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Sharon Barker
Women's Resource Center
101 Fernald Hall UMD
Orono ME 04473

NETWORK

MAINE WOMEN'S NEWSPAPER

August 1993

P.O. BOX 74, BLUE HILL, ME 04614

\$1.00



Etching by Jane Crosen Washburn

Threats to Your Powers

Let's get the worst out of the way. It is true that someone could take your life, abuse you sexually, give you a lobotomy or make you a slave. These are the vilest of evils we can imagine. Every religion has strict taboos against acts that severely violate the personal space and consciousness of another human being. Yet we have seen gross failures to adhere to these common principles. How do these failures come about? How can you protect yourself from such abuses?

Both questions have the same answer. The way is cleared. To tolerate small abuses clears the way for greater abuses to occur. On the other hand, at any point, to grab the reins of power and begin to make your stand clears the way only for more of that power to manifest through you.

Often aspirants to the spiritual path do not like the concept of sin and do not like to look at the negative side of things. Yet every spiritual system asks us to move away from these Seven Deadly Actions: rape, greed, over-consumption, arrogance, envy, powerlessness, and murder. Though systems differ as to how to rise above these ways of being, they agree that there are virtues to engage in that will help you transcend the sins.

To counteract the forces that lead to these deadly actions, you must keep a balance in your own life and contribute to a balanced culture and world society. The balance is between giving and receiving, planting and harvesting, taking from the Earth and giving back to her. The balance is between self and others, inner work and outer expression, feast and fast, silence and speaking out, work and play, sexual freedom and self-respect, creative outpouring and time for inspiration, thought and emptiness. It is not a balance of equal amounts of good and evil.

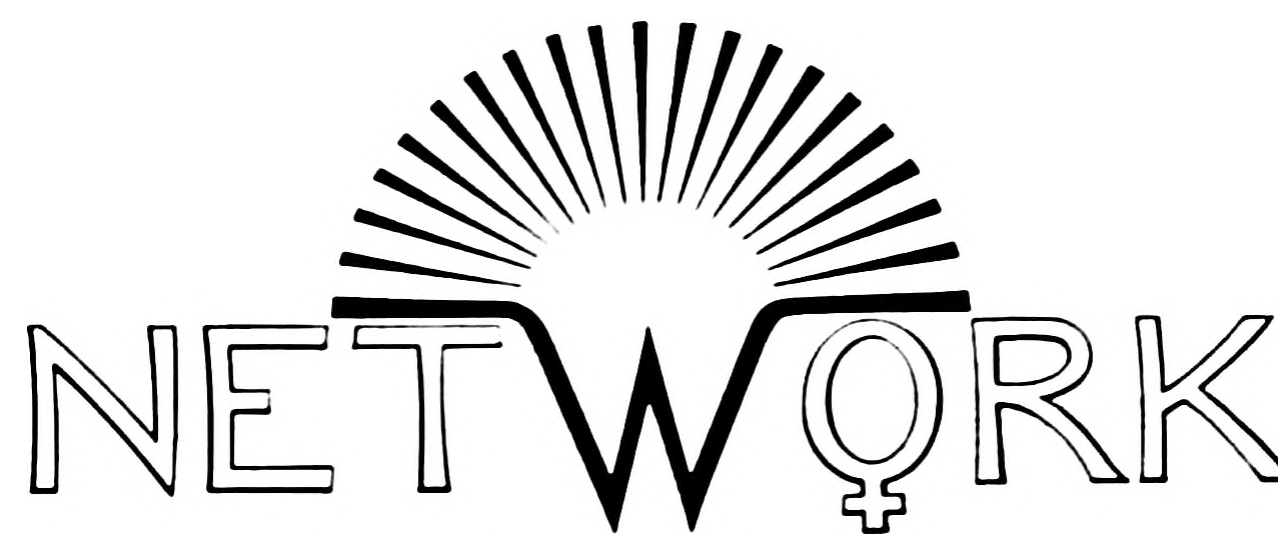


Excerpt from *The Medicine Women Inner Guidebook* by Carol Bridges. Reproduced by permission of U.S. Games Systems, Inc., Stamford, CT 06902 USA. Copyright © 1991 by Carol Bridges. Further reproduction prohibited.

you will find Poetry, Book Reviews, and Articles on Women's health, work, politics, a Calendar section and *Network's* listing of organizations working to support women.

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Network Maine Women's Newspaper
Post Office Box 74
Blue Hill, Maine 04614
207-348-2283

August 1993

The purpose of this newspaper is to embrace, inform, educate, and activate women in Maine and, through women, promote political, economic, and social change in the lives of women, children, and families.

Network is a not-for-profit newspaper for the specific benefit of women in Maine, and its publication is made possible by women of vision and intent through annual subscriptions, contributions, and purchased advertising.

Deadline for inclusion of letters, articles, features, reviews, etc., in the August issue is August 15th, and for calendar listings and advertising, August 20th.

Editorial

With this third issue of *Network*, we have moved several steps forward – the most significant being that as well as sending *Network* to our subscribing supporters, we are distributing the newspaper for retail sale. *Network* will be available for purchase at the establishments listed below. We would like to be available in as many locations as possible. If you have, or wish to suggest, suitable outlets, please mail us or call in the name and we will follow up.

The response from women to our first and second issues has been both exciting and encouraging, and support for the paper has grown considerably – not only financially, but several women have joined in the share their expertise in the areas of production, advertising, editing and proofreading, bookkeeping, and design.

This, of course, is what networking is all about: coming together to make connections and being strengthened by the collective experience.

As the network is spreading, I have been receiving many letters and calls of support from women, and as women do, we get into deeper conversations easily and quickly. I am becoming aware of how frequently and naturally the subject of Spirituality comes up. Obviously women are taking time to address spirituality from their feminine perspective. The need is right in there, along with health care, food and,

Women involved in the publication of this issue:

Michaela Baldwin
Pauline Boyce
Jane Crosen, Proof Reading
S. Elaine Eldridge, Humor
Kate FairChild
Olga Lange
Jeri Onitskansky, Poetry Editor
Judy Robbins
Jane Sanford, Advertising
Mary Ann Solet

transportation and for a growing number of women who are in touch with their own spirituality the need is being met. Individually, or in concert with others, women are exploring new aspects of their femininity, leading to growth on a personal level, which in turn becomes a collective source of strength for women throughout their community.

The articles, opinions, poetry, and art in *Network* come from this creative source, and I encourage you to tap into its energy. We welcome your further input and thank you very much for all your letters, calls, suggestions, and support. Please keep it coming.

Pauline Boyce

List of stores carrying *NETWORK*
available monthly, \$1.00 per issue
The Azure Dragonfly, Rte. 1, East Belfast
Bill's Bookstore and Cafe, PO Box 376, Waldoboro
Blue Hill Books, 2 Pleasant St., Blue Hill
Eastern Bay Gallery, Main St., Stonington
The Fertile Mind, 13 Main St., Belfast
The Little Professor, 103 Congress St., Portsmouth, NH
The Store/Ampersand, 22 Mill St., Orono
Transformations, 469 Elm St., Biddeford
Subscriptions are welcome.
Please see sign-up form on back page.

Letters to the editor are welcome. Please use this opportunity to speak about what ever is on your mind. Let's start talking to each other.

Send to: Network Maine Women's Newspaper
Post Office Box 74
Blue Hill, Maine 04614

Letters

A Good, Solid Beginning

Thank you for asking me to take part in the Full Circle Summer Fair yesterday. It was a lively, colorful, and exciting time I would have otherwise missed. Sitting at the *Network* booth was just what I needed to feel like a thread in that woven cloth you wrote about in your editorial. I had been a curious outsider, enticed by the concept of *Network* but not connected with anyone involved with making it happen. Now I feel like I've climbed aboard and I'm ready to contribute.

Last night I read both issues of *Network*—great job! You've made a good, solid beginning, I think. I love your photo on the front page of the June issue and I think the logo is appropriate and eye-catching. I thought your editorials were important and well-placed in the layout. I hope you continue with them. I also liked the letter in the first issue and missed seeing them in the second. I was thrilled to see articles on midwifery and your guide to birth practitioners—I could have used this while planning the birth of my daughter at home two years ago. Also, domestic violence is a subject near and dear to me. I hope you'll continue to publish info on that issue, especially to educate others about the non-physical forms of abuse. I did a lot of reading this winter about domestic violence after leaving an abusive relationship in December, and I was blown away by what I learned. The term "battered women" is a deterrent to many of us seeking help, I believe. I was certainly not the bloodied, bruised wretch the term implies. I was physically intact but emotionally tortured by my partner's attempts to control me. Would you consider printing the power and control

wheel? This came from a pamphlet I got from Spruce Run, and I found it to be a very effective visual aid in coming to grips with my situation.

Glad to see book reviews and some poetry. Great cartoons! I hope to see some provocative photos in future issues. "RVing Women" was a nice surprise. And best of all, Jane Crosen Washburn's "Over the Waterfall"—perfect title, good strong writing, and how refreshing to read about a topic I would not have thought about otherwise. She raised my consciousness—Thanks, Jane.

Now, as far as how I would like to plug in—a career goal of mine has been to write a regular monthly newspaper column. What I would like to talk about is the stuff many of us struggle with on a personal level: alcoholism and drug addiction, eating disorders, sex addiction and involvement in destructive dead-end relationships, single-parenting problems, depression and the fear that we may be abusing or neglecting our children. These are all challenges I have had to face in the past or am currently facing now. My experience from attending AA for the past six years is that the way to growth and change is through opening up and sharing our struggles with others. They say, "You're only as sick as your secrets." I'd like to shine a bright spotlight on these darker issues—both through sharing my own experience, strengths, and hope and through encouraging reader response. How do you think something like this would fit in?

Peggy Bryant, Winter Harbor

Commentary

by Karin Spitfire

This gays-in-the-military thing.... This is a big f..... deal. (I, myself, say, let's ban the military.) But they come back from the march (Gay/Lesbian March on Washington).... My friend says Ah—she gets it. The Military is the Patriarchy. It is the symbol of the country, the bastion of strength. The stand up for US. If we can get gays (and not incidentally, women) accepted there, we can be anywhere. Ah?

Then Schwarzkopf and a colonel say, "No, can't have it cause the gays wouldn't be safe. In a battle, they'd have to be afraid of getting killed by their own side." Huh? So what is it they are not saying?

They are not saying.... What's the military training, anyway? They are taught to be tough. be a man, not be a pussy, not be like women. The closest thing to a woman, not to be like, is a faggot. The enemy are pussies, faggots, gooks, ginks....other.

At West Point my brother said gang rape was one of the initiation rites of the freshmen in hazing. You know, they use rape as punishment, as humiliation, as keeping you in line. The freshmen just take it and get to dish it out when they are seniors, that's their payback.

Military training uses sexism, homophobia (and racism, not incidentally), sexual harassment, rape...being made a woman...being a faggot. The military uses that kind of humiliation turned to rage, to meld the troops into a fighting unit, and when the time is right (in battle), this rage is released—hopefully in the "right" direction, at the enemy.

So, if we put gays and women in there, it either blows the basics of basic training—the whole ideology of creating other and of using being made to be like a woman, a faggot, a gook and the consequent rage it produces (which would be the biggest Blow job in history). Or it subjects the gays and women to more chance of violence. Dismally, I would bank on the latter.

Ban the military.

Karin Spitfire lives in Belfast.

We will be adding a CLASSIFIED SECTION with the next issue. Rates are \$10 for 20 words, with your address and phone number listed at no charge. Additional words: 25¢ each. Send your ad by August 20, to *NETWORK*, Box 74, PO Blue Hill, ME 04614. Your full payment MUST accompany your ad.

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Free Trade or Free to Oppress? by JoAnne Dauphinee

Translate the bulky vocabulary of the proposed North American free trade agreement [NAFTA], and it becomes a woman's story. Trace the predicted three trillion dollar profit, and you'll find that most of it will come penny by penny and peso by peso from the women of Canada, Mexico, and the United States. —Marie De Santis, "Challenge for Unions," New Directions for Women, July 1991

Let's take action! Congress is currently considering NAFTA, a treaty with Mexico and Canada establishing a free trade zone and encouraging U.S. companies to move investments, jobs, whole industries to Mexico.

Urge our federal representatives to vote NO! "Free trade" with Mexico would be a license to exploit laborers, especially women and people of color, as well as our environment, for corporate profit.

We must insist on addressing fair labor and health standards, human rights, discrimination and sexual harassment, environmental and other concerns. NAFTA will inalterably affect all those things.

Under NAFTA, corporations and jobs are headed south, which will result in U.S. job loss. Some say that even so, other jobs, other consumers, will be created. But Mexican jobs, paying under \$30/week, aren't creating consumers, says Jim Hightower, "they're creating serfs. What a deal: We lose our jobs, and Mexicans get toxic waste and serf wages."

NAFTA is a license to exploit workers, especially in the transnational factories called maquiladoras. These factories are often the Mexican subsidiaries of U.S. companies, "trading" with themselves in order to exploit unorganized

labor, dodge taxes, and avoid the relatively high U.S. health and environmental standards.

About 70-80% of the half-million maquiladora workers are women, most between the ages of sixteen and twenty-five. The average hourly manufacturing wage in Mexico is \$1.80, but at the maquiladoras it's closer to 55 cents. In the U.S., it's around \$15, and in Canada it's over \$16. Overwhelmingly, the layoffs will be women, and ironically, many will be Mexican women who came to the U.S. seeking a living wage.

From 1974 to 1982, women and girls made up 87% of maquiladora workers. The percentage is decreasing as more technical jobs go south, since sex segregation in jobs is the rule. Most of the women workers, in particular, are willing to endure dire working conditions and rampant sexual harassment, since they have often never before received wages for work. But, if women become pregnant, they are fired. If women try to organize unions, they are fired. Even Mexican labor laws that are on the books are unenforced. And, as badly as people need work, the turnover rate in the maquiladoras is 20% per month!

Whether your chain is pulled more by sexism, racism, or classism, there is much to be angry about in NAFTA. NAFTA doesn't just fail to address these problems, its policies will exacerbate them.

The AFL-CIO calls NAFTA "an economic and social disaster...not being done to help Mexico, but to sell stuff...at a greater profit." Environmentalists and health activists have exposed the massive pollution of air and water around the maquiladoras, referring to the "toxic stew" at the Mexican-U.S. border as "a 2,000-mile Love Canal." The American Medical Association calls it a "virtual cesspool and breeding ground for infectious disease."

Sick children and family members, for folks without medical coverage, means a lot of unpaid care by women in

the prime of their lives. In Matamoros, Mexico, and across the bridge in Brownville, Texas, the toxins from U.S. companies on the Mexican side have already created a startling array of ailments, including many cancers and a high percentage of babies born without brains. Eye and nervous-system complaints are common. But if women can't show up for work regularly at the maquiladoras, they are fired. Heard enough?

Clinton supports NAFTA. Though he admits it is flawed, he prefers supplemental agreements to renegotiation. This is insufficient. NAFTA will make already intolerable conditions worse. We must insist that the heart of any treaty contain careful standards and enforcement mechanisms, not just empty promises.

There must be a social contract between traders that would ban products made by exploiting children's labor, set a minimum wage, minimum health and safety standards for all workers, hiring and wage standards that are non-discriminatory. And, we must find ways to disempower sexual harassers in all nations. The unchecked pollution at the border must be halted, and anticipated years of cleanup must be debited to the exploiting corporations.

Congress must vote "yes" or "no" on the full agreement. Ask Senators Mitchell and Cohen to vote NO. Ask representatives Snowe and Andrews to join the Stop NAFTA Caucus and to vote No. Let President Clinton know your concerns!

Maine NOW is a member of the Maine Coalition for Fair Trade. For more information, write to us at 359 Main St., Bangor, ME 04401; or Citizens Trade Campaign, 215 Pennsylvania Ave. S.E., Washington, DC 20003.

JoAnne Dauphinee is on the Maine Board of the National Organization for Women (NOW).

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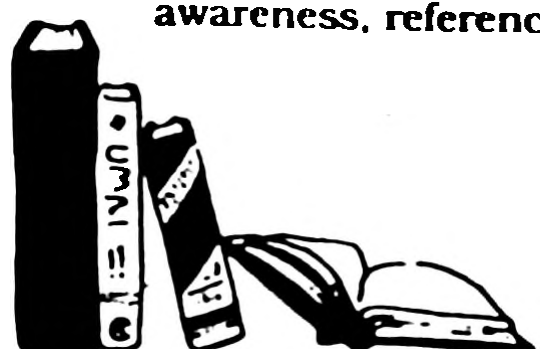
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Maine Tradeswomen Network

The Maine Tradeswomen Network is a two-year-old grass-roots organization that lends moral support to women in nontraditional jobs (those "traditionally" done by men).

Tradeswomen often find their jobs isolating. The 50 tradeswomen who attended our initial organizing conference in December 1991 stated the need for their own organization to help them deal with problems on and off the job. However, the Network has found it difficult to build on the enthusiasm generated at the Augusta conference. Tradeswomen networks thrive in several urban areas such as San Francisco, Chicago, and Philadelphia, but geographic separation has been a major obstacle to creating a strong and responsive network in a rural state like Maine.

We are currently in the process of developing a two-year plan to include successful outreach, a directory of tradeswomen to increase access to trade and technical job referrals, wider distribution of our newsletter, and continuing education for our members. We would also like to volunteer as mentors and encourage school-age girls to pursue a meaningful nontraditional career.

Funding for this project has been made possible with grant money awarded by the Maine Women's Fund whose theme this year is Undoing Economic Segregation: Women, Work, and Self-sufficiency.

We need to develop a mailing list which includes everyone from the part-time painter to the retired machinist. Please respond to this quest by mailing your name, address, trade, and phone number (day and evening) to:

Maine Tradeswomen Network c/o Women Unlimited 1250
Turner St. Auburn, ME 04210

Getting Organized by Sheila M. Coyle

"Have you ever given up on anyone?" a client once asked Brenda Cartwright.

"No, they've given up on themselves."

According to Brenda, founder and owner of The Organizer, it's not that people don't have enough time, it's that they do too much. Although women have more to prove, Brenda pointed out, workaholics are everywhere.

Brenda started her business career as a secretary. She loved organizing. However, she soon became bored with her job. Within a year she'd move on to another job, leaving a trail of "organized offices" all over the state.



After her last job, she gave herself a year to start her own business. For nine months she spent time with friends, rode horses, and went to the beach. If she didn't start her business, she'd have to go back to the nine-to-five routine. She didn't have a lot of confidence, she said. All she knew was that she wanted to help people organize.

One day she walked down Main Street in Ellsworth. She walked into an office and said, "I'm Brenda Cartwright. I'm a professional organizer. What can I do for you?"

She was hired.

Before this, two major events turned Brenda's life around. Her husband was in an accident and almost died. A year later, their home, which they'd spent time and care renovating, burned down.

Brenda said these events taught her that life is very important. At one time she thought if her house burned, she'd die. But after the grieving process, the house in ashes, she

found it a very freeing experience.

"I didn't own it, didn't have to take care of it. I realized how little I need."

These experiences helped her to focus her philosophy of "letting go." Today the priority of her life is her family. "We have very precious time here. I don't want to spend it organizing closets. I'd rather plant flowers or go on a walk with my niece or nephew. When I die, no one is going to say, 'Weren't her closets neat?'"

In her time-management classes, Brenda teaches people to let go of things that don't matter.

She and her husband are in the process of renovating another house. It's exciting for her, although she said after her first house burned that she'd never renovate again. "This house is a breeze. My head is in a very different place than the first time."

Only people care about time, Brenda pointed out. She says the reality of time is that it's "a funny little invention we wear on our wrists. Time is defined by clocks instead of a natural rhythm that tells us when we're tired or hungry."

She wants to teach people not to get compulsive about time. "What's the point of saving five minutes or so? You need to have a day where you take time for yourself. If you don't, you won't be there for other people."

Brenda said, "The things we're doing in our lives are important, or we wouldn't be doing them." She likes to help people accomplish their goals.

As she pointed out, "No one ever sat on her death bed and said, 'I wish I'd spent more time at the office.'"

It's really a matter of realizing priorities and balancing personal needs with professional achievement. If you feel like a whole person, your work life and personal life are both more satisfying.



Help for the Self-Employed by Ray Speirs

Anyone who has ventured into a new business on their own will tell you how worrisome and frightening it can be at times. It is almost like caring for a first baby. You love it, but it requires a lot of care. And when it has a fever, you may panic.

When the problem is with a business, instead of calling Mom or a pediatrician, you can call the National Association for the Self-Employed. There is an 800 number for shop talk, tax aid, or finding out about government regulations. And that is only the beginning.

There are dozens of benefits available from group buying, leasing, group medical coverage, and personal services. This nonprofit association was organized to help the small business owner. Eighty percent of NASE's members are one-person businesses. Originally set up for group services, the members requested group medical coverage to lower their costs. NASE now has over 350,000 members.

Self-employed people have far fewer medical claims than salaried people. When NASE selected a health insurance company to cover its members, it was agreed that the association would audit the company to control administrative costs and profits. This is being done to keep costs at a minimum.

Now NASE is offering the lowest-cost long-distance phone service to its members. The association's monthly long-distance telephone bill is comparable to that of a large corporation. The discount applies to inter- and intrastate calling.

The association also offers discounts on vision care, eyewear, contact lenses, prescription and generic drugs, travel, purchase or leasing of cars and trucks, airborne shipments, vacation parks, movie tickets, business magazines, office supplies, computers and software, fax machines, and more.

The membership fee of \$6 per month (payable annually, quarterly, or even monthly with health insurance) includes many free benefits.



Ray Speirs is a representative of NASE and resides at 6 Wildwood Drive, Saco, ME 04072. You may reach her by phone at 284-5448.

Poetry Submission Guidelines

Poetry submissions to Network are welcome and should be addressed to our poetry editor, Jeri Onitskansky, c/o Network, P.O. Box 74, Blue Hill, ME 04614. We seek quality poetry that can speak to the hearts of women. There are no restrictions as to form, length, or style, and any subject will be considered.

Please include your name, address, and phone number on the poem. Also include a self-addressed stamped envelope for us to respond to you and return any poems not chosen for submission. Plan to hear from us within four months. We don't mind receiving simultaneous submissions.

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Poetry by Shirley Glubka

Grief

*lives in the old time
when the bill collector came to the house
you never knew when
or what door.*

Definition

*Sometimes I think we are bonded
from other lives, something
so clear runs between us—as if
we have conceived each other.
over and over already.
Each birth is virgin and difficult.
We are distilled further
and further. I take a sharp,
hard joy in your existence.
This is a thing always with me,
like a piece of sculptured steel
in my hand, like a talisman.*

*Shirley Glubka is a psychotherapist
living in Prospect, Maine.*

What People Do With Death?

I. San Francisco, California, 1972

*Peg put it on the back shelf but
found it every time she
moved to a new place.
Wanda hung it on the wall for
contemplation then
religiously
ignored it. Kathleen
threw it in the trash on Saturdays
but some kid was always
rescuing it.*

*Sam slept with it under his pillow,
Lucy let it run in the grass,
Bonnie made a box for it in the kitchen
and gave it a blanket.*

I dealt in my own style.

*Moody and young,
I hated the sun on the sidewalk
but fastened on visual contrast
and acted: I pasted death to my shadow,
squeezed Elmer's glue on its outline,
gave it a sad clown's face.*

*That worked well for a while
and I was never alone
but it wore off.*

II. Prospect, Maine, 1992

*Yesterday I noticed my thickened
middle aged
shadow.*

*Too much substance there for glitter
and anyway the thing will not lie still,
has learned to dance the dance,
wiggle its way toward joy,
and won't be glued by anyone.
What now?*

Women's Music in Review

by Kay Gardner

Holly Near—Musical Highlights from the Play, *Fire in the Rain* Redwood Records

The first time I heard Holly Near in concert was in 1975 at the First Boston Women's Music Festival on the Radcliffe-Harvard campus. The song that brought the house down was "You've Got Me Flying" where Holly was joined by her sister Timothy on ASL (American Sign Language) interpretation, a dimension to performance new to the audience. We knew something very magical had happened.

Recently, with Timothy as co-writer and director, Holly has put her life's story *Fire in the Rain* onto the theatrical stage. After an eight-week run at the Mark Taper Forum in Los Angeles, the play won four awards and became the top-selling play in the Taper's 25th anniversary season.

This is the "original cast recording" from the one-woman show. Each song marks an event or time in Holly's life from the early "You've Got Me Flying" about her big sister Timothy, to a new song, "Change of Heart." Other songs, many from her earlier albums, describe Holly's active political path in more up-to-date arrangements. A nice surprise is the inclusion of songs by other composers—Rogers and Hammerstein's "If I Loved You," "I Can't Give You Anything But Love" by Dorothy Fields and Jimmy McHugh, and Salvador Cardenal Barqueros' "Si Buscabas."

Of all Holly's albums, this one captures her expressive Broadway-style voice the best. The arrangements by Derek Nakamoto and piano accompaniments by John Bucchino are superb and the album production is rich and lush. You can really hear the songwriting talent of the unique and powerful musician that is Holly Near.

To order: Redwood Records, PO Box 10408, Oakland, CA 94610 or call Ladyslipper, 1-800-634-6044.



Stonington resident Kay Gardner has been actively involved in women's music as performer and producer since 1973.

Celebrating Ourselves: A Crone Ritual Book Reviewed by Jane Sanford

Edited by Edna M. Ward, illustrated by Sylvia Sims. Astarte Shell Press: Portland, ME: 1992. 43 pages.

Over a year ago, a good friend told me about a group of women in Portland who had a Crone ritual, a ceremony to celebrate a woman's passage into a new decade, a celebration of her life. My immediate thought was, "Oh, let's do it! I want to have that experience. I want to be validated for who I am—a woman of 60 who has lived through a lot!"

The whole idea appealed to me on a deep level because it made me feel special, very special. How often in this society do we feel that way? Older women are not honored and respected as in some societies. On the contrary, we are often ignored, treated disrespectfully, or not even seen.

A short time ago, Janice Kelley of the Azure Dragonfly in Belfast told me about a book in her store called *Celebrating Ourselves: A Crone Ritual Book*. Lo and behold, it turned out to be the rituals developed by the women in Portland (the Feminist Spiritual Community of Portland)! My excitement knew no bounds. For, here in detail is the beautiful Crone ritual created in 1982 and continuing to change over the years. For these women, a Crone is 56 and post-menopausal. They chose age 56 because by this time in a woman's life Saturn, the teaching planet, has returned twice.

This book is a collaborative effort of the members of the FSC who have become Crones. The community was

started by a very diverse group of 15 women who wanted to support each other in their personal and political lives and to create rituals. They gather together each Monday, and they also give workshops and initiate political actions. At present, 20 to 30 women meet together from all walks of life and of diverse political and religious persuasions.

For these women, ritual has become an important part of their lives, and the Crone ritual has grown out of this rich experience. It has become one of their most important rituals because it responds to a deep spiritual need. The Crone ritual feeds a need to celebrate the decades of our lives and to challenge the ageism in our society which places high value on young adulthood and renders "both the old and young expendable and marginal."

Here are some of the highlights of the ritual: Enfold-ing, welcoming one another; birthing canal, dancing through a gate or arch into a new way of life; lighting candles; exploring the treatment of old women by the dominant society; asking Who is a Crone? Why do we celebrate her?; guided meditation; sharing the pain, violence, struggles, and joys of each decade of our lives; sharing stories; giving of gifts, stoles, crystals, and gifts for new Crones; dancing; chanting; singing; and feasting. Each of these is described in detail.

In the final chapter of the book, the authors discuss how the ritual developed out of a past for women filled with violence, pain, beauty, achievement, power. In all cultures, they write, European, Mediterranean, American Indian, Afro-American women have been denied their potential in hierarchical societies. Once upon a time, women and men together as equals contributed to the community. Old women had power and status. "They were the healers, mediators, the wise of the community." All that has been lost.

To quote further, "The ritual gives meaning to our lives and supports our ongoing journey. It affirms us and celebrates us. It is a rite of passage. It authenticates our lives as old women and as women getting older. It satisfies the longing for something positive to make the journey into old age."

I am ashamed to admit it, but this book has forced me to look with new respect upon myself and all other older women. This book is small but powerful. Here are the tools we need to celebrate ourselves in this world now, to change the myths of our society, to renew our capacity for change and self-empowerment.

This book is a powerful blueprint for women all across the land to fight ageism, sexism, and to celebrate ourselves, our lives, our futures.

Revolution from Within: A Book of Self-Esteem

Reviewed by S.E. Eldridge

by Gloria Steinem. Little, Brown: Boston, MA; 1992. 377 pages.

Hardcover, \$22.95; paperback, \$11.95.

Gloria Steinem and Feminism are synonymous. Even to some women, both have a ring of too much cynicism, of separatism, rather than inclusion. Gloria Steinem's book *Revolution from Within: A Book of Self-Esteem* is open to everybody. Her style is plain and without blame. She offers this book about her self-journey in order to share steps of self-touch that she feels could help others touch and appreciate ourselves.

She opens with a Buddhist aphorism, "You have come here to find what you already have." She begins with concern for what women already have and are unable to recognize and use. In the first few pages she states that the book is also meant to reach out to men's inner development of self-worth. She writes, "The more I talked to men as well as women, the more it seemed that inner feelings of incompleteness, emptiness, self-doubt, and self-hatred were the same, no matter who experienced them, and even if they were expressed in culturally opposite ways." The basic health question she proposed to address concerned all humans: "People seemed to stop punishing others or themselves only when they gained some faith in their own unique, intrinsic worth."

Ms. Steinem includes stories of others, resource materials for issues she raises, world-size reference points, the smallest, closest imprisonments of her own childhood, and many questions of the adult that she has become. One such question, which is central to many of today's striving superwomen, is based in Ms. Steinem's reflection which seeded in during her childhood and grew throughout all of her life choices: "Well, if I stopped, I would have given up the way I made myself, 'real' — that is, by being useful to people in the outside world—just as I had made myself 'real' as a child by keeping so busy that I numbed the sad reality at home where I looked after my mother."

She considers childhood influences of world leaders and how their self-images have affected the lives of world populations. She suggests that change for the better is possible, "...for if anyone is willing or able to go back and confront those earliest years, feelings can be directed at their real sources instead of being expressed in bigger and bigger ways. But changing the way we raise children is the only long-term path to peace or arms control, and neither has ever been more crucial. As the feminist adage says, 'The personal is political.'" In these words she puts the heart of change, for most of the world currently, in the hands of women. She urges that we "create world citizens who are secure enough to treat others equally," and that it is time to turn the adage around and recognize that "The political is personal." She encourages us through words of Vita Sackville-West:

"I worshipped dead men for their strength. Forgetting I was strong."

Revolution from Within is an exercise book. It helps us look at how we think and includes the personal picture in world crises and personal decisions which helped change for the better evolve. "Self-alienation was seen as destructive far beyond the boundaries of the individual self: it prevented one from honoring the natural world." She goes on to quote the scholar Sarvepalli Radhakrishnan: "The real which is at the heart of the Universe is reflected in the infinite depths of the self."

Her touchstones from ancient teachings and modern world figures include Nelson and Winnie Mandela, Eleanor Roosevelt, and Marilyn Monroe. She tells stories from their lives and shares wisdom gathered by educators, students from Hispanic and Afro-American communities, poets of many different races, therapists, novelists, and people searching for the home in themselves—people searching to find why they feel haunted by their childhood, instead of

being able to be at home with all parts of themselves.

Ms. Steinem shares ways in which she and others have worked on reaching lost parts of their lives—drawing, dream capturing, writing journals, meditating, sharing the process of others in stories, and recognizing the importance of physicality. She gives the process of reclaiming the body and physical intelligence so that we may try this out and learn of more sources of information. The basic elements of Breathe, Touch, Sexuality, and Physical Imagery are accompanied by specific exercises, more developed thought, or stories. Gloria Steinem came to understand that to become our full selves we must be able to accept, include, and respect our whole selves. She states that while our culture does little to foster such a wholistic embrace, such a full existence is possible, is encouraged by many other cultures, and has even been accomplished by persons in our own culture, one of whom is Margaret Mead. In Margaret's education,

If we think of
ourselves as
circles, our goal is
completion—not
defeating others.
Progress lies in the
direction we
haven't been.

—Gloria Steinem

"Dualisms were discouraged; she was trained to accept the unity of mind and body, thinking and feeling." A student and friend of Margaret's, Jean Houston, observed of her, "If you ask Western people where 'I' exists, many point to their foreheads; if you asked Margaret Mead that question, she responded matter-of-factly, 'Why, all over me, of course.'"

There is a sense of accomplishment and openness in Ms. Steinem's book. It is, as she states, a work in progress. She sees her strides as a part of a world health plan that so many of us are working on in these times. It is overall, as she sees it, a time of many changes...the changes in South Africa, the Soviet Union's dissolution, and the seeds of many new evolutions.

She includes the healthfulness of laughter, of remembering, of loving. She has a passion for true education: "I began to understand with a terrible sureness that we teach what we need to learn and write what we need to know." She extends her inner faith into the innate abilities of children trying to get an education in today's schools. Their struggle for self-images in a world that sees itself as so very limited

are painful, but positive. A fundamental question posed by feminists is the question of competitiveness. It is a question in the self, as well as at large, and certainly in any educational process. "Rather than finding a source in competition, self-esteem and excellence both come from the excitement of learning and pressing individual boundaries; a satisfaction in the task itself; pleasure in cooperating with, appreciating, and being appreciated by others—and as much joy in the process as in the result.

"As each person completes herself or himself and contributes what is authentic, a new paradigm emerges: circularity. At rest, it is a circle, and in motion, a spiral. When we look more closely at each part, it is a microcosm of the whole. If we consciously take this as our organizing principle, we come up with very nonbinary, unlinear, nonhierarchical results. For instance:

"If we think of ourselves as circles, our goal is completion—not defeating others. Progress lies in the direction we haven't been.

"If we think of families and nurturing groups as circles, the sum means maximizing each part—not restricting others or keeping secrets. Progress is appreciation.

"If we think of work structure as circles, excellence and cooperation are the goal—not competition. Progress becomes mutual support and connectedness.

"If we think of nature as a circle, then we are part of its reciprocity. Progress means interdependence.

"If we respect nature and each living thing as a microcosm of nature—then we respect the unique miracle of ourselves."

Her quotes, workbook format inclusion, and stories are food for the table of conversation with friends. Her quotes belong on our minds, a miner's hat to light our consciences. They belong in our hearts to offer social debate with strangers at the laundromat or with family estranged from our thinking through years of closeted laundry.

Following are some of the thought-rubbings she has pressed into our hands.

From Jesus in the Gnostic Gospels: "If you bring forth what is within you, what you bring forth will save you. If you do not bring forth what is within you, what you do not bring forth will destroy you."

From John Bradshaw: "I believe that this neglected, wounded inner child of the past is the major source of human misery."

From Elizabeth Fee, a scholar of the 19th-century craniology: "As long as there are entrenched social and political distinctions between sexes, races or classes, there will be forms of science whose main function is to rationalize and legitimize these distinctions."

And from poet Audre Lorde: "When I speak of the erotic, I speak of it as an assertion of the life force of women; of that creative energy empowered, the knowledge and the use of which we are now reclaiming in our language, our history, our dancing, our loving, our work, our lives."

Gloria Steinem paints her inner travels with stories. She quotes Muriel Rukeyser: "The Universe is made of stories, not atoms."

With her stories she urges the vital importance of building bridges to self-acceptance and celebration. She tells us about the California Task Force study on the importance of self-esteem in education, its importance for a Spanish Harlem chess team and in a neighborhood day-care center where teachers who understood made a difference—and other examples throughout history where individual exclusion, denial, and domination have damaged everyone. As examples of these tragic transferences of personal pain be-

Continued on page 8

coming mass suffering, she cites the childhood torture or pain of such sometime world "leaders" as Eichman, Hitler, Ronald Reagan, George Bush, and Saddam Hussein.

She surfaces fundamental principles of change. She celebrates individual human victory in daily lives, in science, in political change, religion, and art. She finds places in lives and history where perception, joy, faith, and trust have made a difference. She tells how she became aware of the spirit of feminism in her first encounter of the world, "as if women mattered." She writes of this change: "Much later, I recognized it in 'Revolution,' the essay of Polish journalist Ryszard Kapuscinski, who describes the moment when a man on the edge of a crowd looks back defiantly at a policeman—and when that policeman senses a sudden refusal to accept his defining gaze—as the imperceptible moment in which rebellion is born...like a shock.... Man gets rid of fear and feels free. Without that, there would be no revolution."

Our revolution from within draws its strength and movement from as many sources as we can invite. This is the advice that Ms. Steinem offers, and her sources include Plato, Ntozake Shange, the Upanishads, Wiccan (pagan) prayers, and many Native American philosophies and pleas for intelligence. From Chief Seattle's appeal to President

Franklin Pierce in 1854 she quotes, "All things share the same breath—the beast, the tree, the human.... What are people without the beasts? If all the beasts were gone, people would surely die from a great loneliness of spirit."

Like a true feminist, she tries to include everybody; animal rights and planetary ecological health. It's a big picture, an open invitation. She shares her joy at all that's been done and all the potential to include, to believe, to find the good and grow it. Such possibility introduces a sense of riot and chaos, which she and others address, as does Marilyn French, a physicist: "Nothing rules, yet there is a peace, as each segment follows its own course and exists in cooperative relation with everything else."

Gloria revels in the many faces of our world and all the lights they may hold up for our world-size quest to get it together, to live in harmony. "We are the universe in microcosm: the universe is each of us in macrocosm. If we have respect for one, how can we fail to have respect of the other?" She gives a parable from the Flower Garland Sutra: "In the heaven of Indra, there is said to be a network of pearls, so arranged that if you look at one you see all the others reflected in it. In the same way each object in the

world is not merely itself but involves every other object, and in fact is every other object."

Ms. Steinem has a faith in the health of the planet from the caring for the self first. As she says, "It is never too late for a happy childhood." She believes in blooming. She quotes this simple, profound faith through Alice Walker: "The nature of This Flower Is To Bloom." These are Gloria Steinem's closing words, an opening to more exploration by a reader already aided in how to adventure into the available self: "What brings together these ever-shifting selves of infinite reactions and returnings is this: There is always one true inner voice. Trust it."

Such is the voice of her book. The reader may return to it again and again. She succeeded in writing a book that allows the reader to activate the self. She feels the revolution is an inside job. By joining ourselves, we are keeping the faith and will be more able to be a part of healing the whole outside world by being whole inside. Gloria Steinem, unlike the joked-about stereotypical feminist, does have a sense of humor. In her own words, "I began to understand that self-esteem isn't everything; it's just that there's nothing without it."

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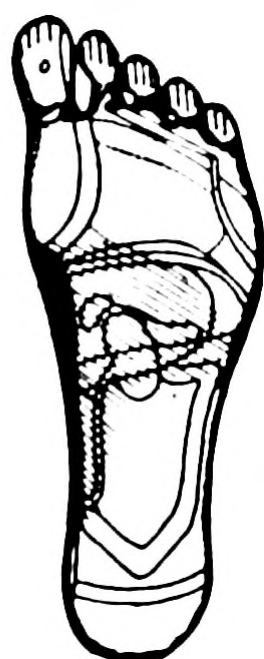
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MEDITATION by Shelia M. Coyle

Recovery means change. Change is scary. The journey from the familiar to the unknown can be terrifying. Before recovery I stayed in situations that were unhealthy because I was afraid to change. I stayed with unhealthy people because they were familiar. Negativity was not only familiar it was a good breeding ground for despair, depression, and utter hopelessness. If I don't change in recovery I can spiral backwards into destructive behavior and addictions.

My associates and the people I live with have a tremendous impact on my life. I take on their behaviors and characteristics as they take on mine. If I'm the only healthy person in a group of unhealthy people, over a period of time it becomes harder for me to maintain mental, emotional, and spiritual balance. It's my responsibility to know what I need to do to grow. Without change there can be no growth. Without growth I have no recovery.

Change is necessary for growth.

Need for Change by Jan Anderson

Some months ago, when Leon Panetta was expressing discouragement about the future of President Clinton's agenda in Congress, Mr. Clinton said he just needed shoring up. His words of support were greeted by the media and politicians alike with shock and wonder that he "didn't take Leon Panetta to the woodshed."

I am appalled that senators and congressmen and various "aides" and "political advisers" think they can and should exercise control through fear and intimidation. How childish, how adolescent, our Congress is, assessing such things as "power" and "punishment" as if talking about an abusive parent! Time magazine, in the June 1 edition, quotes "one campaign consultant, 'If Mack or Mark were really angry at you, you wouldn't wet your pants. So how scared do you think Danny Rostenkowski is going to be?'" and another "top political adviser, 'At this moment, nobody is afraid of him, and he has to find a way to change that.'"

This operating premise of our government, more than anything, blatantly demonstrates our need for change. This is the politics of a patriarchal system that is morally destitute. Even more striking is the way in which this system is reported in the press and on the radio—in the even-toned cadence of people who see no dissonance in what they are describing, who are unaware of the cynicism and disdain their descriptions of government machinations engender. Doesn't Cokie Roberts, a major news correspondent, realize how foolish elected officials appear, when she describes their talk of punishment and fear?

Washington, D.C. is in a giant time warp. A new day is dawning in America, and as usual, our representatives are embarrassingly slow to embrace it, or even to acknowledge it. Interestingly, the business and corporate world has studied and implemented this change, creating systems that feminists have espoused, and has written about getting the most from people by establishing a horizontal instead of vertical ladder of authority, where decisions are made through collaboration and a respect and appreciation for opponents' as well as supporters' humanity. The notion of getting one's way through fear and intimidation, and keeping control of one's team players by taking them to the "woodshed," is retrograde. Like a splinter, it must be excised. Decision-making by collaboration, cooperation, and compromise is true representative government and real equality.

Obviously, Bill Clinton is going to represent that new system; he is a product of his generation—a generation that

questions authority and really believes in equality. He is under fire from the Washington establishment (by which I mean elected and appointed officials, the media, lobbyists and aides), in part because he naively believed in the stature of the Office of President, and in part because he believed in the goodness of others, including the Republican opposition—that goodness being a sincere desire to see justice and equality and economic opportunity for all, and a reduction in the budget deficit as our only salvation after 12 years of Republican "voodoo economics" and massive preparation for war.

As a parent of an adolescent and a pre-adolescent, I have lived in fear of that powerful entity, the Peer Group and peer pressure, and I have taught my children to pay attention to our family values, to be strong and independent in the face of persuasion to do something that would harm them or shame them. I have taught them to act out of their own conscience and sense of what is right and wrong and not to seek justification for future or past actions. Now I discover our entire system of government is based on peer pressure, that the Washington establishment is the "bully" that parents try to empower their children to deal with, and I wonder that the lessons of parents and police and substance-abuse prevention programs have vanished.

Now is the time for Mr. Clinton to shore up his own courage, to stay the course, for this is real change. If he is not up to the task of intimidating others, he must also not be intimidated by others. Mr. Clinton must seek out those who understand this fundamental change and make them his peers. And we who understand the cataclysmic result of this fundamental change must not wait to be invited; we must line up behind our President with our support, before he is another victim of the class, race, and gender warfare represented in our government.



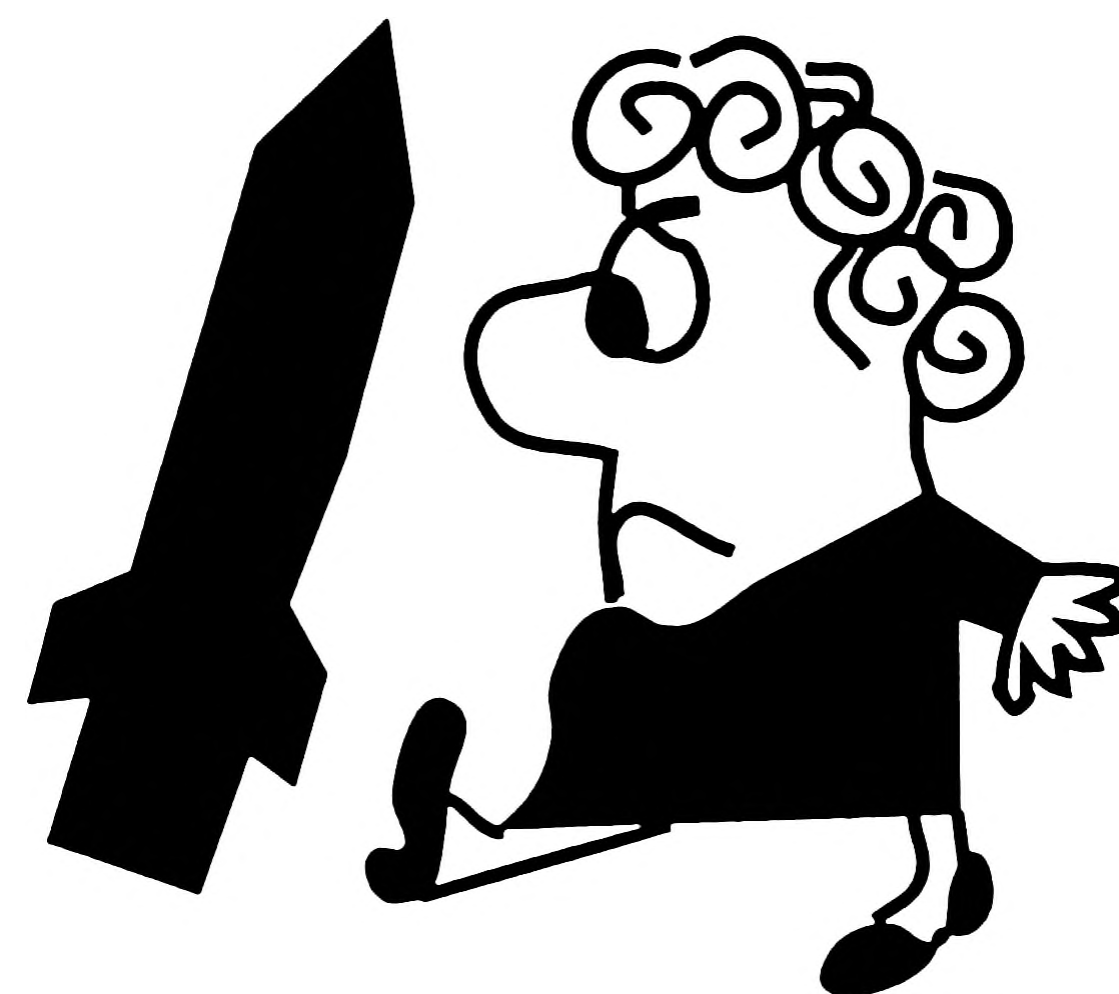
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"Most Dangerous Women"

News Release

Women's International League for Peace and Freedom (WILPF) was founded in 1915 during World War I with Jane Addams as its first president. Throughout its history the organization's purpose has been to work for the achievement by peaceful means of those political, economic, and social conditions throughout the world which can assure peace, freedom, and justice for all.



WILPF founders Jane Addams and Emily Green Balch were awarded Nobel Peace Prizes, the only U.S. Women to be so honored. Many years ago the FBI called Jane Addams "the most dangerous woman in America," based on her unceasing social activism on behalf of peace and justice. WILPF members in 34 countries around the world have carried on with her work and are urging all women to join WILPF in order to become "most dangerous women," to continue with the unfinished work of Jane Addams and all the founders of WILPF.

The Maine branch of WILPF was founded in Brunswick in May 1991. The group has been active in presenting public meetings on the state budget, state and national health issues, on the Free Trade issue, and other local and global concerns. The organization's membership is open to both women and men.

For a brochure and other information about WILPF, write to Christine DeTroy at 43 Willow Grove, Brunswick, ME 04011. Please join us to become "most dangerous women"!



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Women's Health Conference Held in Washington

by Sabrina DeTurk

The First Annual Congress on Women's Health convened on June 3 in Washington, D.C. The two-day conference was sponsored by the Journal of Women's Health, published by Mary Ann Liebert, Inc., and attracted numerous physicians, administrators, and other health care professionals.

Speakers addressed a variety of women's health issues ranging from breast cancer and osteoporosis to domestic violence and mental health. Plenary sessions gave an overview of such topics as health issues for reproductive-age women and the debate over the incorporation of women's health as a medical specialty.

In her introductory remarks, Ann Colston Wentz, M.D., chair of the conference and editor-in-chief of the Journal of Women's Health, cited June 18, 1990 as a landmark date in the area of women's health. On that day a report was released which showed that women were not sufficiently represented in medical research projects. This report triggered an explosion of interest in women's health, exemplified by the formation of the National Institutes of Health "Women's Health Initiative."

While many speakers recognized and celebrated the strides which the medical profession has taken toward increased awareness and attention to women's health issues, the prevailing attitude of speakers and conference participants alike was that the medical community has only scratched the surface of the health concerns faced by women. It was frequently noted that gender discrimination is all too common in many areas of the health care field—from

medical school to the physician's office. Speakers urged awareness of the social stereotype of women as passive and compliant and warned that this stereotype can become especially damaging in a medical situation, when passivity can result in a woman receiving too little information about medical procedures, or worse, inappropriate care.

It was stressed that the medical community needs to recognize that women's health is not synonymous with gynecology. Research and treatment must include other systems of the female body as well as the reproductive organs. Organizers of the First Annual Conference expressed their satisfaction with the number of registrants for the conference and their hope that future conferences will increase interest and concern for women's health issues throughout the medical community. Information on the Second Annual Congress on Women's Health, to be held June 28-30, 1994, can be obtained from the Journal of Women's Health, Mary Ann Liebert, Inc. Publishers, 1651 Third Ave., New York, NY 10128.

Reprinted with permission of the Maine Osteopathic Association from Maine D.O., Vol. 19, No. 3.

A Heartfelt Healing

Do you know that feeling you get when you're torn 'between your heart and your head'? When, facing a problem, your intellect or mind (what you've been taught to believe is right) tells you one thing. Another part of you, your heart—signaling weakly or strongly—tells you something different.

Most often, if you follow your heart, problems will ride out upon a smooth wave of transition, and all will be well. Following the intellectual path (what you think you should do) will often create havoc in your life.

When letting spirit flow through your life, it's easier to let go of 'shoulds' and let your heart (spirit's place of entry) give you answers.

I'd like to share with you a simple meditation taught me by another light worker. She had recently taken a bad fall on the ice, banging her head. She saw this fall as a work of Spirit to help her remove the last of her "intellect." Her intellect had been a constant deterrent to her healing powers.

The next time you're faced with a problem, take a moment and go into a quiet place in your mind. Let all thoughts of people, places, things dissolve. Take your time....

After finding your quiet place inside, picture your brain as it is (whatever you see is fine and will be right for you). Now visualize your brain being wrapped in GOLD and LIGHT.

Hold, for a moment, the image of your mind, your brain surrounded in GOLDEN LIGHT, and then let it fall slowly down through your body to sit where your heart is.

Imagine your mind wrapped in GOLD placed peacefully within your heart chakra.

Now ask yourself to give the answer you seek. You should feel at peace and comfortable with the answer that comes, though it may not be what you expect. Know that the answer given comes from timeless experience and is given through love.

With a little practice, this meditation can be practiced quickly and easily, wherever and whenever you need an answer. You may find that some of those stressful decisions will become simple, clear, and right.

I wish you well on your paths.

In peace- Leslie Hemberger-White

Domestic Abuse: Serious Threat to Women's Health

by Sabrina DeTurk

Abuse and violence in the home are a real health risk for many American women, asserted speakers at the First Annual Congress on Women's Health. A discussion of the incidence of violence against women and the ways in which physicians can provide assistance in lessening the danger was presented as part of the conference.

Courtney Esposito, of the Belmont Center for Comprehensive Treatment, cited statistics which show that a woman is more likely to be killed by someone she knows than by a stranger. Unfortunately, despite the high incidence of this type of violence, it remains a largely unacknowledged problem within the medical community and American society as a whole. Ms. Esposito shared three false assumptions which are frequently made about battered women and cautioned members of the audience against jumping to these conclusions when dealing with a woman who may be in an abusive situation:

1) The woman causes her beatings. 2) She can just leave the situation. 3) She does not seek or use help.

Often a health professional or other caregiver may believe they are helping a battered woman by making suggestions such as "Why don't you just leave [the abuser]?" However, Ms. Esposito emphasized that such statements can make the victim feel isolated, as though her own behavior (by not leaving the abuser) is wrong. She suggested an approach of stating the problem as the caregiver sees it and then asking the victim, "What can I do to help?" In this way, the abused woman is able to regain some sense of the control that is so lacking in her position as victim.

Carole Warshaw, M.D., of Cook County Hospital and Ann Flitcraft, M.D., of the University of Connecticut Health Center, both of whom have done extensive research in the area of domestic violence, stressed the need for health care professionals to be alert for signs of abuse in their female patients. Dr. Warshaw advocated the introduction of routine screening for violence in all clinical settings. Dr. Flitcraft agreed and suggested that skills related to safety assessment of abusive situations should be taught to all medical professionals, so that damage may be kept under control until intervention by specialists in domestic abuse is underway.

All three speakers acknowledged that addressing issues of domestic violence can be difficult, and even painful, for the caregiver. The provider's own level of experience in dealing with these issues can be a major factor in how easily he or she can address them with patients. Physicians are urged, however, to put aside their own discomfort in order to provide some real assistance for struggling women.

Clearly, the general or family practitioner is in a position to be the first line of defense against increasing domestic violence in our society. Physicians wishing to learn more about the issue of abuse are encouraged to contact local agencies offering services to battered women. The speakers also recommended *When Love Goes Wrong*, by Susan Schecter and Ann Jones, as a resource for those who would like to further understand this complex and pressing topic.

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Calendar

The Maine Displaced Homemakers Program is pleased to announce a series of financial workshops specifically designed for the mid-life and older woman.

Each workshop will feature a professional from the community who will speak in easy-to-understand language. Each woman will receive a copy of the AARP "Money Management Workbook" to begin the process of evaluating her financial identity. This is a non-threatening environment in order to build confidence in financial decision-making.

The workshop starts September 8 for seven consecutive Wednesday mornings at the First Congregational Church, Ellsworth. Early registration is recommended, by August 13, since materials are limited. Fee is \$15. Scholarships are available. For further information, please call Alice Fleming or Dorothy Torrey at Displaced Homemakers, 667-3897 or 1-800-696-2540.

Maine Tradeswomen Network is having a Meeting on Sunday, Tuesday, August 24, 6-8 pm. FMI, call 797-4801.

Women's Wrestling Sunday, August 8. A day-long (10 am-5 pm) workshop to explore supportive, non-competitive, powerful movement and contact; with Mallery Dalto, mover, massage therapist, and artist. For enrollment information and location, call Mallery, 207-525-3547.

Hindu Chanting Group Sunday, August 8, 6-8 pm. Belfast Yoga Studio, 175 High St., Belfast Center, 4th floor. \$2.00 donation; everyone welcome.

Judith Sloan, actress/comedienne Saturday, August 28, at the John Street Methodist Church, Camden. Tickets \$7.50 in advance, \$10.00 at the door. To benefit the Waldo-Knox AIDS Coalition. FMI, call 338-1427, or send \$ and

self-addressed stamped envelope to WKAC, PO Box 956, Belfast, ME 04915.

✓ **Maine Media Women's Annual Fall Workshop** For all communications specialists, whether in radio, graphic design, reporting, or fiction—come network with us! Saturday, November 6, at the Captain Stone Inn, Brunswick; 8:30 am to 3 or 4 pm. Topics will include Women & Communication as a Vocation: What Are We Trying to Express to the World?, a Job Interviewing/Grant Writing Workshop, and an Expressive Workshop. FMI, write to Mary Regan, vice-president programming, Maine Media Women, 64 West St., Portland, ME 04102. Final details on the Fall Workshop will be published in MMW's newsletter, The Maine Line.



To receive a copy, write to Carol Jaeger, Editor, The Maine Line, PO Box 175, Round Pond, ME 04564. (We welcome contributions; our next deadline is August 15th.)

Sankofa, a community celebration of people and their art. parade and street festival, August 28, 11 am-6 pm in downtown Belfast.

Belfast Dance Studio 55 High Street, Belfast. August 2-13, African Dance; August 16-27, Drumming (Haitian & Afro-Cuban Rhythms); August 27-28, African Cuban Dance. FMI or to register, call 338-5380.

Tewawine Medicine Circles September 7-28, in Blue Hill. Ohkie Semine, a Mohawk, has studied the ways of shamans and medicine people from Canada, central Asia, and Mexico for 20 years. She offers a synthesis of various shamanic practices and understanding of this path in a series of evening and weekend seminars. For information and reservations, please contact Scarlet Kinney, PO Box 114, Blue Hill, ME 04614, 667-4772.

Women's Downeast Network meets on the 2nd Wednesday of every month at the Sorrento-Sullivan Recreation Center, Route 1, 6:30 pm. Contact Dorothy Torrey, 667-3897 or 963-7888, or Ann Sargent, 422-3889.

Benefit Concert for AFS Student, Delia Riccardi-Percy. Music for the whole family to enjoy. Dancing and refreshments. The Holy Apostles Ministry, Route 194, Whitefield. Saturday, August 14 (rain date - August 15), 1-6 pm. Suggested donation: \$5.00.

If you, your group, or organization wish to inform the Women's Community in Maine about upcoming events/happenings, etc., please mail the information to NETWORK, PO Box 74, Blue Hill, ME 04614, by the 15th of the month prior to publication. We cannot take calendar listings over the phone.

Women's Business Development Corporation Meetings and Workshops

The Women's Business Development Corporation (WBDC) is a statewide, nonprofit, membership organization committed to the equality of Maine women through economic development. WBDC encourages and supports business growth through training, networking, advisory services, educational programs, and technical assistance.

WBDC will host the following monthly regional group meetings during August. All meetings are free of charge and open to the public.

Lewiston/Auburn Area. Tuesday, August 3, 12-1:30 pm (bag lunch). Androscoggin County Chamber of Commerce (formerly the Lewiston-Auburn Chamber) conference room. Member profile: Melanie Schupp, Bake More Melanie. Round table: Mayor James Howniec speaks on public policy and how women can get involved in the legislative process.

Southern Maine Business Women's Network. Thursday, August 12, 6:30 pm (networking); meeting begins at 7:00 pm at the Huntington Commons, Kennebunk. Member profile: Sonja Haag-Ducharme, Idlesea & Shorelands Guest Resort. Round table: "International Trade and Its Impact on Maine," a discussion with Dan Marra, Maine World Trade Association.

Bangor Area Businesswomen. Wednesday, August 11, 12-1:30 pm. Picnic in the park at Cascade Park, State Street (across the street from Eastern Maine Medical Center). Networking and fun; bring questions. Should it rain, the group will meet at its usual stomping grounds: Eastern Maine Development Corp. conference room, One Cumberland Place, Bangor.

Mid-Coast Area. Tuesday, August 17, 6:15 pm at Coastal Journal, 316 High Street (the old Mitchell School building) in Bath. Round table: "Bookkeeping for a Small

Business"; simplified recordkeeping for your business. With Brenda Day, Day & Associates.

Each meeting is approximately one to two hours long. The general format of each meeting is a short period of networking, a member business highlight, and a training session. The member business highlight gives a member of the group an opportunity to talk about her business. The training sessions can involve specific training relating to business or can be someone from a local organization speaking to the group about that organization. These meetings are free and open to the public. For more information, call WBDC, 234-2019.

The Women's Business Development Corporation (WBDC) will host a workshop on "Considering a Business." This workshop will help assess skills, identify the skills needed for business ownership, and help find the resources to build a business. Workshop session includes: Assessing yourself, defining a personal dream, steps to starting, financial matters (insurance, working capital, etc.) market research, and the competition.

This workshop offers the information needed to make an informed decision about starting a small business. Sign up for "Considering a Business" before starting! The workshop will be held in:

Augusta— Monday, August 2, at WBDC, 12 Spruce Street.
Thursday, September 9, same location.

Portland— Monday, August 9, at Campus Center B, USM.

Monday, September 13, same location. (Portland sessions are co-sponsored by the Small Business Development Center.

Bangor— Monday, August 9, at EMDC, One Cumberland Place.
Monday, September 13, same location.

Contact: Lisa Ellis, WBDC, Tel. 234-2019, for more information or to register.

The cost of the "Considering a Business" workshop is \$25. Scholarships are available. Preregistration is required for all workshops. WBDC reserves the right to cancel any workshop that has less than five preregistrants. Registration fees are nonrefundable.

WBDC is a statewide organization that supports business ownership for women, advocates for their needs, and works to increase opportunities and resources for women to achieve self-sufficiency.

We will be adding a Barter/Trade section with the next issue. There is no charge to subscribers for this service; there should be no financial transaction involved.
Send the information by August 20 to

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Amnesty International Group 169
PO Box 203
Bath, ME 04530 832-6863

Maine Greens
PO Box 562
Farmington, ME 04938 788-0796

Maine NOW
PO Box 4012
Portland, ME 04101 797-8508

Maine Women's Lobby
Women's Development Institute
PO Box 15
Hallowell, ME 04347 622-0851

Spruce Run Association for Battered Women
PO Box 653
Bangor, ME 04402-0653
Regional Hotline, 947-0496, 723-5664, 667-9489

Maine Project on Women and Disability
39 Pleasant Hill Road
Freeport, ME 04032 865-3970 or 781-7712

Maine Displaced Homemakers Program
Stoddard House
University of Maine at Augusta
Augusta, ME 04330-9410 1-800-442-2092

Peace and Justice Center
359 Main Street
Bangor, ME 04401 942-9343

Maine Youth Protection Council
181 Brackett Street
Portland, ME 04102 879-8701

Jobs Training Office
6 Oak Grove Ave.
Bath, ME 04530 1-800-491-0089

ACT UP—AIDS Coalition to Unleash Power
142 High Street #222
Portland, Me 04101 828-0566

Maine Peoples Resource Center
PO Box 17534
Portland, ME 04101

Maine League of Conservation Voters
PO Box 5271
Augusta, ME 04332

Maine Choice Coalition
PO Box 309
Hallowell, ME 04347

The Maine Women's Fund
PO Box 5135
Portland, ME 04101 774-5513

Women's Business Development Corporation
PO Box 658
Bangor, ME 04402 623-0065

Maine Coalition Against Rape
PO Box 5326
Augusta, ME 04332

Maine Tradeswomen Network
13 Lowell Farm Road
Falmouth, ME 04105 797-4801

Maine AFL-CIO
PO Box 2669
Bangor, ME 04401 945-3776

Maine 9-5 Association
PO Box 265
Liberty, ME 04949 342-5017

Women Unlimited
1250 Turner Street
Auburn, ME 04210 1-800-281-5259

Peace Action Maine
PO Box 3842
Portland, ME 04104 772-0680

Maine People's Alliance
RR 2 Box 135
Orrington, ME 04474

Maine NARAL
PO Box 2393
Bangor, ME 04401

Natural Resources Council of Maine
271 State Street
Augusta, ME 04330

The Women's Resource Center
5728 Fernald Hall #101
Orono, ME 04469 581-1508

Maine Vegetarian Resource Network
c/o Shari Greenfield
RFD 2 Box 194
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