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Womens Programs and Services Newsletter (Sept 1975)

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WOMEN'S PROGRAMS & SERVICES

newsletter

WOMEN'S RESOURCE FILE

The Office of Women's Programs and Services has a file of written, tape and film resources available to students, faculty or other interested persons. The information in the file is designed to assist students in their academic studies. At this point the file contains information on various topics; Sexuality, Birth Control, Psychology, Theatre, Education, Marriage, Male and Female Relations, Lesbianism, Women In The Labor Market, International Women's Issues, Women's History, Women Prose and Poetry Writers, Women Artists, Women In Politics, and many others. Persons interested in the articles may sign them out on a loan basis.

The following tapes are also available on a loan basis; POETRY AND PROSE BY ROSE ELLEN BROWN, SOCIOLOGICAL PROCESS: A STUDY

OF DEVIANCE and ETHICS IN RESEARCH, both lectures by Deborah Hiller Feinbloom, Sociologist.

CAREER TAPES

The Office of Women's Programs and Services also has available taped conversations with women engaged in various occupations. The tapes are unique in that they offer an informal experience of women in specific careers and include discussions of personal process and what has brought each woman to her present status in the work world and in her personal life. (Now Available: A CONVERSATION WITH JEANNE STEELE-JOURNALIST)

CONSCIOUSNESS RAISING GROUPS

In the late sixties women began meeting in small groups to discuss and share personal problems and experiences. These groups have brought to women all over the world a feeling that they are not alone in the process of becoming a person - woman. It is surprising how many women have felt that they are the only woman having problems or questions about sexuality, spirituality, thinking about marriage, careers or whatever. The sharing of experiences with a group of women in similar life situations and with a group of women with whom you can feel trust and support can offer much to the development of one's self.

This fall, Linda Monko, Coordinator of Women's Programs and Services, will be helping students to form their own consciousness raising or support groups. If you are interested in becoming part of an on going group, contact Linda at 581-2586 or come to 201E Fernald Hall.

PUBLICATIONS AVAILABLE

The following publications can be obtained from the Office of Women's Programs; MAINE ABORTION INFORMATION, OUR BODIES _ OURSELVES, REPORTS OF THE GOVERNOR'S ADVISORY COUNCIL ON THE STATUS OF WOMEN - MAINE WOMEN IN EDUCATION, WOMEN IN MAINE GOVERNMENT, WOMEN IN THE LABOR MARKET, GYNERGY - A JOURNAL OF WOMEN'S ENERGY (this is a literary and cultural publication prepared by UMO women students and community women), THE MAINE FREEWOMAN'S HERALD, plus a written introduction to THE OFFICE OF WOMEN'S PROGRAMS AND SERVICES.

ASSERTIVENESS TRAINING COURSE

This non-credit course will consist of five, two hour sessions. The focus of the course will be on developing self confidence and assertiveness in both personal and professional situations, with an emphasis on developing strengths and leadership skills. With the use of video tape students will be given the opportunity to act out real life situations where they would like to become more assertive, from dealing with professors and classmates to preparation for job interviews. The course will be facilitated by Karen Fischer and Linda Monko, and will begin on September 30 th from 3-5pm. Please contact Linda Monko if you wish to attend.

"WHOLLY WOMAN"

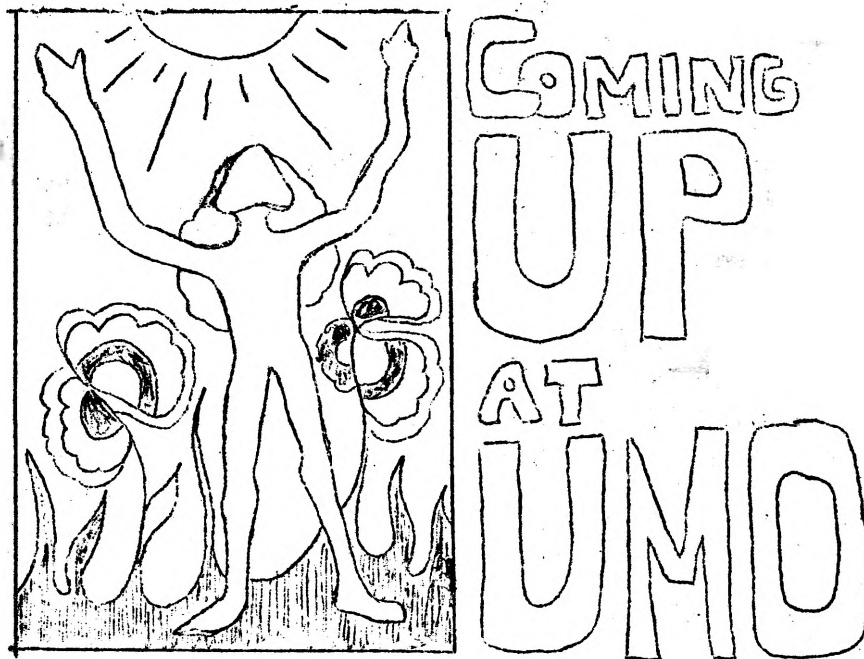
In their article, DIMENSIONS OF SPIRITUALITY, which appeared in the spring issue of QUEST, Judy Davis and Juanita Weaver wrote;

" In its broadest context, spirituality is being open to reality in all of its dimensions-in its rational, irrational and superrational complexity, and acting on that understanding. This requires a radical departure from the present compartmentalized ways of perceiving and determining action. The body/mind dichotomy, the separation of spiritual from secular, technical and instrumental knowledge from the emotional and artistic, one class, race and sex from another, has resulted in a

world filled with starving, alienated and warring people. We cannot, for very practical reasons, continue in this way. What we mean by spirituality is this radical change in the way we think, perceive, experience and act. It is an inclusive way of looking at and moving in the world. Spirituality is central to the women's movement because it is a struggle to deal with reality as it is, without imposed limitations."

Judy Davis who works at The Institute For Policy Studies in Washington D.C on feminism and religion, will be at UMO on Sept. 25th to explore with us the topic of women and spirituality. Judy will present her slide show, entitled;

WHOLLY WOMAN, a historical and contemporary image of the spirituality of women. The program will begin at 7:30pm in the International Lounge, Memorial Union, UMO.



The following programs are being planned for this year. Watch for notices of specific dates, time and location

CONTEMPORARY PERSPECTIVES ON RAPE
NOVEMBER

Is rape a totally isolated experience effecting only a small number of women and men? Why does rape exist in our society? How can women defend themselves against a rapist? What is the role of the Law Enforcement Officer? What does the law say about rape? What are the medical aspects of rape? Where can the victim, the rapist, their family and friends go for counselling? These questions, hopefully, will be answered and many more, we are sure, will arise....then....together we can explore the issue of rape in our society!

Sponsored by; The Office of Women's Programs and Services, Campus Police Department, The Student Health Center, The Counselling Center and Residential Life.

Featuring;

Film: RAPE: A PREVENTIVE INQUIRY

Tentative Guest Speaker: Ms. Thomasina Robinson:
SELF DEFENSE FOR WOMEN

SEXISM *** SEXISM *** SEXISM ***SEXISM

A Teach-In is being planned on the topic of sexism in American society. We hope to explore; What is sexism, and how does it work? What is the relationship between sexism and racism? How can we work to effect change? What is the relationship of sexism to our nation's economic structure?

Program Facilitated by; Linda Monko - Coordinator of Women's Programs and Mr. Doug Allen - Associate Professor of Philosophy, UMO.

COMING UP AT UMO Continued

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 consist of three weekly sessions with a limit of 25 participants. The class will be offered more than once this year. Anyone interested in enrolling please contact either; Linda Monko, 201E Fernald Hall, 581-2586 or Betsy Battick, Shelia Andrews or Laura Goldbaum at The Student Health Center, 581-7511.

WOMEN: AN INTEGRATED SEARCH College of Arts and Sciences

This seminar will be an interdisciplinary look at women's accomplishments and particular experiences through study of language use, political and social reality, feminist criticisms and theory and the origins of the women's movemnt. It will also focus on women in Science and literature (with emphasis on Virginia Woolf), and on women's health alternatives.

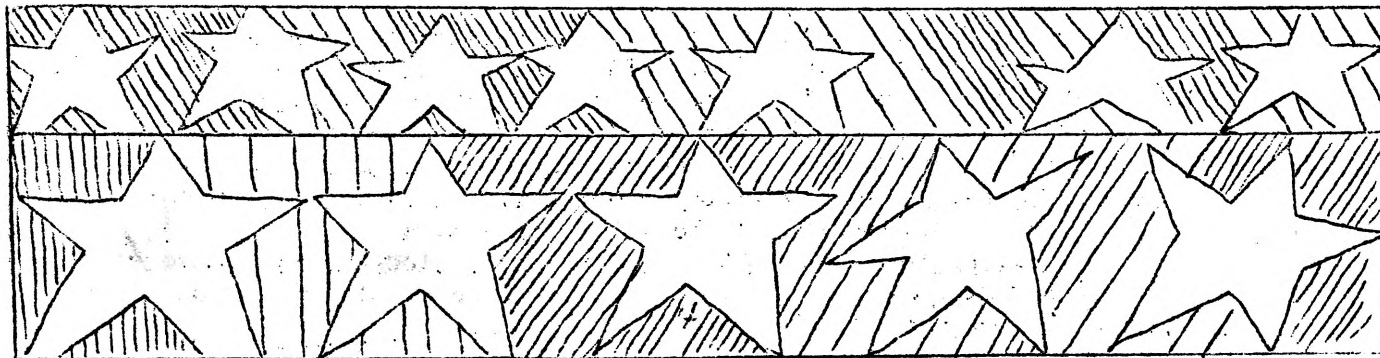
Instructors representing various disciplines will assign readings, lecture and facilitate discussions. Students will select a topic of study and research and will submit a final paper/report to the group. Efforss will be made to integrate and deepen insights into the status and role of women in society. PASS/FAIL

Coordinator: Dr. Paulette French, Little Hall

WHY JOIN A SORORITY ?

Many women are asking that question again. Membership offers many on-going experiences of life from day-to-day contacts to lifetime involvements. If you are interested there will be an Introductory Rush Meeting, "PANHEL SHINDIG", held in the Damn Yankee, September 10th at 7:00 PM.

Find out why collegiate women join. For further information contact The Panhellenic Council, 2nd floor of the Memorial Union.



As usual women's athletic teams and activities will be prevalent at UMO this year. A meeting will be held on Wednesday, September 3, at 3:30 PM in Lengyel Hall for women interested in TENNIS, VOLLEYBALL, and FIELD HOCKEY.

CHEERLEADING has now become part of the women's division. Anyone interested is invited to call 7593 or drop in at Lengyel. This is also true for GYMNASTICS.

UMO WOMEN'S ATHLETICS NEWS

Both SAILING and RIFLERY are maintained by the men's division but are most certainly open to women. For the riflery team contact Col. Mayer at 7237.

SAILING is held Mon. through Thursday, from 1:00 to 4:00PM. Gilbert Patrick should be contacted for more information at 7240. For SWIMMING contact Jeff Wren at 7091.

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BIRTH CONTROL INFORMATION LECTURE

Throughout the academic year at UMO there will be a Birth Control Information Lecture, every Wednesday from 12 noon to about 1:15. The class is conducted by Shelia Andrews, Family Planning Nurse and Laura Goldbaum, Nurse Practitioner. It is advised that all students who have intentions on requesting birth control products through the Student Health Center's Family Planning Unit, attend one of these programs before making an appointment with Shelia. The classes are open to both women and men, people newly interested in birth control or anyone with a question or interest in this topic. The class covers information about the following topics; different types of contraceptives and how they function, what contraceptive is best for each woman; What is the morning after pill? and how do you go about requesting it from the Health Center?; The reproductive and menstrual cycle; How to get a pregnancy test?; Information on Abortion; explanation of a pelvic exam; information on Venereal Disease; and much more.

EVERY WEDNESDAY 12 NOON - 1:15 Family Planning Suite, in the basement of THE UMO STUDENT HEALTH CENTER

WILDE-STEIN

The Wilde-Stein Club is the Gay organization on campus, open to both women and men. The group derives their name from Oscar Wilde and Gertrude Stein, both brilliant pioneers in literature.

Wilde-Stein Club offers support and companionship for gay students and community people with, weekly meetings, special activities and the maintenance of a drop in center on the second floor of the Memorial Union. For more information call 2571.

FOR YOUR INFORMATION . . .

The UMO Conferences and Institutes Division will offer many interesting courses this fall. Among those being offered are; A COUPLES GROUP, ALTERNATIVES: BUILD/DESIGN YOUR OWN DWELLING, FACES, APPEALS, AND DIMENSIONS OF ART, ELECTRICAL HOME IMPROVEMENT AND REPAIR, KARATE, PAINTING, PHOTOGRAPHY, and POTTERY. Two courses that may be of particular interest to women are reviewed below.

<u>THE SELF-SUFFICIENT WOMAN</u>	(2.0 CEU's)		Joann Fritsche
Sept. 9 - Nov. 11	10 weeks	Tuesdays	7:30 - 9:00 PM
114 Bennett Hall, UMO			Course Fee \$15

This course will focus on nine topic* areas which are of profound importance to women endeavoring to be more independent and self-sufficient.

1. Identification of personal strengths and abilities
2. Power - how I use it and how I feel about it
3. Identification of my needs, including the strengths and skills I need in order to meet my goals
4. Sexuality preferences; relation to professional choices
5. Strategies for organizing self, family, others outside the family
6. Politics - at home, in the business world, and in government
7. Basic areas of the law which affect women
8. Employment - how I can contribute to society on either a paid or non-paid basis
9. Education - how and where I can develop the skills I need and want

Some of the classes will focus on information about Law, Education or Employment. However, most of the classes will be workshops designed to help each woman identify her own strengths, needs, goals and options.

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<u>AUTOMOBILE MAINTENANCE FOR WOMEN</u>	(1.4 CEU's)	Dick Dalton
Sept. 17 - Oct. 29	7 weeks Wednesdays	6:00 - 8:00 PM
Grants Auto Center, Stillwater Ave., Old Town		Course Fee \$25

This is a basic course for women. No previous training or experience is required. Instruction will cover basic maintenance practices and procedures which are required periodically due to normal wear and tear. Students will also receive instruction on how to diagnose symptoms which could cause serious damage and costly repair bills if they went unrecognized. Students will learn how to check and change tires, spark plugs, oil, filters, fuses and how to check and maintain, tires, brakes, batteries, radiators and fluids.

NOTICE!

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NOTICE!

Some of you may be aware of the fact that the Office of Women's Programs and Services will be operating on an extremely minimal budget this year. We will continue to publish newsletters and notices of programs and want very much for you all to receive them. With a present mailing list consisting of about 400 non-students and with expensive mailing costs it will probably be impossible to continue contact by mail. Therefore, I am asking for a \$1.00 subscription fee per year. If this presents a hardship, copies of everything we print will continue to be available at the office.

This pertains to non-students only.

Linda Monko

WOMEN'S ACTIVITIES CALENDAR

SEPTEMBER 1975

- Sept. 3 - Interest Meeting for Tennis, Volleyball, and Field Hockey
3:30 PM , Lengyel Hall
- Sept. 9 - Course Begins - THE SELF SUFFICIENT WOMAN, 114 Bennett Hall, UMO
7:30-9:00PM. Contact Conferences and Institutes, 128 College Ave.
for registration.
- Sept.10 - INTRODUCTORY RUSH MEETING, Panhellenic Council, 7:00 PM, The Damm
Yankee, Memorial Union, UMO
- Sept.10 - Course Begins - WOMEN: AN INTEGRATED SEARCH, evening,
contact Dr. Paulette French, Little Hall for more information.
(Time, Place, Etc.)
- Sept.13 - Field Hockey, Invitational at UMO, 10:00 AM, Lengyel
- Sept.17 - AUTO MAINTENANCE FOR WOMEN begins, Grants Auto Center, 6-8 PM.
For registration contact Conferences and Institutes.
- Sept.25 - "WHOLLY WOMAN" - Slide and tape presentation and discussion of
the spirituality of women with Judy Davis (Institute For Policy
Studies, Wasington D.C.), 7:30 PM, International Lounge, Mem.Union
- Sept.27 - Field Hockey - with UMF at Orono, Varsity and Junior Varsity, 1PM
- Sept.27 - Women's Tennis - Invitational at UMO with Bates, Colby, UMFG,
UMPI, UMF, UMM, 10:00 AM
- Sept.27 - Volleyball - Invitational at UMO with Bates, Colby, UMPI, UMFG,
UMF, UMM, 10 AM - 3 PM
- Sept.30 - Assertiveness Training Course begins, 3 - 5 PM, 206 Fernald Hall

NOTICE !! ALL MONTH

Sign up for the Assertiveness Training Course with Linda Monko
201E Fernald Hall, 581-2586 (Space will be limited)

Also contact Linda if you are interested in a Consciousness
Raising or Student Support Group.