more information about Spruce Run, call 945-5102, or send a self addressed, stamped envelope to Spruce Run Association, Box 653, Bangor, Maine 04401. Please include a donation of any amount and/or a \$10.00 membership gift.

SPRUCE RUN ASSOCIATION
P. O. Box 653
Bangor, Maine, 04401