

The University of Maine

DigitalCommons@UMaine

Maine Women's Publications - All

Publications

12-1-1983

Spruce Run News (December 1983)

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 (December 1983)" (1983). *Maine Women's Publications - All*. 236. https://digitalcommons.library.umaine.edu/maine_women_pubs_all/236

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

DECEMBER, 1983 VOL. 10, Issue 2

SERVICES FOR
ABUSED WOMEN
207/947-0496

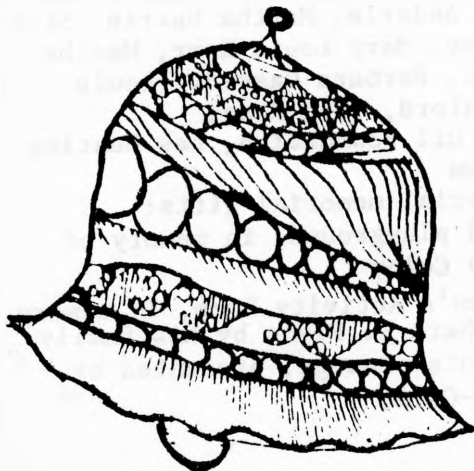


A PENOBSCOT VALLEY
UNITED WAY AGENCY

WHAT WE DO

Spruce Run Association is a nonprofit organization that counsels women in crisis and shelters abused women and their children. Our shelter, which opened August 1, 1983, provides a safe residence for three or four families. Our office is open Monday through Friday for walk-in and telephone counseling, and our volunteer counselors can be reached at night and on weekends by phoning Dial Help at 947-6143 and asking for Spruce Run.

Spruce Run counseling is geared to the needs of battered women. We give information about protective orders, pro se divorce, and we make referrals to other community services. We encourage women to learn to advocate for themselves, and we also provide advocacy with courts and other agencies when necessary. We also work with the children of our clients, who often have been profoundly affected by the violence in the home. Through our Community Education program, we tell people about Spruce Run and encourage open discussion of domestic violence and our efforts to stop violence against women.



MERRY
CHRISTMAS
TO ALL!

CONGRESSWOMAN SNOWE VISITS

On October 14, Congresswoman Olympia Snowe paid us a visit. After meeting informally with staff and members of the Steering Committee, she was given a guided tour of the shelter by its younger residents. The highlight of the visit was a photo session of Olympia with the kids, one of whom asked, "Mommy, is she going to be the President?" She'd find plenty of support here!

OUR SHELTER IS OPEN!

And we love it! The renovations and furnishings on the second floor are all done, and we've had more than fifty residents since August 1. We proudly display the shelter pictures in our office: stop in and see why we're so proud of it.

Our builder Noel Tewes has put in so many extra conveniences, such as the bookshelves in the telephone hall, shelves for linen storage and folding in the laundry room, and his unique woodcarving/sculpture in the window of the children's playroom.

The response to our opening the shelter has been so great that we decided to press on to finish the third floor by Spring, and Noel, Elaine O., and Connie H. are hard at work on construction, contracts, and budgeting. We'll nearly double the shelter capacity when the work is done!

VOLUNTEERS NEEDED NOW!
PHONE 945-5102 FOR INFORMATION!

CHRISTMAS WISH LIST

Dear Folks,

The Shelter Wish List I sent to Santa was returned because of insufficient postage. I thought I'd pass it on to you.

Items needed for the shelter:

- Vacuum cleaner*
- Washer/Dryer*
- Laundry soap
- High chair
- Foldable playpen
- Hand soap, toothpaste & brushes
- Consumable items
- Blankets, sheets, towels, washcloths
- Curtains*
- Light bulbs
- Canned goods (soups, vegies, etc.)
- Lamps*
- Rinse 'n Vac or wet/dry vac*

*Check with me before dropping these down the chimney!

If anyone has any time or skills to donate, please give me a call or drop me a card. Examples of work needed: sanding and varnishing bookcases and woodwork; moving donated items (we need a truck as well as people to carry things); wizard-type expertise in plumbing or fixing a sprung window shade. Thanks, and Happy Holidays!

Sincerely,

Katharine
Shelter Coordinator

STAFF NEWS

Spruce Run has two new staff members: Mary Cathcart, Community Education Coordinator; and Katharine Storer, Shelter Services Coordinator.

Volunteer emeritus Mary joined the staff October 1. So far, she's spoken to fourteen groups in the community, served on the Hiring Committee, and written her very first newsletter. Mary would like to train other Spruce Runners to do public speaking. Phone her at 945-5102 if you're interested.

STAFF NEWS, cont'd.

Katharine came to Spruce Run on December 1. She says she's very happy to be here. Besides meeting with other staff and making plans for increased shelter services, Katharine has demonstrated her practical skills: she cleaned the oven after the residents' Thanksgiving dinner and then went to work on a clogged drainpipe. Katharine finds she needs an extensive wardrobe for her work at Spruce Run: lots of "counselor" clothes and also a pair or two of overalls.

We also had to say goodbye to two very valuable, longtime employees: Marian Allen, who as Community Education Coordinator made "Spruce Run" a household word; and Nancy Gentile, who drafted our original by-laws and has worked here as volunteer, paralegal, advocate, director, administrative coordinator, and who gave us so much of her talents and energies for the past seven years. We miss you two!

CAPITAL FUNDS CAMPAIGN FINALE

We did it! Our Campaign actually exceeded its goal of \$155,000, and we're very proud to be a part of such a giving community. We feel that Spruce Run has "arrived," and that Bangor is proud of us. Special thanks to a few who worked very hard:

Ann, Terri, Connie of Spruce Run
Susan Blatchford, Kay Cutler,
Chairpersons
Jan Conti, Vice-chair
Margo Cobb, Publicity
Bud Clancy, Lynn Gould, Karla Mac-
Dougal, Consultant & Administrators
Gloria Anderle, Martha Harris, Skip
Kinney, Mary Louis Kurr, Martha
Block, Barbara Cassidy, Louis
Hannaford, John Bragg
Webber Oil Foundation, new heating
system

and, for special memorial gifts:
Secured playground, in memory of
Sally Colby
Children's Activity Room, in memory
of Robert W. Flynn by his family
Residents' Lounge, presented by
Pepsi-Cola.

PREDICTING VIOLENT BEHAVIOR

Please share this list with anyone you know who might benefit from it. It came from the Monthly Memo of the National Technical Assistance Center on Family Violence.

1. Did he grow up in a violent family? People who grow up in abusive families, whether with child abuse or spouse abuse, are likely to be violent adults. They have learned that violence is normal behavior. Even though they claim they would never behave that way, they often do resort to violence when faced with the problems of marriage and parenting.
2. Does he use force or violence to "solve" problems? A young man who has a criminal record for violence, gets into fights, or acts tough is likely to behave the same way with his wife and children. Does he have a quick temper? Does he overreact to little problems and frustrations such as not being able to find a parking space or a good seat at the movies? Does he punch walls when he's upset? Any of these behaviors may be a sign of a person who will work out his feelings with violence. Do not minimize a tendency to be cruel to women, children, or pets!
3. Does he abuse alcohol or other drugs? There is a strong link between violence and drug/alcohol problems. Be alert to his possible addiction, particularly if he refuses to admit he has a problem or refuses to get help. Do not think you can change him; instead, get help for yourself by attending Al-Anon or another group for families.
4. Does he think poorly of himself? Does he "prove" his masculinity by acting tough? He may think he's acting like a man, while he's actually being an abuser.
5. Does he have strong traditional ideas about what a man should be and what a woman should be? Does he think a woman ought to stay home, take care of her husband, and follow his wishes and orders? In other words, does he think that women are second-class citizens?

6. Is he jealous, not just of other men but also of your girlfriends? Does he keep tabs on you and want to know where you are every minute? Does he want you with him all the time, even if it's inconvenient for you?
7. Does he play with guns, knives, other lethal instruments? Does he talk of using them against people, or threaten to use them to get even?
8. Does he expect you to follow his orders or advice? Does he get angry if you do not fulfill his wishes, if you cannot anticipate what he wants?
9. Does he go through extreme highs and lows, as though he is almost two different people? Is he extremely kind at one time, extremely cruel at another time?
10. When he gets angry, do you fear him? Do you find that not making him angry has become a major part of your life? Do you do what he wants, rather than what you would like to do?
11. Does he treat you roughly? Hit you? Does he physically force you to do what you do not want to do? Abuse during dating is a sure sign of further abuse, and more violent abuse, later on. Do not think that marriage will change him for the better: it will almost surely change him for the worse. If he does abuse you, even if you are not married, you are already a battered woman, and you should seek help.
12. Do you feel threatened by him? Have you changed your life so you won't make him angry? If so, you are abused, and you should seek help from your local battered women's center.

NEW VOLUNTEERS NEEDED NOW

Spruce Run will begin a new 40-hour training course in crisis intervention counseling, geared to the needs of battered women, in January. Training leaders Mary C. and Elaine O. are interviewing prospective volunteers this week. They particularly are looking for hotline workers, to be on call from their homes at night and on weekends. If you'd like to be a Spruce Run counselor and can make a 1-year commitment, call Mary at 945-5102 immediately!

JOB OPENING

Administrative Coordinator
of Domestic Violence Project
Primary responsibility for budget, contracts, financial reports, legislative liaison, interagency networking. Also participate in client services, volunteer training, community education. College education or equivalent experience. Deadline for applying: Jan. 5. Write to Spruce Run, P.O. Box 653, Bangor 04401. Or phone 945-5102.

An Equal Opportunity Employer

WHO THE WORKERS ARE

Frankfort, Maine is a long way from San Francisco, but PEGGY B. says she can be happy as long as she's near an ocean. For the past five years Peggy has lived in the woods; she shares her home with a man who phoned the office to say, "Bring home two onions, please." Peggy is an accomplished violinist who performed in The Messiah in Camden last week, when she wasn't Counselor on Call in the Spruce Run office. Of her work here, Peggy says, "It's the best learning experience I've ever had, and I find it very supportive." We love you, too. Peggy!

After her previous jobs as a Princeton, Maine, firefighter and a heavy equipment operator in a Dead River mill, PAULA M. finds hotline counseling rather tame. Paula is studying chemical addiction at BCC, and she also works for MANAGE doing correspondence, writing newsletters, and developing bibliographies. Paula's two major interests are violence and Indians. She's working on a film designed to teach Native Americans about alcohol-related birth defects. Paula says she's at Spruce Run because she's a victim, at MANAGE because she's an abuser. Keep using all that energy, Paula!

PAM O. says Spruce Run has transformed

WHO THE WORKERS ARE, cont'd.

her life: after becoming a volunteer last March, she sold her antique business and decided to go back to UMO to study social work! It sounds like a good choice for Pam, who works in the office two mornings a week, counseling and doing other nitty-gritty jobs around the shelter. Besides her Spruce Run work, Pam also finds time to volunteer at St. John's Church in the Soup Kitchen, and to stay home occasionally with her husband and two daughters. Pam, we all appreciate your hard work and good humor!

CHRISTMAS BAKE SALE

Spruce Run's Award for Courage this month goes to new Steering Committee member Sandy Gardner, who coordinated the annual Christmas bake and craft sale. Thanks to Sandy's excellent organizational ability and some assistance from staff and volunteers in phoning our bakers, we made \$210.70 for the general operating fund. Among the interesting and tasty items for sale in the UMO Memorial Union on December 7 and 8 were SDN's chocolate cinnamon buns and some delicious old-fashioned chocolate buttermilk cupcakes from the Zontas. Thank you, Sandy, and all who baked and womaned the table!

UNITED WAY SURPASSES GOAL

Congratulations to United Way of Penobscot Valley! By December 15, their campaign had reached 101.5% of its goal, with more than \$934,000 donated. Nearly one third of Spruce Run's funding comes from United Way, and we take an active role in the campaign. Mary C., Ann S., and Martha N. gave a brief presentation to the United Way Board on our services, and Mary spoke at six companies and Ann S. at one company. We also hosted five agency tours this year: our visitors crowded into the Staff Room to see the shelter pictures and hear Connie, Nancy, Sue, or Mary talk about the work we're doing.

EGGS FOR THE SHELTER

Thanks for our egg ladies, who brought the wonderful, fresh eggs all Summer and Fall. The shelter residents, staff, and some volunteers enjoyed the omelets, cream pies, custards, and souffles, as well as plain old scrambled, fried, boiled, and poached eggs!

JAYCEE WOMEN'S GIFT

The Bangor Jaycee Women announced in the Fall that Spruce Run will be the major beneficiary of their tremendously successful annual Gift Sale, which was held at the Bangor Auditorium on November 4, 5, and 6. On October 19, Mary C. spoke to the group about the Spruce Run shelter, our ten-year history, and our services and funding sources. At the sale the Jaycee Women gave us a prominent table, where we displayed our shelter pictures, handed out leaflets, and answered questions. Brenda Meehan, who chaired the Gift Sale, says they did extremely well, and Spruce Run will receive its gift in January. Thank you, Jaycee Women!

OUR TENTH ANNIVERSARY

Spruce Run recently celebrated its tenth anniversary as Bangor's only, and Maine's oldest, battered women's project. The occasion was marked by an Open House at our office in the afternoon and the Annual Meeting that night at All Souls' Congregational Church. Members heard reports from the various committees and had fun looking at the new shelter pictures. After enjoying the refreshments, the members elected new Steering Committee members. A highlight of the evening was the presentation of the SDN awards for outstanding service to Spruce Run.

NEW STEERING COMMITTEE MEMBERS

We welcome five brave new souls to our Steering Committee:

KAY CUTLER joined the Steering Committee after chairing the Capital Funds Campaign, despite some skepticism about nonhierarchical structures and consensus decision-making. Kay's one demand was that she not be asked to do bake sales. Her community service credentials include helping to found the Community Health and Counseling Services; until recently, she was on its Board of Directors. She serves on the Governor's Advisory Committee on Mental Health and on the Board of COPES. Kay has lived in Bangor most of her life and knows a lot about community structures and informal networks. Besides traveling, she enjoys spending time with her husband, grown sons, daughter-in-law, and two small grandchildren at their house on Hancock Point. Every morning Kay grits her teeth through the exercise class at the YWCA.

SANDY GARDNER is a sociology professor at UMO who teaches a whole course on domestic violence and discusses it in all her other courses, as well. A self-defined feminist, she joined Spruce Run for the opportunities it provides to create alternatives to traditional structures and new visions of what women can become in supportive rather than competitive environments. Sandy's hobby, photography, led to a Ph.D. dissertation on family photographs. She likes to travel to the West Coast at least once a year and also to explore Maine--bicycling, driving, walking, or cross-country skiing. Sandy considers herself a very social person and belongs to lots of groups.

LINDA LUTHER-STARBIRD is a clinical psychologist with her own private practice, a joint practice with her husband, and a twice-a-week job at a mental health agency in Dover. She got interested in Spruce Run because she missed the kind of working with women she did in graduate school and wanted to be part of a women's organization. Linda lives in a secluded spot on a lake in the woods with her husband and two large, dearly beloved dogs. She likes to canoe and travel anywhere on vacations.

LYNN SOUCY has been an accountant at Laeger Associates for seven years and has helped Spruce Run keep its books since the long arm of SDN snared her several years ago. She lives in Hampden with her husband and child. Besides playing a little racquetball, Lynn spends most of her free time reading and has just finished four of James Herriot's books.

ELOISE STIGLITZ has three dogs. (Is this competition?) She is a psychologist in private practice and also consults at CHOICE, a men's outpatient alcohol and drug treatment program in Rockland. She moved here from Texas a year and a half ago and lives in Hampden in the house formerly occupied by Spruce Runner Sally Dobres Spang. Eloise started with Spruce Run originally as a crisis counselor because she was committed to ending family violence and felt she had skills to offer. For exercise, she runs in the Summer, lifts weights in the Fall, and sits in the Winter. On vacations she sometimes visits people and sometimes visits places. She recently joined a Jewish women's group and has been reading books about Jewish women.

JAN STRATTON was a librarian who went to law school and is now an advocate for patients at BMHI. She has also done workshops on nonsexist teaching for the Maine Teachers Association, served as a Title IX Consultant for the Maine Dept. of Educational and Cultural Services, and worked for the Maine Women's Lobby. Jan says what ties all this and Spruce Run together is her commitment to civil liberties and human rights. She's lived on the river side of Hancock Street since coming to Bangor in 1971. Jan likes to return to cities, especially New York, on vacations just to walk around and go to museums.

The Ethical Feminist Etiquette Editor is once again available to answer your queries about the proper etiquette for feminists. Send your questions to:

EFEE, Box 653, Bangor, ME. 04401.
EFEE will answer as many questions as she has space for in the next newsletter.

DID YOU KNOW?

Battery is the single major cause of injury to women, more significant than auto accidents, rapes, or muggings.

NUMBERS INCREASE

As of December 1, Spruce Run had provided the following services in 1983:

458 families served
22 women sheltered
23 children sheltered
673 shelter bed days

This year's total is expected to exceed last year's by about 10 percent. As word of our shelter's opening spreads, we expect even more women will seek our services.

THANKS TO ALL WHO HELPED

Thank you to all of you who volunteered at Spruce Run in any way during 1983! There were so many different kinds of donations of time and goods and money. We really appreciate all the support, and wish you all a very happy holiday. Please stay with us in 1984!

A BATTERED WOMAN'S PERSPECTIVE
Letter to My Husband*

Dear _____,

When you bought my engagement ring, I was so happy. But when you beat me up two days later, I didn't understand.

When I married you, it was because I loved you with all the hopes and dreams for the future that any married couple would want. But when you went out with another woman three weeks later, I was devastated.

When you lied to me about your whereabouts and your consistent cheating, I was told to forget that....

When I tried to go with you and you threw rocks at me, I was told that a bar was no place for a wife and to get back in the house where I belong.

When you accused me of things that I never did and yelled at me for no apparent reason, I was told that I was stupid and needed to be treated like that.

When you called me foul names, I was told if I cried you would beat me.

When you have thrown, punched, slapped, yanked my hair, shoved, pounded, bruised and kicked me, I was told that I deserve it.

When the neighbors called the police, you beat me more.

When you abandoned me when I was just a few months pregnant, I was told that I should get an abortion because it was my problem not yours.

When I welcomed you back with open arms after the baby was six months old and passed no judgment, I was told it was my duty.

When you damaged many of my possessions, ripped my clothes up, and sometimes right off my body, I was told that I deserve it.

When you smashed out windows and tore off cupboard doors because one of the kids forgot to flush the toilet, I was told that was a legitimate reason.

When you destroyed our home to the point that I had to walk ankle deep in broken glass and rubble, I was told to shut up and clean it up because I caused it.

*Reprinted from Forum, a newsletter published by Womancare/Aegis Assoc., Dover-Foxcroft, Maine, by permission.

When you threatened to kill me with a knife or gun, or throw me out the window, I was told that I am hysterical....

When you have ridiculed, belittled me,... when you have taunted me for reading the Bible and told me...I am so dumb, I am told...I should face up to it.

When you left me...with no heat or money and ...I begged you for help, I was told to stop being a nag.

When your family insulted and talked about me for no reason, I was told to remain silent and to keep the peace in the family.

When I left you because I couldn't stand it anymore, I was told that I...had chores to do and one thing certain was that you weren't going to do them.

When I returned, I was told that if I ever left you again you would kill me.

When you forbidded me to see or have any contact with my friends and threatened to kill them, I was told I didn't need them because they would just cause trouble for us.

When I went to Womancare for support, I was told that was the chicken way out and that I must not have cared about our marriage anyway...

When you started to abuse the children, I was told that was the way you were supposed to discipline them. At that point something clicked in my head that this wasn't right anymore.

When I finally separated from you, I was told that I was no good, the biggest whore in town, and not fit to raise children.

Further on in the separation, I was told I was the only woman on earth that you loved... and that you would commit suicide....

When I got the divorce, I was told that I ruined your life.

I suppose in your eyes I was a very bad wife because I stayed at home, never once cheated on you and was always a kind and loving wife to you.

Mary Smith
(Pseudonym)