

The University of Maine

DigitalCommons@UMaine

---

Maine Women's Publications - All

Publications

---

10-1-1975

## Womens Programs and Services Newsletter (Oct 1975)

University of Maine - Women's Programs and Services Staff

*University of Maine - Women's Programs and Services*

Follow this and additional works at: [https://digitalcommons.library.umaine.edu/maine\\_women\\_pubs\\_all](https://digitalcommons.library.umaine.edu/maine_women_pubs_all)



Part of the [Women's History Commons](#)

---

### Repository Citation

Staff, University of Maine - Women's Programs and Services, "Womens Programs and Services Newsletter (Oct 1975)" (1975). *Maine Women's Publications - All*. 597.

[https://digitalcommons.library.umaine.edu/maine\\_women\\_pubs\\_all/597](https://digitalcommons.library.umaine.edu/maine_women_pubs_all/597)

This Newsletter is brought to you for free and open access by DigitalCommons@UMaine. It has been accepted for inclusion in Maine Women's Publications - All by an authorized administrator of DigitalCommons@UMaine. For more information, please contact [um.library.technical.services@maine.edu](mailto:um.library.technical.services@maine.edu).



# ***WOMEN'S PROGRAMS & SERVICES***

OCTOBER 1975

## **newsletter**



## **field hockey gets the ball rolling . . . .**

by Martha Gauthier

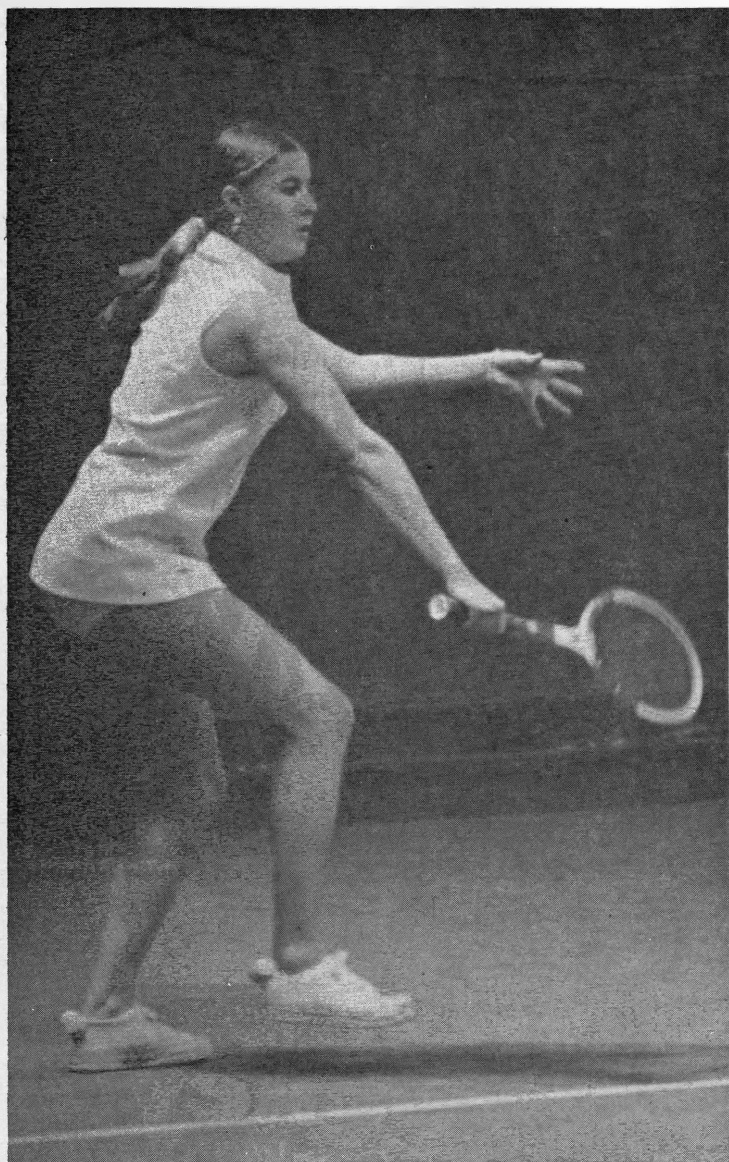
The UMO Women's Field Hockey Team started the ball rolling for women's athletics when they hosted a Field Hockey Invitational on September 13th.

( Continued on page six)

\* \* \* \* \*

The Office of Women's Programs and Services is a Student Affairs Program, 201E Fernald Hall, UMO, 581-2586

# UMO WOMEN'S TENNIS



One sport area where women are certainly receiving much publicity and recognition nationally is tennis. With the tremendous success and perseverance of Billie Jean King the entire sport of tennis has achieved an extremely popular and notable image not to mention the area of women's tennis becoming legitimized through her efforts.

In February of 1975 The Office of Women's Programs and Services corresponded with Ms. King and extended an invitation for her to appear at UMO for a speaking engagement. Unfortunately with commitments to ABC-TV she was unable to accept. She did communicate her interest in our programs at UMO and sent her wishes for success.

The Women's Tennis Team at UMO has made a definite upsurge of performance with the honors of being third in the state in 1973 to State Runner Up in 1974.

The UMO team is coached by Eilene Fox who is also coach of women's varsity basketball. Mrs. Fox had previously coached at Central Washington State and more recently at UMPG. Eilene and her sister Nadine won the New Jersey Intercollegiate doubles tennis title each year from 1964 to 1968.

A Women's Tennis Invitational was hosted by UMO on September 27. Matches are scheduled for the team as follows;

Oct. 3	at Colby College	3:00
4	UMPI	10:00
10	at Bowdoin	3:00
11	at UMPG	10:00
16-18	at N.E.'s at Yale	
21	Bates	2:00
24-25	State Tourney	1:00
	at Bowdoin	

## VOLLEYBALL HIGHLIGHTS

Are Phys. Ed. majors the only people who go out for teams? Ofcourse not! On the returning volleyball squad there are 3 majoring in P.Ed. 1 Chemical Engineering major, 1 Math major, 1 woman majoring in Wildlife Management, 1 Business major and 2 women from Arts and Sciences.

The volleyball team is not only made up of women with varied academic interests, they also hold a three year record of being State

Champions. Their 1974 record of 16 games won and 1 game lost brought them the honor of 5th in New England.

The team's coach, Janet Anderson has been coaching women's sports at UMO for the past eight years. During that span she has coached field hockey, tennis, volleyball, basketball, fencing, badminton, and softball. This year Janet and her squad will be shooting for their fourth state title. ( continued on page three)

# GOV. LONGLEY/POSITIVE ACTION COMM. SPONSOR WORKSHOPS FOR WOMEN

Governor James Longley and The Positive Action Committee have announced a series of Workshop - Conferences to be held throughout the state for women and minority groups. "We feel that there are many women and minority group members who, because of lack of knowledge of resources currently available to them, are hesitant to apply for some jobs, enter many training programs, or improve their skills. The Positive Action Committee hopes to serve as a catalyst to bring these resources--organizations and individuals--together, to identify the needs more clearly in each area, and to supply information, counseling and other services to the women and minority groups of our state. Our program then is designed to reach women and minorities who are unskilled, under-skilled, unemployed and

under-employed, as well as those who have never been employed or are reentering the work force after a period of absence."

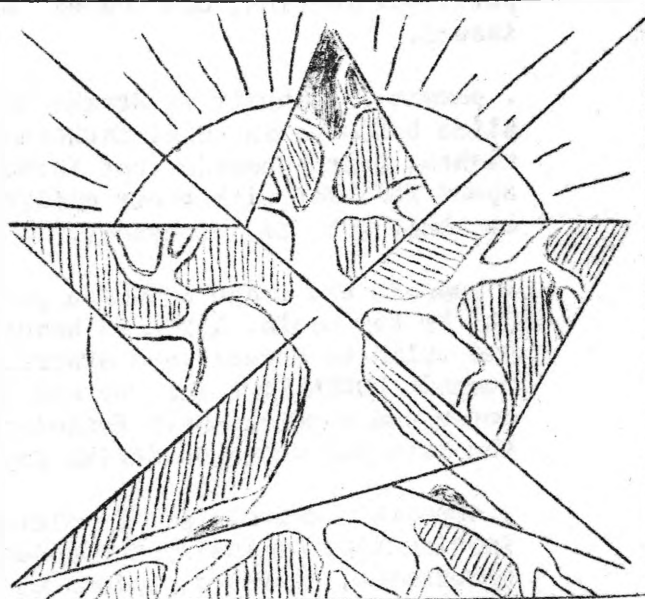
Each program will consist of a welcome from the Governor, from 9:30 -10 a.m. entitled, Reaching Out To Help Women and Minorities Help Themselves, plus a statement from Shirley Knowles, chairperson of the Committee. From 10a.m. to 1 p.m. there will be displays, drop-by discussions and films on the following topics; Job Entry Assistance, Career Planning, Vocational and Adult Education Programs, Military Opportunities, SBA Assistance, Confidence Building and a Film Festival.

The program scheduled for the Bangor area will be held on Oct. 11 in the gymnasium of Bangor High School.

## BACK PAY FOR WOMEN VETERANS

Former servicewomen who received "GI BILL" assistance between June 1, 1966 and October 24, 1972, and were married at the time may receive approximately \$30 retroactively for each month of training.

Claims for this money may be filed at any VA office. For more information contact the Office of Veterans Affairs, 201D Fernald Hall, UMO, or call 581-2486 collect. The deadline for filing will be July 1975.



## VOLLEYBALL HIGHLIGHTS

The volleyball squad began their season with an Invitational on Sept. 27 and will be engaged in playing through November 14, then hopefully topping things off with the Eastern Regionals. There will be many home games and supporters are invited to attend in Lengyel Gym. The schedule will be as follows;

( CONTINUED FROM PAGE TWO)

Oct. 11	UMO Invitational	10:30
18	at UMFK	11:00
31	at Mass./Mt. Holyoke	7:00
Nov. 1	at CONN.	7:00
8	at UMPI	10:30
14-15	at State Tourney	
	at UMF	10:00

Oct. 3 at Bates

4:30 pm





## ALICE DOESN'T

The National Organization for Women will sponsor a National Strike Day for women entitled, Alice Doesn't, Wednesday, October 29, 1975. The organization urges women to fill in the blanks to these statements; On Wed., Oct. 29 Alice Doesn't.....

. work in or out of the home. Alice walks off the job!

. spend any money on National Strike Day. Alice withholds all monetary support of the system - NO grocery or retail buying, no payment for services or transportation.

. volunteer...anything! Volunteers demand recognition and pay.

. play political football. Alice withdraws support of non-feminist political parties, candidates and issues.

. parent or babysit on Strike Day Alice believes in equal fatherhood rights; Alice demands that fathers spend THAT day with their children on their job, if necessary.

. support the image of women promoted by the media. Alice is beautiful and valid to herself and others. She demands EQUAL TIME for, by and about women and supports only feminists in the arts and media on Strike Day.

. support non-feminist, "traditional" institutions, including businesses, government, churches, unions and others organizations that keep Alice in her "place" economically, professionally and politically.

. support male egos on Strike Day socially, economically, politically. Alice does for herself what pleases Alice and satisfies her needs and her RIGHT TO BE FREE AND HAPPY!

If you just can't leave work:

. wear an ALICE DOESN'T arm band all day on strike day.

. organize a women's pot luck luncheon celebration.

. plan a consciousness-raising mini-workshop for lunch.

Women's businesses: offer special skills workshops on October 29th. Take orders instead of cash, taxes support the system.

Artists and writers: exhibit everywhere possible for a nation-wide Festival of Feminist Art.

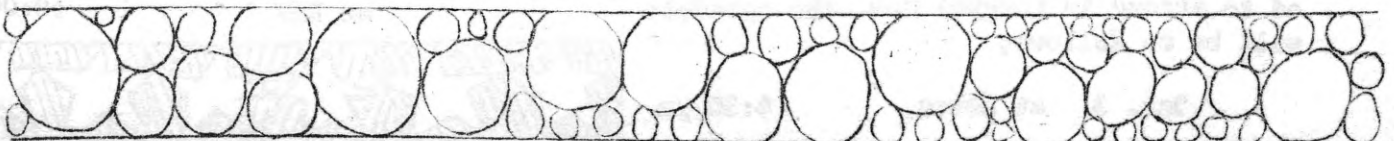
Women in education: organize and support alternative courses about, for and by women.

Single mothers: plan a picnic rally in a nearby park.

Musicians: hold a women's dance.

GET TOGETHER EVERYWHERE with the women in your life- in your office, shop, union, school, co-op nursery, church, club to rap, commune, celebrate in SISTER-HOOD !!!!!

Alice Doesn't!  
P.O. Box 6792, San Jose, CA. 95150  
(408) 733- 8918



# ALICE DOESN'T DAY DROP-IN WORKSHOP AT UMO

The Office of Equal Employment Opportunity and The Office of Women's Programs and Services, many individual students and university employees will sponsor a Drop-In Workshop on Alice Doesn't Day, October 29th. In an effort to support the N.O.W. sponsored National Strike Day for Women the group will have information booths exposing the economic value of women workers, plus a theatre dramatization on the same theme.

Women from the university and civic communities are invited to drop-in from 11 am to 1 o'clock on October 29th.

---

## ASSERTIVENESS TRAINING COURSE TO BE OFFERED FOR CLERICAL WORKERS

An Assertiveness Training course will be offered for clerical workers beginning on November 4th at 6:00 pm.

The five week course will consist of one two hour session each week with a focus on developing self confidence and assertiveness in personal and professional situations, with an emphasis on developing strengths and leadership skills. With the use of video tape participants will be given the opportunity to act out real life situations where they would like to become more assertive, particularly in job related situations.

The course will be facilitated by Karen Fischer from The Bureau of Labor Education at UMO. Karen should be contacted at 581-7032 for more information.



---

## STUDENT STAFF APPOINTED TO WOMEN'S PROGRAMS

The Office of Women's Programs and Services has recently ~~been~~ acquired a staff of four women through the Work-Study Program at UMO.

The four women are Rebecca Lane, Martha Gauthier, Kathy Craig and Debi Byers. With additional staff members we hope to

create a team to better facilitate the needs of women students and channel the many resources the office now offers to on and off campus women.

Also, with this increase in staff we hope to bring programs to the women at Bangor Community College and welcome response and input from women at BCC. The office phone number is 581-2586.



# AFDC STUDENTS ORGANIZE AT UMO

by Jan Hubbs

The availability of higher education and job training to parents on AFDC ( Aid to families with Dependent Children) is the focus of a new student based group, Disadvantaged Citizens For Higher Education. The group is composed of a core of students on AFDC, working with community AFDC recipients and other interested people representing several areas. Support groups for people appealing changes in AFDC checks are a major function of the group. Anyone going through a hearing appeal, or other crisis are encouraged to call Linda Monko( the groups advisor) at 581-2586. She will refer you to a member of the group who can provide information, support at a hearing, or even a sympathetic ear if that is what's needed.

Another function of the group is research into the state and federal laws which determine AFDC policy. The welfare system is often a dead end system, with the exception of a few career training programs ( which can serve only a small portion of those in need) and a

very poor work incentive policy, there are almost no alternatives to remaining on AFDC. Students on welfare and those recipients who wish to become students are faced with an endless array of difficulties because of Health and Welfare policy. At present, it is impossible to retain full AFDC and food stamp benefits while receiving financial assistance from the university. Though the university takes AFDC allotments into account when computing the amount of additional aid needed by a student, the university is working with 1973 Cost of Living Guidelines. Health and Welfare policy is based on 80% of the 1968 Cost of Living statistics, or 30% of present cost of living. The result is that any aid from the university results in automatic AFDC cuts and an obvious lack of incentive to getting off of welfare through educational training. Disadvantaged Citizens For Higher Education believe that this is an irrational policy, contrary to the intent of AFDC, which was designed as a temporary measure to assist those in financial crisis. Anyone who needs help, or is interested in making the welfare system more than a dead end street, is encouraged to join the group.



## FUTURE OF WOMEN'S NEWSLETTER

Beginning in November( if all goes well) the Women's Programs and Services Newsletter will change to a professional newspaper format. We will combine the idea of last spring's GYNERGY- A JOURNAL OF WOMEN'S ENERGY ( having literary and graphic arts) with the news focus of the present newsletter. Students and community women who have graphic art, photographs, poetry, short stories, and essays are invited to submit them for possible publication. Please be sure to include a self addressed stamped envelope with your work, so we will be able to get it back promptly and efficiently.

We want to repeat the plea which appeared in our last newsletter for subscription fees of \$1.00. Many people have al-

ready let us know they wish to continue receiving the newsletter. However, we're sure there are many of you who haven't had the time or space to remember to send in the dollar. We really don't want to discontinue communication with you all but with the expense of mailing and our limited budget it will be impossible to continue mailing to everyone on our mailing list. So please...if you want to receive the newsletter..let us know!

\* \* \* \* \*

The Office of Women's Programs has copies of the reports of the Governor's Advisory Council on The Status of Women, which are available to anyone who is interested. The reports offer an eye opening on Women in Labor, Education and Government in Maine.



# Field Hockey gets the ball rolling

Continued from page 1

Of the 5 Maine college teams invited, 2 participated, Bates at UMF. Both were defeated by the defending state championship team of Orono, which looks capable of securing the title again this year. The experienced and skilled players are trying out a new system of attack, a method that has been in use by Men's hockey teams for 15 years. The U.S. women's field hockey team is trying to individualize the sport because the play, called the 4-3-2-1, uses the best person for each position in relation to the whole team's function. It allows skilled players to be creative and exhort initiative moves on the playing field. Ideally, when the team employs the new system, teammates will be playing either defensively or offensively as a unit. Coach Jean Walsh, of the UMO varsity squad, feels that it is a definite strong play for the future of the sport. Her team is learning the new play and it is working well. They soundly defeated UMF on September 27, on a wet, muddy field by a score of 8-2. If they continue with that winning streak, as Coach Walsh thinks they will, she hopes to defend her state championship title and qualify for the Eastern Regionals on November 14-15, at U-Mass. The team has a good number of returning players and a few well-qualified freshman. Coach Walsh feels that this team is strong on all flanks; a good forward line, always hustling after the ball and an excellent defense, ready for whatever another team can throw against them.

Walsh has been varsity coach for two of the five years field hockey has been played intercollegially at UMO. The team was twice runnerup and two times champion in the state tournament. With that standing behind them and the possibility of athletic scholarships for field hockey players at UMO; the future looks bright for Coach Walsh's team.

## 1975 Season Schedule for Maine Bears Field Hockey

Sept. 13 Invitational, Orono 10 am  
 Sept. 27 UM Farmington, varsity and JV 10 am  
 Oct. 3 at Colby 3 pm  
 Oct. 4 UM Presque Isle 10 am Central Maine Club vs. Junior Varsity 11:30 am  
 Oct. 10 at Bowdoin 3 pm  
 Oct. 11 at UM Portland- Gorham 10 am  
 Oct. 14 at Farmington 3 pm  
 Oct. 21 Bates 2 pm  
 Oct. 24-25 at Bowdoin, state tournament 10 am  
 Nov. 14-15 Eastern Regionals U-Mass

## 1975 Team Roster

Name	Position	Class	College Hockey Playing Experience
Lynn Foster	Goalie	77	3 years
Lynn Shostak	Center Forward	78	2
Paula Noyes	Left Inner	76	4
Linda Clark	Right Inner	77	3
Georgia Tuttle	Right Wing	76	4
Cyndi Chadwick	Right Halfback	77	3
Mona Sylvester	Fullback	77	3
Lisa Haritos	Fullback	79	
Kim Coombs	Left Wing	79	
Deb Chase	Center Half	76	3
Jane Woodbury	Substitute	79	
Kim O'Conner	Left Halfback	78	1
Nita Lamborshnini	Left Wing	79	
Donna Chadbourne	Goalie	78	1



" Every year on my birthday,  
three gifts I always get without fail  
I get one year older and the war goes on,  
it still ain't over  
And one more freedom fighter goes to jail."

Holly Near --- Hang In There

by Kathy Craig

Holly Near's songs are not reflections of a subtle nature, she is definately a feminist pushing for social change on a universal level. Her music is dedicated to sisterhood and peace, all expressed in a celebration of life, love and friendship. The songs of her first solo album, Hang In There, raise consciousness in a celebration of the cultural awareness of the Vietnamese people. She has written, sung, and produced Hang In There on Redwood Records ( her own record company) after her inspirational tour of Indochina and Vietnam. Recently, Holly Near embarked on a tour of colleges promoting her second album through concerts, and importantly conducted workshops to access the need for prog essive alternative art and culture in the United States.

Last February the Office of Women's Programs and Services and the MAINE Peace Action Committee sponsored Holly Near in a concert at the Ram's Horn Coffee House. The warmth of her songs were overwhelming, and many folks expressed an appreciation of her original songs depicting a lifetime of trials and joys.

Once again the Women's Programs and Services and Maine Peace Action and Student Government will sponsor Holly Near in concert, accompanied by pianist Jeffery Langley on October 19th from 2 - 4 in the afternoon in Hauck Auditorium. Tickets will be sold for two dollars and can be bought a week in advance through the office of Women's Programs, 201E Fernald Hall, Umo. Her unique combination of deep social commitment and commercial appeal is to be taken with utmost seriousness. Holly operates at a grassroots level, raising the consciousness of women through her songs dealing with the power of women -to- women relationships. Ms. Near's lyrics, expressive style, and high voltage rapport with an audience combined with a powerhouse voice, obviously points to a highly enjoyable ( and much anticipated) concert.

Holly Near has proven to be an accomplished actress and has received outstanding reviews for her film work. Some of her notable films are Slaughterhouse Five and the Magic Garden of Stanley Sweetheart and FTA. She traveled with the FTA ( Free The Army Show) on a tour of the Pacific Rim and America, with Jane Fonda and Tom Hayden, singing and speaking at colleges, state fairs and rallies.

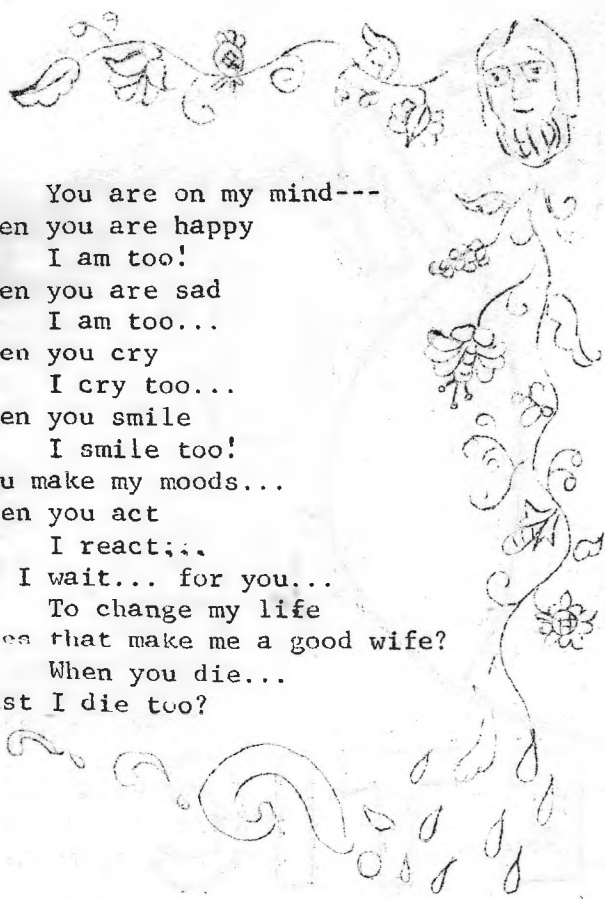
Among her television credits are guest appearances on All In The Family, Room 222, Mod Squad, The Senators, The David Susskind Show, and a variety of talk shows across the country. She has also appeared in the Broadway production of Hair, and recorded the cast album First National Nothing. Indeed Ms. Near is a versatile artist, and it is a pleasure to say -----"Welcome back, Holly!"

# HOLLY NEAR

# IN CONCERT

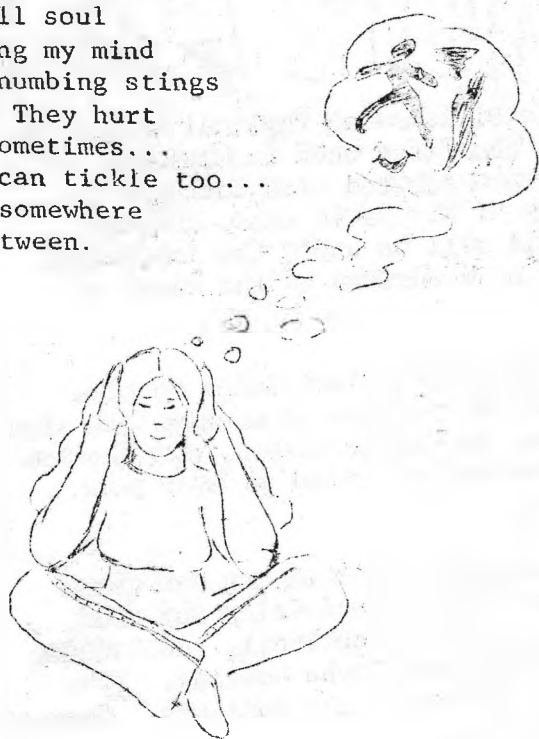
SUNDAY = OCT. 19 - 2 - 4 PM

# HAUCK AUDITORIUM UMO



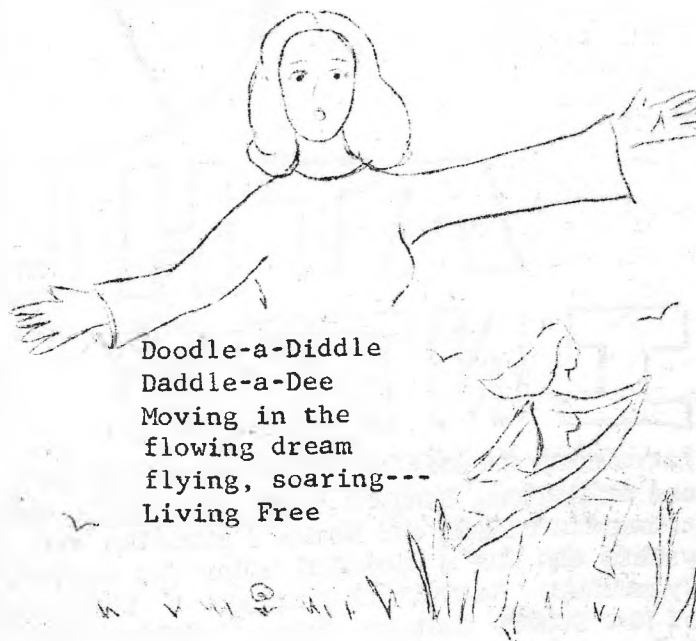
You are on my mind---  
When you are happy  
I am too!  
When you are sad  
I am too...  
When you cry  
I cry too...  
When you smile  
I smile too!  
You make my moods...  
When you act  
I react;..  
If I wait... for you...  
To change my life  
Does that make me a good wife?  
When you die...  
Must I die too?

Shadows envelop  
my still soul  
Filling my mind  
with numbing stings  
Ouch! They hurt  
sometimes...  
They can tickle too...  
I am somewhere  
in between.



Woman, sister, I salute you!  
For you have the power  
of numbers and strength.

The time has come, our cries are heard.  
No longer silent, speaking in whispers  
Come--take my hand for  
we can form a bond of sisterhood.  
I feel the power flexed as we show  
our potential.  
Come--strike with me on October 29  
Alice Doesn't  
For freedom comes one day at a time.



Doodle-a-Diddle  
Daddle-a-Dee  
Moving in the  
flowing dream  
flying, soaring---  
Living Free

WOMEN'S PROGRAMS AND SERVICES NEWSLETTER  
STAFF

DEBI BYERS  
KATHY CRAIG  
MARTHA GAUTHIER  
REBECCA LANE  
LINDA MONKO

\* \* \* \* \*

The Women's Programs and Services  
Newsletter is part of the University  
of Maine Bulletin Series. University  
of Maine Bulletin is published by the  
University of Maine at Orono Depart-  
ment of Public Information, PICS build-  
ing, Rangely Road, Orono, Maine 04473.  
Issued once in July, twice in August,  
Sept., Nov., Dec., and May, three times

# WOMEN'S ATHLETIC INTRAMURALS

Intramural activities sponsored by the Women's Division of Physical Education and Athletics, Lengyel Hall, will begin about the first week in October. Intramurals within the Women's Division will be coordinated with intramurals within the Men's Division under the leadership of Mr. David Ames, Memorial Gymnasium. Activities assigned to Lengyel Hall will be under the leadership of Ms. Debbie Westman, Lengyel Hall, and will be conducted at the hours of 6-8 P.M., Monday through Friday.

Schedules of activities will be made and posted in both facilities as soon as organization of groups is completed. Watch for notices of meetings and sign up instructions in the dining halls, the Union, the Maine Campus, and the two gymnasiums. Each dorm has a floor representative who will need to know your preferences about activities, organization, etc.

Activities will be conducted for the groups comprised of both men and women students, for groups of women, and for groups of men. Activities for coed groups will include softball, volleyball, tennis, and racketball. Activities for women will probably include tennis, racketball and maybe bowling. Your preferences are not yet known. The activities lists are not complete. Contact your dorm representatives, Mr. Ames, or Ms. Westman.

The Lengyel Hall Gymnasium will be open for free play beginning about Sept. 20, 1975. The hours of free play will be 8-10 p.m., Monday through Friday, 1-9 p.m. Saturday and Sunday. Use of the gymnasium at the indicated hours will be first come, first serve. No reservations will be taken for the free play hours.

# SPRUCE RUN



Spruce Run is a state-wide voluntary organization made up of women who are concerned and seek to help other women with the problems of family breakdown and/or divorce. Spruce Run offers the following services;

- \* A place where women can come and talk to trained volunteers, free of pressure to act or commit themselves in any way.
- \* By offering extensive information/referral to anyone concerning services relevant to family problems such as child care, educational opportunities, and mental health and job counselling, Spruce Run is able to help evolve realistic plans of action for the present as well as the future.
- \* Spruce Run offers information to anyone about Pro-Se divorce and contact with people who have done their own divorces.
- \* A place where women who are concerned with the crippling process of family breakdown and / or divorce as it is now, can come together to work for changes in laws and attitudes that will reflect more closely the needs of people today.

Spruce Run is located at 44 Central Street, Bangor. Their phone # is 947-0496

For people who have never heard of Spruce Run the above information can give you an idea of the basics of the organization. For those of you who have known of Spruce Run, have been concerned about Spruce Run getting more than off the ground and have asked the question; What ever happened to to Spruce Run?..... They're still there!

The Office of Women's Programs and Services will sponsor a Spruce Run Mite, on October 20th at 7:30 in the Bangor Lounge at UMO(Memorial Union).

We hope this meeting will serve to inform and acquaint new comers to the Orono and Bangor communities about the past, present and future directions of Spruce Run. We also hope to rekindle the interest of women once acquainted with the organization and to talk frankly about progress...needs and future visions for a much needed service.

SPRUCE  
RUN  
MITE

OCT 20  
7:30 PM  
BANGOR LOUNGE  
UMO



# WOMEN'S HEALTH CLASS

After a great response to last year's Gynecological Self Help Workshop the Health Center and Office of Women's Programs will offer a Women's Health Class this Fall. The class will be informal with hopes of getting into discussions concerning: birth control, sexuality, hormones and the menstrual cycle, different vaginal infections, breast cancer information, plus much more on the topic of women's health needs and concerns. The class will be offered more than once this year. The first class will begin early in November. Spaces are still open, anyone interested, please contact Linda Monko, 201E Fernald Hall, 581-2586, or Betsy Battick, Shelia Andrews or Laura Goldbaum at the Student Health Center, 581-7511.



## WOMAN CONSULTANT APPOINTED TO CANADIAN-AMERICAN CENTER

ORONO- A Nova Scotia Teacher has been named to head the educational material section of the Canadian-American Center at the University of Maine at Orono.

Margaret M. Shaw of Antigonish, Nova Scotia, will be educational materials consultant, according to Dr. Ronald D. Tallman, center director. She will head the center's Learning Activity Packets (LAPS) program. Fourteen LAPS are currently being used in nearly 150 elementary and secondary schools in Maine and throughout the United States. The program is funded by a grant of \$40,500 from the William H. Donner Foundation.

"We hope to rework some of the LAPS to make them easier to use," said Miss Shaw. "We also are planning a series of in-service workshops for teachers at the center. Our main aim is to increase the amount of teaching in the state on Canada and Canadian subjects."

Tallman said that Miss Shaw will prepare displays and talk with teachers next month at the annual meetings of the Maine Teachers Association in Augusta. Miss Shaw was awarded the B.A. (Anthropology) and B. Ed. degrees from St. Francis Xavier University in Antigonish. Since 1973 she has taught secondary geography and geology in Halifax, and is now a special student in Quaternary Studies at the Orono campus.

Miss Shaw has used the LAP concept in her own teaching, "Through the learning packet system Maine teachers will have an effective way of helping their students learn about Canada, she said. "Students feel a sense of accomplishment, develop creativity by planning their own learning activities, and receive more contact with their teachers and other students."

