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Spruce Run News (Summer 1983)

Spruce Run Staff

Spruce Run

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Spruce Run Association

P. O. BOX 653

BANGOR, MAINE 04401

SERVICES FOR
ABUSED WOMEN
207/947-0496

INCORPORATED AND SERVING THE COMMUNITY

SINCE 1983

Summer 1983 Vol. 10 Issue 1

CAPITAL FUNDS CAMPAIGN

As the capital funds campaign formally ended on May 31, we were in sight of our goal of \$155,000. Since then we have received enough pledges to ensure the financial security of our shelter.

The campaign was successful despite several midstream changes. A couple of months ago the campaign office moved from 229 to 223 State St. (our building). When general chair-person Susan Blatchford had to resign for personal reasons, Catherine Cutler stepped in with her incredible energy, enthusiasm, and knowledge of our fundraising area. Kay even forded the raging Piscataquis River in her compact car for a \$6,000 contribution! Karla MacDougal, our new office worker, quickly learned to do the day to day record keeping from Lynn Gould who regretfully resigned to take another job. Mastering the cast of characters was probably the hardest part of the transition for Karla. Now Karla is gone and Connie is gathering the last of the pledge cards.

If you have any pledge cards to turn in, please send or bring them to the office. Look for the final total raised and a list of thanks in the next newsletter.

10 YEAR ANNIVERSARY THIS SUMMER

Spruce Run has been providing services for ten years. This summer we will celebrate our anniversary and the opening of our shelter. If any of you would like to help plan this celebration and possible open house, please call.

* * * * *

Welcome to our newest hotline counselors to Debby who will also be a work-study student in our office this summer; to Paula, Mary H., Mary L., and Pam who completed training in March and now regularly work on the hotline from home and the office. Their enthusiasm, idealism, commitment, and humor are needed and greatly appreciated.

Currently another group of volunteers is completing the rigors of training. Carolyn and Sue are the trainers this time. We will be depending on volunteers more than ever when we open our new shelter.

THE BIGGEST NEWS: SHELTER WILL OPEN IN AUGUST

Daily we are asked, "How's the house coming along?" According to the events of that particular day, one is likely to get a variety of answers. There are times when it seems that things will never be done, but much has been accomplished in the past few months.

The front steps have been replaced. All electrical work is done. The plumbing has been repaired, inspected and approved. The heating plant, donated by Webber Oil, has been installed and is operational for the first two floors.

(Cont. on p. 2)

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.

* * * * *

Shelter (cont'd from p. 1)

The carpentry work is complete on the second floor, but Noel Tewes, our marvelous carpenter has returned for an unexpected wall replacement in the future wedgewood room on the first floor. Rugs for the back bedroom and the hall were donated by Saliba's. Jeff Lane donated the labor to install them. A payphone for residents has been installed on the second floor. Furniture has been purchased. Currently Dottie is coordinating crews of patchers, scrapers, sanders, and painters. They are transforming our building before our very eyes!

Soon we'll be ready for the inspection by the code endorcement officer who will issue our certificate of occupancy.

It's very close! We'll actually be able to provide shelter!

Thanks again to the shelter committee who has spent endless hours on this project.

Carnation

Sale

**-greatest
success
ever!**



(see
details
page 7)

Nancy, the mother of eight, heard about Spruce Run at Displaced Homemakers. She went through the Spruce Run volunteer training last spring and has been involved with Spruce Run since then as a volunteer hotline counselor. She is a full-time student with the Onward Program and is at a point of choosing which program to enter. She has an affinity for social services, but she questions whether there will be jobs, so is exploring other options such as business school.

Tracey, who is used to being the interviewer as a broadcaster at MPBN says she's not used to being on the other end of the questions. She joined Spruce Run over a year ago, feeling that she wanted to contribute to the world, to meet a variety of people of different ages and explore career directions. She's a student in psychology and is assisting in women's research. She calls herself an "awakening feminist". She found that Spruce Run training was more demanding than she'd expected, had not realized how personal needs and feelings were involved, but appreciates how learning to listen to people has made her life richer.

Carolyn has "helping syndrome" and wanted to save the world from domestic violence, so she became involved with Spruce Run last May. Years ago she had been beaten by her husband and felt that she could understand the situation that many women endure. She is the mother of three teenagers and is now married to a wonderful supportive man whom she likes "a whole lot". She is employed by Parents Anonymous of Maine, and has been very involved in her church (as organist and director of youth activities). Since she's been involved with Spruce Run she has done hotline coverage from home, helped with training and community education, and is currently one of the co-trainers for the training group that is now underway.

Peggy got involved with Spruce Run because Marian walked into Headstart one day and recruited her. Further, she had contact with the issue through her job and strongly supported what Spruce Run does. Peggy went through training a year ago and has been on call since then. In addition she is the Family Services

(who the workers are, continued on
page 4)

Eagle's Club lays \$1,000 Golden
Egg on Spruce Run

In a ceremony held April 30 at the Eagles' Club, Jim Hill presented \$1,000 to Marian Allen, community education coordinator for Spruce Run Association. The Eagle's Club held a variety of fundraising events which included dinners, beano games and the raffle of an afghan. At the Saturday night event Allen thanked the Eagles for making the contribution to Spruce Run. She pointed out that this is the first male service organization to make such an effort. She commended the Eagles, saying "This is a hard subject to talk about because each of us has the potential to be abusive. If we talk about it, we need to see it in ourselves. We also see our potential to accept abuse. It takes guts to take a stand and say we need to do something about this problem."

The money from the Eagle's Club will go toward operating expenses. As Jim Hill noted, "Once you open shelter, you'll need more operating expenses than ever."

FROM CHILD WELFARE PLANNING NOTES, OCTOBER
1982, DIRECTOR'S COLUMN, BY JACK CALHOUN

"During the '70's, female-headed families became the majority of poor families with children. Senator Daniel Moynihan (D-N.Y.) reports that, 'according to the 1980 census, the proportion of such families is now 53.6 percent. In New York it is closer to two thirds (65.8 percent).' Moynihan goes on to say that, 'it is now reflected in striking data which indicate that one-third of all children born in America during 1980 will spend some portion of time on welfare...one child in three born in 1980 will be on public assistance before the age of 18. That is more than 4 times the 1940 ratio' (New Republic, June 1982)."

BATTERING---WHAT IS IT?

Battering is defined for us as "repeated and targeted abuse designed to instill fear and used as a means of control". This abuse may be either physical, mental/emotional, sexual, or even societal. The dynamics in any case remain the same. It is the batterer's need to control the victim. This control is maintained either by actual physical force or by the fear experienced when the previous instances of violence are remembered, or are threatened again. The most vulnerable areas are targeted, whether they be physical areas of the body or particularly susceptible areas of the emotions.

Some of the reasons violence is so prevalent is because it is extremely effective as a means of establishing control. Fear diminishes a victim, and when appeasement or subjection seems easier than terror or pain, then the choice to be made is obvious.

Battering is sometimes blatant, but very often, so subtle that it may not even be apparent unless there is a lot of awareness. A victim may be battered by a person in a spousal relationship, by an employer, by a house or roommate, by a person in the role of a friend, advisor, or a relative. It may also be a part of the dynamics of a business relationship in a social institution.

The solution is ultimately the same in all of these situations. The victim must either leave the relationship/situation, or be able to change it so that the element of fear is no longer persuasive and control ceases to exist.

--AWAIC Newsletter

(Abused Women's Aid In Crisis,
Anchorage, Alaska)



On May eleven, 1983, Joan Coolidge, formerly of Winterport, Maine, was beaten to death by her cohabitant in her Madison, Wisconsin home. On May twenty-third, Sally Snow Colby was shot to death by her husband on her neighbor's steps on Verona Island Maine. Any domestic murder evokes a community response. On June 4, Spruce Run held a memorial service as an opportunity for the public to mourn the deaths of women who have been murdered by men with whom they were intimately involved.

The service included Sonata #3 by Handel played on the violin and piano, the reading of the poems "Voice of a Murdered Wife" by Minnie Bowden, "X Husband" by Ellen Mark, and "Dirge without Music" by Edna St. Vincent Millay; selections from Psalm 55 and Isaiah II, and the reading of excerpts from Introduction to Family Violence, Poems on the Pathology by Joy Harjo.

The service also included a Man Responds to Violence Against Women, Words of Hope, A remembering of women who have died with a candle ceremony, and group singing of Kumbaya and "One Woman's Hands" by Pete Seeger.

Murder is shocking and reminds us that violence is not something we can forget or keep a secret. Violence is a killer and it will not disappear if we ignore it. "Speaking out on this issue isn't easy. It means facing ourselves and the pain that has been inflicted on many, many people. It means sometimes ridicule from those most fearful of what you have to say. It means explaining a thousand times over what appears to be obvious...."*

Yet by speaking out we challenge the previously accepted pattern, we open doors to would be victims, we provide hope and affect change. It is each person's responsibility.

*from "Introduction to Family Violence, Poems on the Pathology."

Coordinator for Headstart. She owns a solar-celled rotating plant pedestal which has also been used as an IQ test for visitors. On April 18 she became the mother of a boy named Christopher Andrew. Congratulations! She is trying to get a garden going, but finds that Christopher consumes all of her time. "Being a mom is harder than being a Spruce Run volunteer," says Peggy.

Beckie came to this area because of the university. She had been involved with Family Support Center in Presque Isle. Once she had exposure to the issues of domestic violence, she wanted to become more involved and decided to volunteer with Spruce Run. Beckie got "hooked on Maine" when she worked at the Jordon Pond House one summer, but purports that her love for the State has less to do with the popovers than liking to canoe, ski, white-water raft, and fly fish. Currently she lives in a camp on the lake at Lucerne. She is the Care Manager for the Washington-Hancock County Eastern Task Force on Aging, providing services which enable the elderly to remain in their homes.

Brenda who was born and bred in Canada rode with her husband Allan in a car over the border to Orono. While in the U.S.A., she picked up an M.B.A. and a dog at U.M.O. Additionally, this multi-dimensional personality has graced the Spruce Run steering committee with her membership, her clear sighted commentary, and hard work. Since joining the steering committee last Sept she has been actively involved in the capital funds committee; inspired by that, she joined the municipal funds committee and the finance committee. She has served as treasurer and spent three days at the yard sale picking, piling and presenting new fashions and great buys to the public. Who knows what heights she might have reached and what she might have brought to Spruce Run had she and Allan not decided to return to their native land. They will be soon living in Toronto and everyone is invited to attend the Mariposa Folk Festival next year and stay with Brenda and Allan. Meanwhile Ann has offered to have Brenda fly in for next year's yard sale. Anyone wishing to see Brenda at that time will need to buy tickets in advance.

(Profiles of Spruce Run workers will be continued in the next issue)

Counselor At Home - First Time Jitters
(The Sequel to Counselor on Call)

by Peggy

No one can talk to me for days because I'll be "On Call" Wednesday night.

Wednesday finally arrives and I'm a nervous wreck!

I get everything ready: cue cards full of open-ended questions, and feelings;

fancy blue binder with information

5:00 pm UGH! Am I ready? I call in, then call Dial HELP.

5:05 pm I wait nervously by the phone.

6:05 pm Still waiting, I can't eat or move.

7:05 pm Finally, I stand up and get my knitting.

. . .

9:35 pm While I'm knitting by the phone; I'm asked if I'm going to bed tonight
or if I'm just sitting by the phone all night.

9:45 pm I decide to go to bed; I call my backup to see if I can phone her if I
get called at 3 am. She's very supportive, and says "By all means
call."

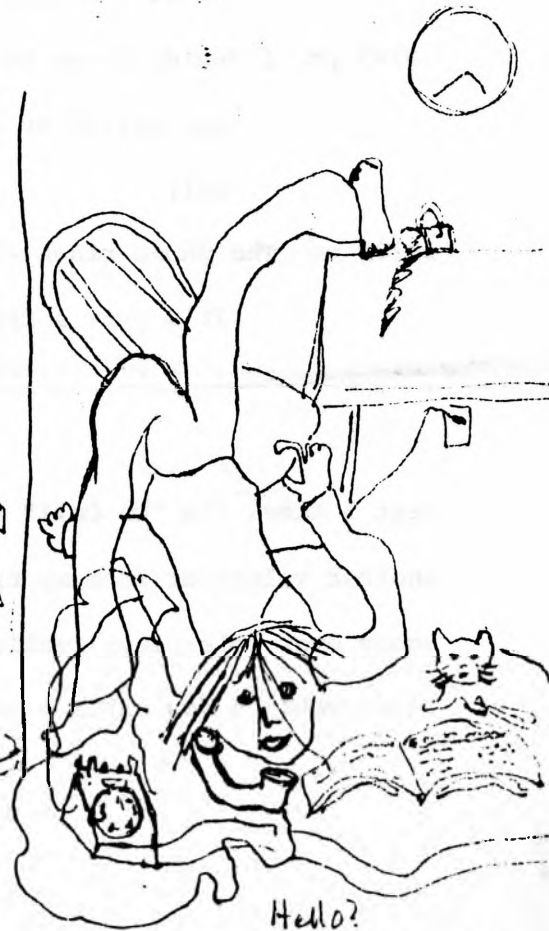
10:00 pm The phone rings--AAHHH--My heart beats quickly. I answer the phone.

It's just a friend. "Sorry I can't talk, someone might call..." I say.

Next 5 times I'm "On Call" the same things happen but no one calls. I wonder with
another volunteer from my training group if anyone really does call. Was all that
agony over role-plays really worth it?

I've gotten a few calls since then and feel glad I had the training.

Counselor on Call....
first time jitters



Hello?
Whatdayamean...
Wrong number!?

Our Annual carnation sale on Mother's Day was the best ever this year. Dottie did a great job of organizing it and would like to thank all the others who made it such a success. First she wanted to thank Terri for the paperwork she had already done and enabled Dottie to organize the event. Julie Grab took responsibility for involving the nursing homes in the sale this year. Jeannie Jewett, Connie and volunteers Tedd, Laura, Eloise, Elaine O., Carolyn H., Lynn G., Anne M., Ann S., and Nancy F., helped with sorting and distributing. Thanks to Merle for the use of his truck. The money is still coming and we expect to have raised approximately \$1,000.00.

* * * * *

YEAR TO DATE STATISTICS

By the end of May, Spruce Run had provided the following services in 1983.

Counseling: 483 hours
 Advocacy: 64.5 hours
 Information & Referral: 155.5 hours
 Community Education: 226 hours

* * * * *

OUR FUNDING SOURCES:

Local Fundraising and membership dues

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, etc.

All donations are tax deductible.

* * * * *

ROCKING CHAIRS, ETC.

Synoecy, a social and civic organization of single persons, donated two rocking chairs (one child size and one adult size), in memory of past president Harold Dyer.

Members of the group spent many hours sanding and varnishing these rockers. In addition, they collected and donated hand made items to please all ages; pot-holders, aprons, crayon holders, pencils with feather tips, book markers, bean bags and plant holders.

Eilene Coombs, president, Marilyn Simon, vice president, and Jean Steves, sec/treasurer presented the items to a joint meeting of the Spruce Run steering and shelter committees on May 5th. While most of the items are awaiting opening of the shelter to be put to use, the rockers found their way into immediate service. Thank you Synoecy.

* * * * *

This year the most spectacular yard sale ever brought a gala assortment of bargains to Bangor consumers who bought everything from used radiators, to antique vases, to latest fashion in bathing attire. Thanks to Ann, Brenda, Jean, Noel, SDN, Debby, Dottie, Ted, Laura, and all others who helped organize and sell. Also thanks to all the people who donated those great selling items! Our total = \$1,000!

ALERT! The Spruce Run Banner disappeared at the yard sale. Does anyone know where it could be? Please call the office or SDN.

* * * * *

The Spruce Run Newsletter is published periodically. We welcome news items and your comments. To submit items or request additional copies, write to Marian Allen, editor, at Spruce Run, Box 653, Bangor, Maine 04401. Thank you to Peggy, Mary L., Ann S., Connie and Dottie for your contributions to this issue. Thanks for helping in editing to Terri Lewis.

Thank you to Elaine O. and Dottie for continuing to coordinate your lives away so that Spruce Run will have a shelter.

Spruce Run Association
P.O. Box 653
Bangor, Maine 04401



Keeping cool on the HOT line.

Mf