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Winter 1-1-1988

## Spruce Run News (Winter 1988)

Spruce Run Staff

*Spruce Run*

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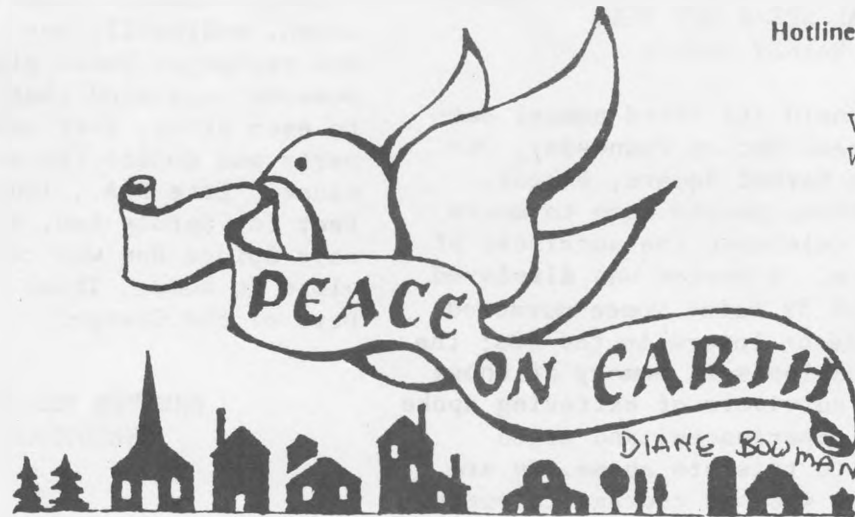


# SPRUCE RUN

*Services for Victims and Survivors of Domestic Violence*

Hotline 207-947-0496

VOLUME XV, No. 2  
Winter, 1988



Dear Friends of Spruce Run,

It's our 15th anniversary! In 1973 Spruce Run was incorporated with a one-room, rented office and a few volunteers; the major service was the hotline. Today we operate numerous programs in both Penobscot and Hancock Counties with a paid staff of eight and over 60 active volunteers.

The National Coalition Against Domestic Violence celebrated its 10th anniversary with an inspiring conference in Seattle. We had been saving our pennies for several years and managed to partially fund ten staff members and volunteers to attend. Two more volunteers paid their own way. We learned a lot and were able to contribute fresh energy and ideas from our experience.

This has been a year to focus on space. Our Hancock County Project moved its office to larger and more suitable quarters. We rented some additional office space in Bangor which has provided quiet work space for all the staff. Most importantly, a generous grant from the Maine State Housing Authority funded the final renovations to the shelter. The enlarged and reorganized kitchen is more suitable to our needs, and the last two bedrooms and bath upstairs are shipshape and welcoming.

Despite all this physical disruption, our staff and volunteer crisis counselors provided 685 hours of individual crisis counseling and 212 hours of group counseling in the first nine months of fiscal year 1988. During the same time, 117 women and children stayed in the shelter.

We bid a tearful farewell to Mary Cathcart, our Community Education Coordinator, and rejoiced when she won her seat in the Maine State Legislature. We welcomed Ronelda Whitmore, our second Hancock County staffer, and Maureen Flagg, our new shelter services coordinator. Having a full staff of eight again will be great. Some volunteers have left or changed their roles at Spruce Run, but we trained 20 new volunteers as crisis counselors, speakers, or steering committee members.

Financially, this has been a good year. The United Way recognized our expanded programming with a substantial increase and the State of Maine provided the money appropriated for domestic violence projects a year and a half ago. Some federal funds "trickled down" to us as well. However, it is your support that makes this grassroots agency work. Your time, energy, ideas, gifts, and donations are very important to us. We couldn't do without your support.

Many thanks for your help in 1988. May our homes and our planet be peaceful and joyful in 1989.

Sincerely,

*Ann Schonberger*

Ann Schönberger

Chair of the Steering Committee

### THIRD ANNUAL SPEAK-OUT HELD IN WEST MARKET SQUARE

Spruce Run held its third annual Battered Women's Speak-Out on Wednesday, October 9, in West Market Square, Bangor. Approximately thirty people came to mourn the victims and celebrate the survivors of domestic violence. A poster was displayed with the names of 59 Maine women murdered by their husbands or lovers in the '80s; the group released balloons in memory of those women. Several survivors of battering spoke out about their experiences, and urged other women not to tolerate abuse. We are grateful to those who had courage to speak.

### CHILDREN'S WISH LIST

#### TOYS

Dollhouse dolls (3")	Doll clothes
Dollhouse furniture	(all sizes)
Play dishes	Doll furniture -
Play pots and pans	crib, stroller,
Puppets (families)	walker, changing
Sets of Jacks	table, etc.
Bubbles	Toy telephone
Chalkboards	Nerf balls (all
Chalk - white and	types)
colored	Koosh balls

#### ART SUPPLIES

Pompoms (all sizes)	Colored rocks
Styrofoam balls (all sizes)	Construction paper (all sizes)
Poster board	Magic Markers
Drawing paper	Colored pasta
Glitter	Beads
String	Stretch string
Glue - roll-on	(thin elastic)
Popsicle sticks	Tongue depressors
Play dough	Wood with holes for mobiles
	Child-safe scissors

Thanks for all your help in keeping our shelter kids supplied!

The Hudson Grange, a group of 10-15 women, ordinarily has a Christmas party and exchanges small gifts. This year, someone suggested that, instead of giving to each other, they each bring \$3 to the party and donate the money to a worthy cause. Etta D'A., longtime former volunteer for Spruce Run, suggested us. Etta says Spruce Run was chosen because it's close to home. Thank you, Etta, and members of the Grange!

### SHELTER REMINISCENCES OF CHRISTMAS, 1987

It was about one week before Christmas. I had Spruce Run all to myself. It is a very large, quiet house alone.

I had to be separated from my children for the holiday season. They couldn't stay with me at Spruce Run because of their ages (teenaged boys) and I couldn't be with them at my parents' house because of my safety.

That was a very sad, lonely time in my life. I felt terribly alone. To say I was sad would be an understatement! The snow was falling, and I had just come home (to the shelter). Everyone there had been excited to get home to their families. I was extremely depressed.

I went into my bedroom feeling alone and empty and cheated. There, in the middle of my bed, was the biggest, warmest, most loving teddy bear I had even seen! He was wearing a U of M t-shirt, a smile, and a note saying "For Ronnie".

I sure didn't feel alone, empty, or cheated then, and I definitely didn't feel unloved!

All I can say is, Thank you, everyone at Spruce Run! You are my holiday.

- Ronnie D.

Have you even spent a snowy, stormy night alone in Spruce Run? The creaks and groans of the empty house seem to be exaggerated with every gust of wind against the window.

My bedroom was on the third floor; the telephone was on the second floor.

It must have been around two o'clock in the morning when I woke to a strange sound in the house. First I thought I was still asleep because it seemed to fit into my dream. Then I realized it was real. Someone had come into the house. They were moving around very quietly on the second floor. I could hear whispers.

What should I do? Should I yell down and demand to know who was there or should I keep quiet and maybe they would just leave? Who could it be? Why were they sneaking?

I was wearing only a short, short nightshirt. My jacket was in the kitchen. My shoes and clothes were in the closet, which made a terrible squeak when opened. My only weapon was a nail file.

Being terribly afraid of being found alone there, I decided to leave. I snuck to the fire exit in the playroom. I fixed the door with a block so I could get back in, if necessary.

The stairs had about a foot of snow on them, and I had bare feet! When I reached the street, a police car had just gone past! I ran down the middle of the street wearing only my nightshirt, yelling and waving my arms. He didn't see me or hear me!! I was scared.

When I turned back toward the house, I noticed a car parked by the door. Three people were carrying things into the house! They didn't see me. I realized it was someone coming to stay at the shelter.

I was so embarrassed! I snuck back up the steps, went back into the fire exit door, and tiptoed back to my room. I dried my freezing feet and went downstairs to greet the new arrivals. They never knew about my escape!

What would I have done if I had caught the police? I don't want to think about it!

Please, Spruce Run volunteers, always call the shelter and tell whoever is there you are bringing someone in! Let the phone ring! I wouldn't want anyone else to feel as ridiculous as I did!

- Ronnie D.

## STAFF WELCOMES MAUREEN

The Spruce Run staff will soon be joined by a new/old member, Maureen Flagg, who will come to the position of Shelter Services Coordinator on January 2. Maureen came to Spruce Run two years ago as a practicum student and has been there ever since as a work/study student. Her experience should serve her well in the shelter job, as she continues to work with residents and on the hotline and hopes to do more outreach, with such groups as Native Americans and battered lesbians. She is "really excited" and hopes to develop more programs, such as support groups and discussion groups.

Maureen will continue parttime study for her degree in Human Development at UM. She is married to Bruce, and they have a 4-year-old daughter Megan. Aside from her commitment to Spruce Run and her family, she also enjoys reading, exercising, swimming, and sunbathing. What a busy woman! Thanks for fitting Spruce Run into your life, Maureen.

## COURAGE TO HEAL AUTHOR AT UM

A four-day series with Laura Davis, co-author of The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse, will be held at the University of Maine beginning Thursday, January 19. A leader in the field of healing from child sexual abuse, Laura Davis takes the pain she experienced in her own childhood and turns it around to educate and empower others. Her visit will include a public address on "The Courage to Heal" in Hauck Auditorium on Thursday, January 19, 7:30 p.m.; a one-day Workshop for People Working with Adult Survivors, Friday, January 20, 9 a.m.-5 p.m.; and a two-day Workshop for Women Survivors of Child Sexual Abuse, January 20 and 21, 10 a.m. - 4 p.m. The public address is free, and the workshops require pre-registration and have sliding-scale fees. For additional information, phone the Office of Equal Opportunity, Alumni Hall, U of Maine, Orono 04469, 207-581-1226.

Staff, hotline volunteers, and Steering Committee members spent the day having fun and working very hard. We came up with a statement of our current mission and a vision of our mission 5 years from now. Below is the statement--those portions which are not underlined are the current statement; the underlined portions are what were added to the original statement to reflect what we'd like our mission to be 5 years from now.

#### MISSION STATEMENT

Direct Services: To provide support, safety, shelter (for women and their children only), advocacy, education, information, hotline services, and referrals to, and to enhance the self-actualization and empowerment of, people who are facing or have faced violence in their lives or who are in crisis, most especially women and their children. To actively reach out to provide services to underserved groups such as lesbians, prostitutes, women of color, etc.

Community Response: To provide materials, programs, and education in order to increase awareness and understanding in the community and its institutions regarding domestic violence and its effects on women and their children. To enhance the community's response to domestic violence in order to increase the safety of battered women and their children and to decrease domestic violence.

Organizational: To continue efforts to equalize the power imbalance, as it is expressed by oppressions such as sexism, homophobia, racism, ageism, etc., and to empower ourselves. To be members of the Maine Coalition for Family Crisis Services. To more fully incorporate battered women in every aspect of the organization. To continue our commitment to collectivism and consensus decision-making. As appropriate and when possible to work cooperatively with other groups who share our concerns.

We need to take these statements and consider how we plan, concretely, to get from here to there; especially what we need to do in the next couple of years. Subcommittees will be considering the implications for their work and bringing concrete plans back to the Steering Committee in the next few months. We would like feedback on this! Please contact staff, Steering Committee members, or subcommittee members with your input.

- Karen M.

#### POEM

He is there,  
He is love,  
He is kind,  
He alone understands,  
He promises to stop my hurt,  
...to care for me eternally.  
God and man become confused.  
I must obey,  
Even please.

He is all that I have;  
There could never be another.  
Yet this man is an angry God,  
His fury unmatched,  
His deeds terrible.

Love and hate, they are the same  
In his world of pain.  
I hear his voice  
Once soft and warm,  
Now suggestively raging,  
Angry,  
Ready to pronounce the sentence  
of pain.

He is the interrogator  
the judge  
the warden.  
He wills to be the executioner.

I will not let him.  
I will flee.  
I don't know where,  
But somewhere there is love and care.

- Joanne R.

ROE v. WADE ATTORNEY  
COMING IN JANUARY

Sarah Weddington, the attorney who defended reproductive freedom in the Roe v. Wade case, the Supreme Court decision legalizing abortion, will speak in Maine on Saturday, January 21, 1989. Ms. Weddington's subject is "What Is Our Future: Reproductive Rights and the Supreme Court." For details on the time and location of her speech, phone the Maine Women's Lobby at 773-0815; MCLU at 871-7063; Chris Rusnov (Maine NOW) at 873-0878; or Betsy Mahoney, Family Planning Association of Maine, at 622-7524.

"THE BATTERED WOMEN'S MOVEMENT:  
BRINGING THE VISION HOME"

The National Coalition Against Domestic Violence held its 4th national conference in Seattle, Washington this July. Twelve women from Spruce Run attended, members of the Steering Committee and Staff as well as Volunteers. It was a wonderful time of sharing with members of our movement from 48 states and several countries.

The conference mission statement was:

"In accordance with the Principles of Unity and Mission Statement (of NCADV), we set forth the following goals:

- \* to take a clear stand as a social change movement.
- \* to challenge those who work within the battered women's movement to actualize the vision of social change
- \* to maximize participation by the membership of NCADV
- \* to create forums to identify crucial issues and facilitate dialogue to move us towards unity
- \* to support the leadership and empowerment of battered and formerly battered women which affirms the diversity of the movement
- \* to promote and publicly affirm battered and formerly battered women who are working with the movement by acknowledging and confronting the issues of oppression and revictimization that are perpetuated within ourselves, our programs, and our organizations.

This 1988 conference is a celebration of the battered women's movement. The battered woman created the initial vision of the movement. We must never forget her voice."

150 different workshops were offered on topics critical to our services, organization, and vision: reaching out to battered women in prison, lesbians, prostitutes, women of color, differently abled women, and women who struggle with substance abuse; challenging our projects to take on issues of classism, racism, homophobia, and other "isms" which divide us and weaken our movement;

offering more education and action groups for women which recognize the strength and courage of women who have survived battering. Several workshops were offered to discuss more effective ways of working with the criminal justice system.

It was exciting to see the international participation, to meet the women from other countries creating services within their own cultures. We were moved by the voices of battered women speaking out about ways in which our movement has saved lives, yet also how some feel excluded from our organizations.

In the months following the conference, the women who attended from Spruce Run have continued to bring up issues raised by the conference, affirming what we have achieved and challenging us to take on those things which need attention. We came back excited about our work and feeling part of a strong and growing movement.

Hearing the voices of women who have survived battering, it is clear that each time a woman is able to get free from domestic violence our society is changed a little bit toward becoming a safer place for us all.

POEM

My children, home, dreams, family  
and friends  
To you I must say my silent goodbyes.  
Just think of me as one departed.  
Let us all grieve, mourn, and forget.

Dry our tears and open our eyes  
To a brand new life without lies.  
A high and unfair price to pay  
To be sure. But the desire  
To be me will not leave me.

So this is the way it has to be.

- Mary Ellen Newell

(Mary Ellen Newell, a battered wife, and her husband Franklin were found dead, an apparent murder/suicide case, on September 10, 1988. We thank her family, Mr. and Mrs. George Stevens of Princeton, for permission to reprint her poem, and extend to them our condolences on the loss of their oldest child in this holiday season.)

## SHELTER WISH LIST

A new TV  
 Towels and washcloths  
 Sheets & pillowcases (twin & double)  
     (Look for linens at the Curtainshop  
     on Bangor Mall Road)  
 Tablecloths for medium-sized oval table  
 Writing paper, blank cards, pens & stamps  
     for residents  
 Babywipes & diaper pails  
 Tylenol for children and women  
 Sponges, plastic wrap, tin foil, and  
     plastic bags in several sizes, as well  
     as freezer containers.

## BOOKS!

There are a few books which we need several copies of for our training library and to lend to women in shelter. Most are available in area bookstores. New Leaf Books in Rockland 04841 has most of these in stock and is willing to order those it does not currently have. We also urge donations of these books to local libraries.

GETTING FREE - Ginny Nicarthy  
 THE ONES WHO GOT AWAY - Ginny Nicarthy  
 BATTERED WIVES - Del Martin  
 THE BATTERED WOMAN - Lenore Walker  
 NAMING THE VIOLENCE - Kerry Lobel

INFORMATION GUIDE FOR  
ABUSED WOMEN IN MAINE

The Maine Division of the American Association of University Women and the Maine Coalition for Family Crisis Services worked together to publish a booklet full of valuable information. The Information Guide for Abused Women in Maine is designed to help women, particularly those who live some distance from our domestic violence projects, to recognize the violence in their lives and to struggle with hard questions: Am I being abused? Why does abuse happen? Why can't I see my situation clearly? What is this doing to my children? Should I stay or leave? How do I go about leaving? How do I use the legal system? When will I feel better? How can I help others? The last portion of the booklet provides a bibliography of books about domestic violence and a list of resources available throughout the state.

The initial printing of the booklet was funded by the AAUW along with several other Maine foundations, businesses, clubs, individuals, and church groups. There was an excellent response, and nearly all the booklets have been distributed.

The Maine Coalition for Family Crisis Services recently received a grant from the Maine Bar Association to do an additional printing. We hope to have many more booklets for distribution in the spring. If you know of anyone who would like to have a copy, encourage them to call us or the domestic violence project nearest them.

MAINE COALITION FOR  
FAMILY CRISIS SERVICES

Throughout Maine, domestic violence projects are working to provide services to battered women and their children. Shelters, safe home networks, hotlines, support and education groups, advocacy, information and referral, as well as programs of community education and response are available in most areas. A new shelter recently opened in Machias, part of the Womankind project. The Aroostook County project opened an additional shelter in Houlton and a transitional house in Caribou. Both the Portland and Sanford shelters have added ramps and facilities to become wheelchair accessible.

Meeting on a statewide basis, the workers in children's services, women's advocacy, community response, and administration share information, support, and technical assistance to each other on a regular basis.

The State of Maine allocates funding to domestic violence projects through our Coalition. That is, the funds are allocated as a whole to the Coalition, and then we, the nine member projects, determine the distribution throughout the state. In the coming legislative session, new funding bills will be introduced to increase our allocation. We are hopeful that, with public support, the legislature will respond favorably to this request and increase funds for outreach and maintenance of our services.



## WHO THE WORKERS ARE

Spruce Run welcomes a new group of hotline volunteers, who completed the training led by Francine S. and Lynn B. this Fall.

Judy was born in Lewiston and graduated from Bangor High. She lived in Michigan for 15 years before moving back to Maine in 1984. She now lives in Veazie. Judy has taught at Wayne State University and the University of Maine. In September, she started her own consulting business, working with teachers and school districts doing professional development in the teaching of reading and writing. Judy's son is a junior at the University of Southern Maine. Her hobbies are crafts, hiking, biking, reading, writing, and cross-country skiing. Judy says life has become an exciting adventure for her.

Bonnie says her hobby is home-steading, but she keeps very busy at it. She raises dairy goats, chickens, rabbits, and turkeys, and makes her own cheese and yogurt. She worked in rehabilitation nursing for 13 years. Currently, she is working parttime in the juvenile diversion program at St. Michael's and is a supervised conditional release worker. Bonnie has experienced both divorce and widowhood. For the last 11 years she has raised four sons alone. They are now 24, 22, 19, and 11 years. Having lived ten years in a violent marriage in the '60s when there were no shelters and organizations for women, Bonnie was "overwhelmed by the idea" when she heard about Spruce Run. She thought, "If I get a chance, I'm going to get involved and help other women." So far, she's finding the hotline stressful but rewarding.

Sheila has had a long-time interest in the women's movement but didn't think about a serious involvement until recently. She had been attending Husson parttime, working toward a bachelor's degree, when she ran out of money for another semester. Sheila found this break in her studies an opportune time to get involved in Spruce Run. She says she enjoyed training and is finding the hotline very satisfying. Sheila lives in Bangor, has two children, and

works parttime as a word processor at a CPA firm. Her hobbies are reading, exercising, and painting.

Paula grew up in rural Maine and went to the University of Maine, where she majored in mathematics. After graduation, she and her husband moved to the West Coast. Her two children, a boy aged 18 and a girl almost 14 years, were born there. The family moved back to Maine about eight years ago. She then returned to the University and obtained a B.A. in psychology. Then, throwing caution to the winds, she entered graduate school in clinical psychology. Her main interests were in rural issues, aging, and neuropsychology. Paula left graduate school after two years of study. Chronic illness has made working difficult, but she has done some substitute teaching. Her hobbies are organic farming and studying environmental concerns. Paula sees Spruce Run as an opportunity to share with other women.

Glenon was raised in Alaska and came to Maine to attend College of the Atlantic where she graduated with a bachelor's degree in human ecology. At the present time, homemaking and two children ages six and one are keeping her busy. Glenon says she has been interested in women's issues and studies and this led to her involvement in Spruce Run. She is finding the hotline a very positive experience. She expected it to be an emotionally draining experience but is finding it to be very empowering. "I'm enriched by making the connection. I'm inspired by the callers. It's made me realize the need for education on women's issues and the problem of domestic violence."

Sashi is new to Maine. She was born in India and just came here about a year ago. Her husband is in the Merchant Marine and they have two children, a boy age 10 and a daughter age 8. They spent the previous two years in England. The move to Maine has been a hard adjustment for the children. Sashi is a graduate student in counselor education. She says she is very excited about the prospect of volunteer work for Spruce Run. She finds it unique and knows of nothing comparable in her home country of India. In her spare time, Sashi likes to read and cook. She will be teaching a class in Indian cooking in the Spring for the University's Conferences and Institutes Program.



Liz decided a year and a half ago to return to a student life after 20 years out of school. She is pursuing psychology and liberal studies at the University's Bangor campus. The prospect of college was scary for Liz as she hated school when she was growing up. Now she says it's a whole new experience and she's excited about learning. She is currently also in training for a parttime job at St. Michael's where she will be an attendant care worker or supervised conditional release worker. This is tying in with her Spruce Run training, especially in active listening. She says the hands-on experience and role-playing taught her so much. Liz and her family live in the country, where she enjoys long walks while she does some heavy thinking.

Michelle is a victim/witness coordinator in the district attorney's office working with domestic violence. As a requirement of that job, she attended volunteer training and she says it has been very helpful. Michelle says she fell into the position, but it's a great experience, and feels right for her. She's in a position to help a woman find her own strengths. It's very gratifying when the judicial system works well. Occasionally, she finds it frustrating when cases are dropped for lack of evidence or when a woman can't get a protective order when she needs it. From her brief experience, it seems like arrests do make a difference. She thinks it confirms the reality of the abuse and makes the abuser face the consequences of his behavior. Michelle was married in May, and previously worked selling real estate. At various times, Bangor, Portland, California, Boston, and New York have been home to her.

Ronelda is Hancock County Advocacy Coordinator and attended training class with the volunteers. She enjoyed the training and making some great new friends. She's finding that the skills she learned are helpful in her personal life also. Ronelda feels that she is more aware of domestic violence in the community and how often it is overlooked. Ronelda says she is "excited to be part of Spruce Run and all the wonderful women who help to make it so great."

## SHELTERED WOMEN

We listen to stories about our men.  
We watch women starting life over again.

We shed our tears,  
We voice our fears.  
We have felt alone and sad,  
We have felt that we were bad.

We each have a dream to chase,  
We each need to find a place.  
We each need to grow,  
Away from our foe.  
In safety and peace,  
With dignity for each.

We, the sheltered women.

Throughout our strife,  
Throughout endless nights,  
We manage to smile,  
And walk that extra mile.  
To reach our goals  
Despite the tolls.

We need a change,  
Time to rearrange,  
A friendly face,  
A safe place,  
Words of encouragement,  
Despite our discouragement.

We have each other.  
Most of us are mothers.  
Please help us to find  
A little peace of mind.

We, the sheltered women.

- BP  
Sept. '88

## ERCW PUBLIC FORUM

The Eastern Regional Commission for Women will hold its annual Public Forum in February, and invites members of the community to attend. The exact date, time, and place will be announced later. The purpose of the Forum is to inform the public about the work of the Maine Commission for Women and its regional groups and to find out what issues women in Eastern Maine think the Commission should be addressing. The ERCW will also be accepting applications for membership, so watch for announcement of details.

## NEW STEERING COMMITTEE MEMBERS

Spruce Run welcomes five new women who bring tremendous energy and a diversity of skills and backgrounds to our Steering Committee:

Pat Gosch, who joined the Steering Committee last Spring, is a nursing administrator who got involved in the battered women's movement in Milwaukee. Pat wrote her Master's thesis on battered women, and so naturally she wasted no time in contacting Spruce Run after moving to Maine. When she's not carrying a beeper for work, she likes to travel, read, and spend time with friends. One of her favorite activities is stuffing and labeling envelopes for her favorite feminist political candidates!

Anna Gifford heard about Spruce Run from our TV ads. A formerly battered woman herself, she wants to help others realize they can become productive and happy again. Anna is treasurer/manager of Penobscot Federal Credit Union in Old Town, and serves on the board of directors of the chapter of the credit unions in the greater Bangor area. She has three children and five grandchildren, and loves dancing, horseback riding, jogging, and picnicking. Anna is preparing to be a volunteer speaker for Spruce Run, as well.

Laura Lane moved up from Portland last Summer and lived with Steering Committee member Nancy R., so of course she heard about Spruce Run and decided to get involved. A graduate student in English at UM, Laura enjoys meals with her friends and trips to Acadia.

Sharon Jackiw moved to Maine from Pittsburgh three years ago. She had long been involved with the Women's Center and Shelter of Greater Pittsburgh, having served as secretary of the board for four years and also chaired the public education committee. When Sharon moved here, she was approached by Ann S. and Sandy G. about joining Spruce Run, but she felt burned out from the previous service; now, she says, she's "ready to return to the fray." Sharon is the Associate Director of Sponsored Programs at UM and teaches German and linguistics.

Sharon finds to her surprise that living in Maine has made an "outdoors" person of her. She likes everything from cross-country skiing to sea kayaking, and also likes to stay indoors and read, cook, and cultivate friends and relations.

Tamara Burke describes herself as a feminist activist who likes to sleep for fun: "because I've been getting so little of it lately." A graduate student in speech communication at UM who teaches Fundamentals of Interpersonal Communication to undergraduates, Tamara is also active on the University's Rape Awareness, Non-Sexist Language, Women's Studies committees, and says she's the oldest member of UM's Women's Center. Although it's hard to find time for fun, Tamara admits she likes to be with women friends and enjoys lots of beach trips with her partner, who's studying oceanography. The committee work is fun, too, because it keeps her energized and gives her lots of outlets. Tamara heard of Spruce Run six years ago when she came here and got interested in joining the Steering Committee after she did some research about battered women and talked with Karen M. about her involvement.

## CHANGE IN BY-LAWS

### Attention, Spruce Run Members!

The Spruce Run Annual Meeting held as part of the Conifer Carnival on October 29, 1988, approved a change to the By-laws. See the old and new wording below. Please note: If 5% of the members object to this change, a meeting can be recalled to reconsider the By-laws change. Please notify the office or a Steering Committee member if you object to this change.

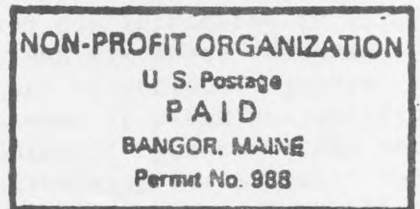
Old wording: Article I, Section 2. Members shall be persons who support the purposes and goals of Spruce Run, and who have paid yearly membership dues as determined by the Steering Committee from time to time.

New wording: Article I, Section 2. Members shall be persons who support the purposes and goals of Spruce Run by paying yearly membership dues as determined by the Steering Committee from time to time, and/or by performing paid or volunteer work on a regular basis during the year of their membership, and wish to become members.



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

ADDRESS CORRECTION REQUESTED



please  
remember  
spruce run in  
your holiday giving