

The University of Maine

DigitalCommons@UMaine

Maine Women's Publications - All

Publications

Spring 3-1-2003

Spruce Run News (Spring 2003)

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 (Spring 2003)" (2003). *Maine Women's Publications - All*. 264.
https://digitalcommons.library.umaine.edu/maine_women_pubs_all/264

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 News

*Celebrating 30 years working for
Peace at Home*

Working for Peace at Home

Spring 2003

207-945-5102 * FAX 207-990-4252 * Hotline 1-800-863-9909

Spruce Run is 30!

As the third oldest battered women's project in the U. S., Spruce Run has a remarkable story to tell. When we look back 30 years, we can see many struggles, triumphs, and inspiring moments. The **Feminist Oral History Project** at the University of Maine is writing a book about us based on over 35 interviews as well as written documents. It travels a road with many milestones, some of which are described below:

Milestone: Spruce Run was incorporated on June 28, 1973, but it began in the grass-roots organizing of the early 1970s. It grew out of an abused women's discussion group started a year earlier, and the \$200 needed to file for incorporation came from the divorce settlement of a group member.

Milestone: "Service stats" were first recorded in 1975: 26 women and 1 man. Service at that time included hotline, walk-in crisis counseling, divorce information and legal advocacy at an office on Central Street in Bangor, which we shared with the Sam Ely Land Trust.



Milestone: Spruce Run was one of the founders of the Maine Coalition for Family Crisis Services in 1977. At the coalition's instigation and with legendary grass-roots pressure on the legislature, a bill was passed in 1978 to provide funding for the six existing projects. However, the bill was vetoed by the governor, and the override failed by one vote! The next year, with a new governor in office, the bill was enacted, as was a bill providing for protection orders and requiring police departments to have training about domestic violence.

Milestone: In 1979, Spruce Run provided training and technical assistance to people in Piscataquis and Washington Counties and the mid-coast region, fostering the development of Womancare, Womankind and New Hope for Women.

Milestone: With secure funding for a staff of four, Spruce Run struggled to avoid duplicating within the organization the power imbalance they felt led to abuse throughout society. After a year of planning, the executive director became the administrative coordinator in 1981. The decision-making process among staff and the steering committee changed to consensus.

Continued on page 2.

INSIDE THIS ISSUE...

- * Spruce Run's Annual Dessert Gala
- * Battered Women are Working Women
- * Lori's Story
- * One-Man Play "You the Man"
- * Spruce Run Education Groups

"Spruce Run is 30," continued.

Milestone: After dreaming of owning a shelter from the beginning, an anonymous donation enabled us to make a down payment on a building May 5, 1982. We moved the office into the first floor and started a capital funds campaign to renovate and equip the upper floors for shelter. The goal was \$155,000, but when it was over we had just short of \$200,000! We paid off the mortgage partially with Susan B. Anthony dollars and opened for shelter in August of 1983.

Milestone: In October of 1986 we commemorated Domestic Violence Awareness Week with a speak-out in Bangor's West Market Square. The next year the governor joined a nation-wide decision to proclaim October as Domestic Violence Awareness Month.

Milestone: We staffed an office in Ellsworth starting in December 1984. The advisory committee for that area grew into its own project, The Next Step, which became independent of Spruce Run in October 1993.

Milestone: In 1989 we held the first Chocolate Party, which raised \$2700 and is still a big event today. This followed a number of other fund raising efforts, often with a consciousness-raising twist: black valentine cookies, male chauvinist piggy nose warmers, two cookbooks titled *34 Undocumented Nonviolent Uses for Chocolate* and *The Zucchini Cookbook*, and carnation sales to churches on Mothers Day.

Milestone: Spruce Run celebrated its 20th anniversary by filling the Maine Center for the Arts for a benefit concert by *Sweet Honey in the Rock*.

Milestone: Always committed to social change as well as social service, in August 1994 Spruce Run was instrumental in founding the Domestic Abuse Task Force in Penobscot County, a group representing schools, churches, law enforcement, emergency rooms, media, and human services.

Milestone: As Spruce Run grew in services as well as in staff (from 4 to the present 18), the expenses of renting extra space for offices and groups became prohibitive. In December 1993 we bought the building for the resource center on State Street, moved in early in 1994, and started raising money. By the time the campaign ended in 1995 we had exceeded our \$200,000 goal by almost \$50,000!

Milestone: In September 1997, with funding from the Department of Human Services, we began a Transitional Housing and Services program with 3 apartments. This program, now the economic empowerment program, has 7 units and hopes to expand again.

You've noticed the absence of names, we're sure. The participants in the Spruce Run story are legion, so many names--staff, volunteers, donors, community supporters, women we've served who have gone on to participate in other ways or have just gone on. We wish 30 years of domestic violence work would have eliminated the need, but we are ready to continue in the future while honoring the past.

Spruce Run Staff

Janice Archer, *Shelter Services Coordinator*

Jan Blake, *Children's Services Coordinator*

Sue Bradford, *Program Planning & Integration Coordinator*

Sharon Callnan, *Legal Advocate*

Lyn Carter, *Groups & BIP Coordinator*

Dorathy Chocensky, *Resource Development Coordinator*

Amanda Cost, *School-Based Advocacy Coordinator*

Amber Crowell, *Legal Services Coordinator*

Sheila Daigle, *Office Coordinator*

Maureen Flagg, *Volunteer Coordinator*

Sue Hamlett, *School-Based Advocacy Coordinator*

Rebecca Hobbs, *Administrative Coordinator*

Sherry Lane, *Transitional Services Coordinator*

Amy Oliver, *Community Response Coordinator*

Tina Roberts, *Special Projects Coordinator*

Francine Stark, *Community Response & Training Coordinator*

Johnnie Walker, *Transitional Housing Coordinator*

Erica Watson, *Hotline Coordinator*



Battered Women are Working Women

Eric R. Brown, MD

Maria (not her real name) is a 42-year-old mother of two children who has seen me repeatedly for multiple medical complaints, the worst of which was severe abdominal pain, nausea, and vomiting, which baffled many of her previous providers. Over the three-year period we met, it wasn't until I asked her a third time about whether she felt safe at home that she finally felt comfortable enough to share with me that her husband has made her life a living hell. She described being treated like a servant who had no rights. "He controlled the money, the mail, and my activities." Everything at home had to be just the way he liked it or he would erupt in anger with tirades of verbal threats and occasionally beating her. The bruises he left sometimes could be hid by using makeup, but if that didn't work, she wouldn't leave the house until they healed.

She had worked for years as a secretary and was highly respected for her work skills. But her last three jobs always ended the same way -- due to many missed days of work, decreased productivity due to "anxiety," and disruptive calls by her husband. After she was warned that the calls must stop, she was let go. She told me she never told any of her bosses what was happening at home: "It would only make things much worse." With help from a domestic abuse hotline, she was given support with a number of options, and after two years she finally chose to leave her husband. But she still gets harassing calls and feels that any time now, she could lose her new job. It's getting harder and harder to find a new employer who will hire her.

One out of four women experience domestic violence; i.e. physical, sexual, or verbal abuse or harassment, isolation, economic control, and other means of coercion. **It is not** an impulse or a substance abuse problem. It is an issue of power and control of one partner over another. The number one risk for partner violence is not poverty or chaotic lifestyle, it's just being a partner.

People like Maria are prevented from obtaining help in a number of ways. They know their partner can make good on threats. In Maria's case, how many disruptive phone calls, e-mails, or visits will it take for her to lose her current job? How much more difficult would it be if Maria's abusive partner were a co-worker? Maria is full of shame and guilt, especially about what it has done to her children. She always thought no one would or could help her.

In national surveys, 74% of domestic violence victims report harassment at work. Work sites know about this problem; 78% of human resource personnel report domestic violence as a workplace issue, 94% of corporate security personnel rate domestic violence as a high security concern, and 40% of senior corporate executives report being personally aware of employees experiencing domestic violence. The consequence to employers has been extensive; e.g. like in Maria's case, employee absenteeism, decreased productivity, increased employee turnover, increased medical expenses that impact insurance rates, and increased employer security risks and liability.

Just as physicians and other health care providers are improving their training and skills for helping intervention in domestic violence cases, employers must take a stand and do their part to be part of the solution. Employers can grant reasonable and necessary leave from work if an employee needs to attend court, get medical care, or obtain resources in a crisis situation such as safe housing. Employers can develop a relationship with their local domestic abuse project who will help them to implement employee awareness and supervisor training programs and develop policies to address workplace issues around domestic violence.



Continued on page 5.



October Events Raised Awareness of Domestic Abuse

- ❖ On October 5, 2002 Spruce Run held its annual **Race to End Domestic Abuse** at the Bangor Auditorium. Participants either walked or ran the 5K course and enjoyed refreshments following the event. Prizes were given out and participants listened to a survivor of domestic abuse tell her story and give thanks to those who actively work toward ending violence. The Clothesline Project, a collection of T-shirts designed by survivors of abuse was displayed. The Race brought community members together and raised **\$1,884** for Spruce Run. Thanks to all those who participated in and helped out with this event! **Thank you to Unicef and WABI-TV 5 for their continuing support for this event.**

- ❖ Also during October, the **Safe Campus Project** at the University of Maine organized events to raise awareness about domestic abuse. As part of Domestic Violence Awareness Week, Spruce Run displayed the Clothesline Project on the campus mall. Other events included a candle-light vigil and a WIC (Women in the Curriculum) talk titled "Domestic Violence: Still Blaming the Victim." Throughout the week, a table was staffed in the student union, offering information about Spruce Run, The Safe Campus Project, and opportunities for getting involved. The Safe Campus Project is a collaborative grant including Spruce Run and Rape Response Services. For more information about the Safe Campus Project, call **Carey Nason**, Project Coordinator, at 581-2515.

- ❖ Throughout the fall, Spruce Run staff assisted in the planning and presenting of a **Violence in the Family** class at the UMA Bangor Community College, taught by **Mary Louis Kurr**. With members of the community, Spruce Run staff offered presentations on the legal system, teen dating abuse, batterer intervention programs, and the faith community. Students gained knowledge of the dynamics of abuse, Spruce Run's crisis intervention model, and community services. Some reactions to the class were:

"I had no idea how much I tolerated [domestic abuse] before this class. Also, how many excuses I gave violent or aggressive people. I don't now!"

"I am always questioning how people treat and respect others."

The month of October gives us time to focus on our community's awareness of domestic abuse. However, we hope that throughout the rest of the year our community continues to show their support by wearing purple ribbons, attending vigils, and taking a stand against violence and abuse in our community.

The Clothesline Project

The Clothesline Project originated with 31 shirts in Hyannis, MA, in 1990 through the Cape Cod Women's Agenda. A small group of women—many of whom had experienced violence in their own lives—designed the visual monument to help transform staggering statistics about violence against women and children into a powerful educational and healing tool.

Since 1990, hundreds of **Clothesline Projects** have emerged nationwide and abroad, resulting in tens of thousands of shirt designs. Spruce Run's **Clothesline Project** has grown to include over 100 shirts, made up of survivors of intimate partner violence, child abuse, and those who have died due to domestic violence. It has been displayed at Spruce Run's "Sunday in the Park," community vigils, press conferences, fundraisers, and other special events.



"Battered Women," continued.

Maine Employers Against Domestic Violence (MEADV) is an ongoing initiative to educate employers and business leaders about the impact of domestic violence on workers and employers alike. To their credit, Anthem Blue Cross and Blue Shield of Maine has joined the MEADV, partnering with Family Crisis Services, the Maine Coalition to End Domestic Violence, Governor King, and the Maine Department of Labor to take on domestic violence as a high priority issue. Last fall, every employer providing Anthem insurance in the State of Maine was sent an information packet detailing best business practices, safety planning with an abused employee, and community resources available to employers and staff.

Whether it is the owner of a corner store, the office of a physician or other health care provider, or a major manufacturing facility, we all play a role in reducing the epidemic of domestic violence. Let's all be part of the solution by using the MEADV packets to develop an effective response to domestic violence. Love should not hurt.

As a member of both MEADV and the Maine Coalition to End Domestic Violence, Spruce Run is available to provide training and/or consultation for your workplace regarding domestic violence. For more information, contact Francine Stark at Spruce Run, 945-5102. Francine, in conjunction with the Maine Department of Labor, will be teaching a free class on the workplace response to domestic violence on May 14, from 8am to noon at the United Technologies Center in Bangor. For more information or to register, contact the DOL at 624-6400 or 1-877-723-3345.

Lori's Story

I was married in 1984 to a man who was kind, loving and deeply caring, or so I thought at the time. Our marriage started out like so many other marriages, with ideal dreams of a promising future. Not long after marrying, the first of my three children was born and my life changed forever. My husband became short-tempered and angry. He became jealous of any time that I spent with our child or with my friends. He tried to separate me from my family by causing arguments and disagreements with my mother and sisters with whom I had been close.

He would not hold down steady employment and had many excuses for losing his jobs, including blaming me and others. I went through years of physical abuse that I kept hidden, even from my family and friends. For a long time I was not allowed to work day shift jobs because he felt it was not his responsibility to take care of the children. I was allowed to work only when my children were in bed for the night. This usually meant working until midnight or into the early hours of the morning. If he found out that I made any friends at work, he would insist that I phone him during my shift to check in. If I became busy at work and could not find the time to call him he would call my workplace and badger me. He would time me on how long it would take for me to get home from work and if it took longer than he thought necessary he would accuse me of carrying on affairs with co-workers. He made life for me so difficult that I would be forced to leave one job and search for employment elsewhere. If I tried to fight back and stand my ground he would threaten to have my children taken from me. I was so overwhelmed with fear and anxiety during that time that I believed that he had that kind of power.

For the greater part of my marriage I lived in constant fear, physically and/or emotionally, and in fear for my children's well-being. During my sixteen-year marriage he left our household several times, but always returned and eventually the abuse would begin all over again.

When my children reached their teenage years I filed for divorce. My husband responded in turn by showing up at my home at all hours of the night.

Continued on page 8.



Students Excited about "You the Man"

Spruce Run school-based advocates have been busy this year talking with area Middle and High School students about healthy relationships, gender stereotypes, and communication skills. Thanks to a grant from the Maine Women's Fund, Spruce Run has already been able to bring a one-man play, "You the Man," to two area high schools. The play, written by Maine playwright Cathy Plourde, addresses unhealthy relationships, dating violence and sexual assault. Performances were held at Central High School and Nokomis High School, reaching a total of 400 students.

Student reactions to the play have been overwhelmingly positive:

"I thought it had a good point on what people really think. It showed how different people are hurt by violence."

"The play made me realize that even when someone gets out of an abusive relationship, they still have the same, if not more, problems to deal with."

"The whole John/Jana situation encouraged me not to let a boyfriend control me."

"It was presented in a good way—something to make kids feel included instead of lectured at."

"I think it was a good play because it entertained the audience while sending out a good message."

"I thought it [the panel discussion] was a great idea because you could reflect on what you were thinking."



DON'T MISS: You the Man

A one-man show addressing unhealthy relationships, dating violence and sexual assault.

May 8, 2003, 7pm

Bangor Public Library

Lecture Hall (3rd floor)

Please call 945-5102 for more information

Brought to you by Add Verb Productions, the Domestic Abuse Task Force and Spruce Run Association

This event is free. Donations graciously accepted.

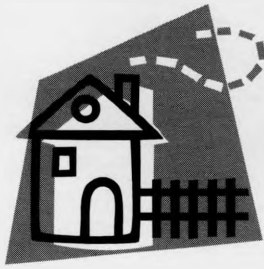
Volunteers Honored at Blaine House Tea

The Blaine House Tea is an annual event honoring those individuals who volunteer their time for domestic violence agencies across the state. This year, Spruce Run honored **Kathy Field** and **Mike Hatch**, both crucial to our work in providing direct services and creating a culture of intolerance for domestic abuse in our community.

Kathy Field became a hotline volunteer in January of 1994 and has served as a member of our Steering Committee, a staff advisor and evaluation facilitator, and has many times been a trainer for new hotline volunteers. Kathy brings to her hotline work her kindness, knowledge, and empathy which we deeply appreciate.

Mike Hatch has welcomed Spruce Run educators into his health classes for more consecutive years than any other teacher in Penobscot County. He has seen our work evolve and has had a significant influence on the way we talk with youth about domestic abuse, dating abuse, healthy relationships and gender stereotypes.

Thank you Kathy and Mike!



Shelter News!

The Spruce Run shelter has continued to be busy this past year. Due to the chronic lack of affordable, accessible housing in Penobscot County, the average length of stay has been consistently higher over the past few years. It is not unusual for someone to be in shelter for more than a month looking for a place to live. We continue to work with community members on the pressing need for affordable housing.

We recently received a donation of a new 32 inch color TV for the shelter. It was donated in memory of a woman who lost her life due to domestic violence. We continue to receive a large quantity of donated goods from the community that are essential in keeping the shelter running. Without this help and the help of dedicated volunteers we could not keep the shelter running as smoothly as it does.

Our shelter has provided women and children we serve thousands of nights of safety from abuse. We are currently wrapping up an evaluation of our shelter services and the response from past residents has been overwhelmingly positive. Many talk about how the shelter was a safe haven for them when they needed it the most. Hopefully the feedback that we receive will enable us to better serve the women and children who use our shelter.

The shelter received a complete cleaning in the spring and fall. We are currently in need of two good vacuum cleaners. In the next few years we will be working on some needed renovations such as new carpets. The shelter continues to be a clean, comfortable, and safe place for folks to stay.

Spruce Run Shelter Wish List

*The following items are needed for our shelter.
Please call our Resource Center
at 945-5102 with any questions about donating
these items.*

Laundry Detergent (liquid)
Moisturizer
White bath towels
Adult pain relievers (Advil, Tylenol)
Hairdryers
New women's underwear
Pre-paid phone cards
Fabreeze
Dish Liquid
Pens
Shaving Cream
Dryer Sheets
Baby wash & lotion
Trash bags (bathroom & 33 gal.)
Small alarm clocks
Hairspray
Kleenex
Standard size pillows
Sweat pants (women's L & XL)
Shampoo & Conditioner
Q-tips
First aid supplies
Writing paper
Diapers (larger sizes)
Toilet paper
The Bus tickets
Dishwasher detergent
Toothpaste
Paper towels
Dish/kitchen towels
Dental Floss
Tampons—regular size
Paper Towels
Stamps
White Washcloths
Lysol disinfectant spray
Twin size comforters

We are currently overstocked with bar
soap

"Lori's Story," continued.

He has repeatedly called the electric company, phone company, etc. and, representing himself as my husband, has terminated services for my household or given them a change of address so that I would not receive my bills. He constantly made harassing phone calls to my home, and on visitation days he would tell my children how he planned to physically harm me. I filed for a Protection from Abuse Order. His behavior became even more erratic. He attempted to have my children removed from me and placed in state custody. He violated the protection order seven times and never went to jail. These violations resulted in my spending an average of three to four days a month attending court hearings, which in turn resulted in the loss of my employment because of attendance problems. He has been court ordered to undergo psychiatric counseling and to attend a batterer's intervention program. To date he has not adhered completely to either requirement.

I have been divorced now for two and a half years. With help from caring people at TDC, Spruce Run and Pine Tree Legal I obtained legal services, and the court has awarded me a Protection from Abuse Order that is in effect for more than five years until my youngest child is eighteen years old. I am currently still involved in legal proceedings to amend my divorce decree so that I can have full custody of my children and so my ex-husband will not have the right to my children's medical, educational and other legal records. During the past year I have attended court proceedings a total of eleven times. Even now I live in fear, constantly looking over my shoulder expecting him to be standing there.

I am now an employee of Training & Development Corporation. I began my journey at TDC as a customer in the Welfare to Work program, having been referred by my ASPIRE Case Manager at the Department of Human Services. Throughout my tenure as a TDC customer, TDC collaborated with Spruce Run, Pine Tree Legal and my ex-husband's assigned Corrections officer in order to address the effects of domestic violence within my career development plan. After a few months of services and training I was offered a temporary training position and one year ago I was offered the position in a permanent capacity. Working with TDC as a customer and now as an employee has greatly blessed and enriched my life and that of my children.



Spruce Run Education Groups

Lyn Carter, Groups Coordinator

Over the years hundreds of women have completed Spruce Run's Domestic Abuse Education groups. These are generally 8 – 12 week groups with a specific curriculum which allows women who have been abused to explore things like gender stereotypes, the impact of survival strategies they may have used, and their own anger. On-going safety planning also occurs throughout the group. Many women come to the last session saying that they do not want the group to end. They don't want to do without the bonding and learning, laughter and tears that they have shared. And, as helpful as it was to look back and really understand the experience of abuse, they have many unanswered questions about the future: What are the long-term effects on our children? When will I feel normal again? Will I ever have a healthy relationship? What is a healthy relationship? From these questions we created the curriculum for Education Group II - Beyond Surviving, which was offered in the Fall of 2002 with a group of 13 women.

The starting place for this new curriculum was the "Ecological View of Trauma" presented by Dr. Mary Harvey, a Community Psychologist from Cambridge, Massachusetts. An individual's response to and recovery from trauma, Dr. Harvey says, is affected not only by the personal attributes of the victim but the extent and duration of the event(s) and the victim's environment and community. This theory provided group members with tremendous validation for their very individual and personal responses to their experience as well as the choices they make in their recovery from the abuse. This is a critical beginning on their journey forward.

One theme which ran through all the sessions was strategies for effective communication, an important component in all healthy relationships, whether with friends, partners, family members or oneself. Facilitators acted out role-plays demonstrating poor communication and group members replaced the facilitators to try out their own ideas to make the communication clearer and more effective.

"Education Groups," continued.

The group examined the Equality Wheel (*created by the Domestic Abuse Intervention Project, Duluth, Minnesota*), a tool used to describe healthy relationships with words like honesty, respect, negotiation and fairness. Group members defined the things they wanted in a relationship. Together they created comprehensive and realistic lists. They worked on values clarification as support for trusting their own choices again. They engaged in challenging, interactive exercises that required them to trust their own judgment and realize a sense of accomplishment. Our discussion on parenting covered a broad perspective from how our culture encourages children to be violent, to strategies for discipline and the challenges of single parenthood.

The last few sessions of this highly successful group included difficult topics for women such as sexuality after abuse and personal economic planning. In an effort to address the question, "Will I ever be normal?" we returned to Dr. Harvey's work and took a more detailed look at her criteria for recovery. Members found it comforting to hear about other women who have mastered after-effects of abuse, such as nightmares and flashbacks, and have created a new perspective on their experience that allows them to feel more "normal" again.

Finally, the women took part in a very powerful activity called Positive Perceptions. Physical and emotional abuse often leaves women, even those with the highest self-esteem, haunted by negative self images. Our culture has done little to encourage women to say or think positive things about themselves. In this final event we did just that. Each member was given compliments aloud and in writing that we hope will be recited again and again on her journey to living better in the world.

With intense empathy, gales of laughter, and tears from the heart these women helped each other to recognize their own strength and create new possibilities for themselves. They laid down a path for other women to follow. They gave each other hope, and there is no greater gift.

This particular group of 13 women has requested another round of sessions together to explore these topics in greater depth. SR is happy to announce that this group will be meeting during February and March as our first Education Group III. Onward we go!

Changes at Spruce Run

In the past year, **Dorathy Chocensky** became our new Resource Development Coordinator, while **Tina Roberts** will stay with us part-time as a Special Projects Coordinator, focusing particularly on the Safe Campus Project. We said goodbye to **Karla Bosse**, Legal Services Coordinator, and welcomed **Amber Crowell** to the position. Karla will work at Penquis Law Project as a Legal Assistant and will be working toward taking the Maine Bar Exam. *We'll miss you and good luck, Karla!*

This year we also welcomed **Sharon Callnan** in working as a full-time Legal Advocate. Sharon started at Spruce Run as a work-study student in the summer of 2001, and quickly began working part time on the hotline, at shelter, in kid group and assisting with two hotline trainings. Sharon will be with us full-time until August, when she plans to attend graduate school for her social work degree.

On February 5, 2003, Catherine (Kay) E. Cutler, a great and long-time friend of Spruce Run, died at her home in Portland at the age of 89. She was a lifelong activist and forceful advocate for mental health care reform, education, and social services in the state of Maine. Kay co-chaired two major capital funds campaigns for Spruce Run, resulting in the acquisition and renovation of our shelter building in 1983 and our Resource Center in 1995. She was a natural leader who brought intelligence, passion, wit, and a conviction that anything is possible to all her endeavors. We mourn her passing.

Meet a Spruce Run Volunteer!

Galen Lewis has been volunteering for Spruce Run for nine years. In that time, he has helped plan for volunteer in-services, assisted with our Transitional Housing Program, kept our office and shelter tidy and helped set up many displays of the Clothesline Project. He is self-employed and lives in Carmel with his wife, Sandra.

What prompted you to volunteer at Spruce Run?

Fourteen years ago my daughter was beaten and raped. I said to myself, "I have to do something for both myself and for others about this issue." Working here gave me a tremendous amount of support. At the same time, I feel good that I am giving my time to work toward ending violence.

What do you like best about volunteering?

I have been volunteering for social services for 23 years. It has been sort of a family tradition! I always wanted to work at a place like this—everyone works together like a team. There is good communication and support for each other. When I first came here, there were eight employees. Now there are 17, and I am amazed at how Spruce Run has continued its collectivist structure. It makes volunteering here very enjoyable for me.

How has your view changed about domestic abuse?

I think that our community really cares about this issue. I have gone around asking for sponsors for Spruce Run events and so many businesses, groups and individuals are really supportive. It makes me feel proud and even more excited to keep volunteering.

What would you say to someone who may be thinking about volunteering at Spruce Run?

It is certainly rewarding work. And it also keeps me moving and in better shape!



How can YOU help?

Volunteer Your Time

- Be a hotline or children's worker (no experience necessary; our next trainings begin in May—call Maureen at 945-5102)
- Join our Steering or Fundraising Committees
- Other opportunities: sorting donations, clerical and manual work

Donate Money

We depend on the generosity of our community for a significant portion of our budget. All donations to Spruce Run are tax deductible.

- Contribute to our general fund, our capital fund, or our endowment

Participate in our Fundraisers

- Celebrate our 30th year with us at the Gala Dessert Party (see page 11)
- Participate in other fundraising events, such as our annual walk/run in October

Get Involved

The Domestic Abuse Task Force (DATF) meets quarterly, and new members are always welcome!

Call 945-5102 for more information

Sponsors of Spruce Run's
Gala Dessert Party (to date) include:

The Spectacular Event Center

Miller's Restaurant

The Silver Law Firm:

Warren M. Silver, Karen D. Kemble and Seth D. Harrow

IN MEMORY OF KAY CUTLER



Gala Dessert Party

*Featuring Desserts by the Area's Most Famous Chocolatiers
With a nod to fruit and vanilla*

**Fundraiser and Celebration to Benefit Spruce Run Association,
Celebrating 30 Years Working for Peace at Home**

Saturday, March 29, 2003

7:00 – 9:00 p.m.



Spectacular Event Center

Music Entertainment by:
The Hampden Academy Jazz Lab Band & The Spontaneous Jazz Ensemble

TICKETS: \$15.00—Adults, \$5.00— Kids under 12

DIRECTIONS TO SPECTACULAR EVENT CENTER (395 Griffin Road Bangor):

North on I-95, take Union Street Exit 47, turn *left* onto Union St. **South** on I-95, take Union Street Exit 47, turn *right* onto Union St.
Go through 4 sets of lights. At the 5th light turn left onto Griffin Road. It is the third building on the right.

Tickets Available at the Door or Call 945-5102

To receive tickets by mail, please fill out the following form and return it to:
Spruce Run Association, PO Box 653, Bangor, Maine 04402-0653

Name: _____
Address: _____

____ YES! I would love to celebrate with you! I would like:

____ adult tickets, at \$15 each,

____ children's tickets, at \$5 each.

My check for \$ _____ is enclosed.

____ Sorry, I am unable to attend, but please take my donation of \$ _____ to pay for tickets
for someone who needs them.

Spruce Run Services

If you or someone you know is experiencing abuse, the following services may be helpful:

24-Hour Hotline

We offer support, feedback and information about options, with the firm belief in one's right to make one's own decisions and act on one's own behalf.

Advocacy

Advocates are available to offer information and support at TANF/ASPIRE, local hospitals, Penobscot County District courts, Child Protective Services and some schools.

Support/Education Groups

Women meet weekly to help each other by sharing experiences and offering encouragement and understanding to one another. They may bring their children to a children's group at the same time.

Children's Services

Children have the opportunity to talk about their feelings in a safe and fun environment in groups and when they are in shelter.

Shelter

We provide emergency shelter for victims of domestic abuse and provide information about other shelter and housing options.

Training and Education

We provide training, consultation, and education sessions about domestic abuse for schools, employers, service providers, and others to foster a coordinated community response to domestic abuse.

Spruce Run is funded by the United Way, the Department of Human Services, the Maine State Housing Authority, and your generous donations

5NGLP

University of Maine
Women's Resource Center
101 Fernald Hall
Orono ME 04469

Return Service Requested

NON-PROFIT ORG
U.S. Postage
PAID
Bangor, Maine
Permit No. 112

Spruce Run Association
PO Box 653
Bangor ME 04402-0653