

# Spruce Run News

Winter 2004  
Working for Peace at Home

207-945-5102    www.sprucerun.net    1-800-863-9909 (hotline)

## Thank you Penobscot Job Corps Center!

Students and Staff Help to Spread Awareness of  
Domestic Violence in October

Spruce Run has been working with Penobscot Job Corps Center (PJCC) for many years. In the past year and a half, however, in collaboration with Rape Response Services, this relationship has grown and blossomed.

During the summer of 2003, advocates from Spruce Run and Rape Response provided education about domestic abuse and sexual assault to students at PJCC dorms twice a week. Since then, PJCC has hosted Spruce Run and Rape Response for a weekly relationship informational session for students. As PJCC enrolls new students each week, this session has become a part of each student's introduction to the Job Corps Community. Students learn about healthy relationships, the services provided by both Spruce Run and Rape Response, and how to be helpful to others who may be experiencing abuse.

In October 2004, after having seen the success of such activities at the Loring Job Corps Center in Limestone, ME, PJCC took an interest in hosting activities to mark National Domestic Violence Awareness Month. **Laine Parsons** of PJCC worked closely with Spruce Run School Based Advocates **Amanda Cost** and **Brook Minner** to make these activities a success. Activities and events included Healthy Relationships Bingo, movie night, a performance of "You The Man," an

assembly and display of the Clothesline Project, student involvement in Make a Difference Day, a poetry and poster contest, and a staff dress-down with proceeds to benefit Spruce Run. Additionally, "the campus is plastered with posters about domestic abuse resources," said Amanda.

Healthy Relationships Bingo drew a "successful, enthusiastic turn-out," said Brook, "It was a lot of fun!" Instead of the game's usual columns headed with "B," "I," "N," "G," and "O", Healthy Relationships Bingo columns were headed with "Resources," "Warning signs," "Love is . . .," "Love is not . . .," and "How to help a friend." "It lead to some pretty strange cheering when people won," added Amanda, "especially when someone

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## Experiential Group Offers Challenges and Support

This past fall Spruce Run debuted a brand new education group, “Bridges to Empowerment.” Several years ago, **Sherry Lane**, Transitional Housing Coordinator, and **Maureen Flagg**, Traditional Services Coordinator, were trained to facilitate this group.

“Bridges to Empowerment” uses art, adventure activities, trust building games and group building games to give each individual participant a sense of personal power and how to use it in the world. These activities are designed to challenge participants physically, emotionally and mentally. At the same time, the activities are intended to support each participant to move beyond the challenges to a new group- and self-understanding. At the end of each activity, participants were asked to link the experience with their own personal experience. Facilitators hoped participants would step away from each activity saying “that was hard; we got beyond it; it was ok,” and then apply the same attitude to challenges in their personal lives.

“Bridges to Empowerment” employed many problem solving and team building games. One such game involved two teams facing each other. With very specific and confining rules, each team had to make its way to the other side of the room. The game was meant to introduce frustration, to allow participants to work through the frustration and solve problems as a team, and ultimately to engage in a discussion about strength, leadership and the different forms those two characteristics can take on. Participants also engaged in various art activities and rock climbing at the University of Maine climbing wall.

The poem on the facing page was written by the “Bridges to Empowerment” group.



### Spruce Run Education Groups 2005

#### Connections & Change: Domestic Abuse Education I **April 12—June 14, 2005**

This is our basic education group including 10 weekly sessions on types and causes of abuse, women & anger, healthy relationships and freedom. **Daytime group**

#### Beyond Surviving: Domestic Abuse Education II **September 13—November 15, 2005**

*Introduced in 2003! Participants labeled this group “Very Important!”*

An in depth look at the issues affecting survivors including: healthy relationships, effective communication, dealing with anger, parenting, and economic concerns.

(Participants must complete Connections and Change before taking Beyond Surviving)

Support Groups are also available. Children’s groups or childcare assistance arranged for all groups.

Call for more information **1-800-863-9909** or **945-5102**

To create the following poem in “Bridges to Empowerment,” women sat in a circle with a facilitator who held a ball. The facilitator led with a phrase, “When this group first began I thought it would be,” and threw the ball to one of the women in the circle. She added her own phrase, “A good and new experience,” and threw the ball to another woman who added her phrase. This process was repeated with the facilitator occasionally beginning a new stanza with a prompting phrase.

When this group first began I thought it would be,  
A good and new experience,  
Like diamonds on leaves,  
Crystal dew flowing from trees of new,  
Exciting.

I really enjoyed when we solved a problem together,  
Talked with each other  
And climbed the wall.

This journey challenged,  
Forcing me to face my fears  
By being blindfolded and led by someone else.  
To stay awake and aware  
Keep my glasses on my face and my shoes on my feet.

Then I realized,  
The purpose of our goals.  
I could do it, after I tried it once  
Darkness is not alone, voices echo in halls.  
A wall is not the end; self is a door...

Now I know with certainty that I can,  
Have time to do other things  
Climb a wall  
Learn to be me  
Get through another night because another dawn awaits  
Just like after the rain, another rainbow  
I can visualize the duality of me,  
And do anything I set my mind to.

## TO DO:

- pick up dry cleaning
- laundry
- make reservation for dinner
- figure out VCR
- record interview on TV
- bake cupcakes for party
- birthday card for dad
- order from seed catalogue
- wash car

volunteer for Spruce Run

Call **945-5102** and ask to talk to Sue H about volunteer opportunities.

Hotline and Children's Worker Trainings beginning soon!

!!!!!!

Receive free training about domestic abuse! Work toward the goal of ending abuse in our community! Be a safe listener for someone who needs a chance to feel heard and validated! Brighten the life of a child in shelter!  
(It's fun, it's free, it feels good)

**The Annual Spruce Run**  
**Fabulous Gala Dessert Party**  
**and**  
**Stupendous Silent Auction**  
**(a.k.a. The Chocolate Party)**

Featuring  
**The Hampden Academy Jazz Lab Band**  
and  
**The Spontaneous Jazz Ensemble**

**Saturday, March 19**  
**7:00**  
**University College, Bangor**  
**Ballroom**

For more information or to purchase tickets call 945-5102

**Silent Auction Items Wanted!**

We are still soliciting items to be sold in our Stupendous Silent Auction. Do you have something that people want to buy? Items that have been popular in past years include (but are certainly not limited to):

- High quality original art/craft, including pottery, quilts, jewelry
- Gift certificates to local restaurants or businesses
- Gift baskets from local specialty businesses
- Guided bird watch offered by veteran ornithologist
- Professional services such as massage therapy and reiki treatments
- Scholarships to yoga and dance classes

**Annual Meeting 2004**

Spruce Run's Annual Meeting was held on January 13, 2005 at the Richard Dyke Center for Small Business at Husson College. Approximately two dozen people attended to hear a report on the previous year and participate in a panel discussion of Spruce Run's Transitional Housing program.

Several Transitional Housing residents spoke eloquently about their stories and answered audience questions about their experiences, including their tenure in the Transitional Housing program.

If you would like to donate an item to the Silent Auction or for more information, please contact Sue H at 945-5102

**If someone you love is being abused, there are things you can do:**

**Express Your Concern**  
*"I'm afraid for your safety."*

\*\*\*

**Listen**  
*"I'm here to listen, if you want to talk."*

\*\*\*

**Validate**  
*"You don't deserve to be treated this way."*

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**Respect Choices**  
*"What can I do to help?"*

\*\*\*

**Offer Resources**  
*"Spruce Run might be able to give you some ideas and support. Their hotline number is 1-800-863-9909."*

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**Support Yourself**  
*If you are concerned about someone else and wondering how to be helpful, Spruce Run's hotline can offer you support and information.*

## Shelter Wish List

- ◇ Tampons and panty liners
- ◇ Diapers, especially larger sizes
- ◇ Liquid laundry detergent
- ◇ Dryer sheets
- ◇ Bleach
- ◇ White bath towels
- ◇ Shampoo and conditioner
- ◇ Baby supplies – wipes, wash, lotion, shampoo
- ◇ Pre-paid calling cards
- ◇ Baby monitors
- ◇ Hair dryers
- ◇ Writing paper and pens
- ◇ Gift certificates to Hannaford or Shaw's

### *In FY 2004, Spruce Run provided:*

Hotline response and advocacy to 1,142 individuals, for a total of 3,419 contacts;

Support & education groups to 206 individuals, for a collective total of 1,248 hours;

Emergency shelter for 118 individuals, for a total of 3,784 bed days;

Community education and training for 5,244 individuals, including teachers, clergy, law enforcement, human services caseworkers, the medical community, and others for a total of 5,250 hours;

Information about healthy relationships and dating abuse to 5,483 students in Penobscot County schools;

Transitional housing for 15 women and their 20 children;

Holiday gifts and food for 42 families.

## Staff Changes

### **Lyn Carter**

Lyn coordinated many programs at Spruce Run during her fifteen year tenure, including Children's Services, Support and Education Groups, Child Protective Services Advocacy, and Legal Services. Her fine, thoughtful and compassionate work will animate these programs for many years. Lyn accepted a position as Associate Director at Caring Unlimited, the domestic violence project serving York County. We are somewhat comforted by knowing that she will carry on her advocacy for battered women and their children in the State of Maine.

### **Sheila Daigle**

Sheila Daigle is one of those remarkable people who have done almost everything there is to do at Spruce Run. She came to us more than fifteen years ago as a hotline volunteer, spent many years as a volunteer support group facilitator, served on the Steering Committee and served as our Office Coordinator for 5 years. Sheila has an unparalleled dedication to the welfare of people who have been affected by domestic abuse and we know that she will carry that passion into everything she does.

### **Ruth Jewell**

Ruth joined Spruce Run in January as our Criminal Justice Response Coordinator. She will be working closely with the whole criminal justice system in Penobscot County to foster a coordinated response to domestic abuse.

### **Suzanne Strout**

Suzanne is a former Spruce Run hotline volunteer who has joined us as Office Coordinator.

## Spruce Run Staff

### **Janice Archer**

Shelter Services Coordinator;  
Elder Abuse Outreach Project Coordinator

### **Sue Bradford**

Program Planning and Integration Coordinator

### **Dorathy Chocensky**

Legal Services Coordinator

### **Amanda Cost**

School Based Program Coordinator

### **Francie Criner**

### **Maureen Flagg**

Transitional Services Coordinator

### **Sue Hamlett**

Community Education Coordinator

### **Rebecca Hobbs**

Administrative Coordinator

### **Ruth Jewell**

Criminal Justice Response Coordinator

### **Sherry Lane**

Transitional Housing Coordinator

### **Brook Minner**

School Based Advocacy Coordinator

### **Tina Roberts**

Special Projects Coordinator

### **Francine Stark**

Community Response Coordinator

### **Suzanne Strout**

Office Coordinator

### **Johnnie Walker**

Children's Services and Transitional Resources  
Coordinator

### **Erica Watson**

Hotline Coordinator

## "Think About It" Found Throughout Penobscot County

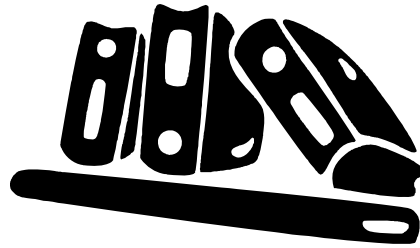
If you visited your local library in Penobscot County this past October, you may have noticed the display containing books about domestic abuse and information about Spruce Run. Maybe you even picked up one of the three free bookmarks included as part of the display for National Domestic Violence Awareness Month? During October, Spruce Run and libraries throughout Penobscot County teamed up to bring "Think About It" to library patrons.

Spruce Run created three different bookmark designs for this project. Bookmark themes were "healthy relationships," "what to do if someone you know is being abused," and a child-oriented "hands are not for hurting." Each bookmark included information about how to contact Spruce Run for support and information about dating and domestic abuse.

Each library that participated in "Think About It" received bookmarks, dating abuse posters, Spruce Run posters, a selection of Spruce Run informational material, purple ribbons and seven books, fiction and non-fiction, about domestic and dating abuse. The books, after the display, became a part of each library's permanent collection.

### "Think About It" Bibliography

Breathing Underwater by Alex Finn  
Fault Line by Janet Tashjian  
Getting Free: You Can End Abuse and Take Back Your Life by Ginny NiCarthy  
In Love and In Danger: A Teen's Guide to Breaking Free of Abusive Relationships  
by Barrie Levy  
Speak by Laurie Halse Anderson  
The Verbally Abusive Relationship: How to Recognize It and How to Respond  
by Patricia Evans



#### **Participating Public Libraries:**

Bangor Public Library (Bangor)  
John B. Curtis Free Public Library (Bradford)  
Brewer Public Library (Brewer)  
Simpson Memorial Library (Carmel)  
Charleston Public Library (Charleston)  
Stewart Free Library (Corinna)  
Atkins Memorial Library (Corinth)  
Abbot Memorial Library (Dexter)  
East Millinocket Public Library (East Millinocket)  
Glenburn Library (Glenburn)  
Edyth L. Dyer Community Library (Hampden)  
Lincoln Memorial Library (Lincoln)  
Millinocket Memorial Library (Millinocket)  
Newport Public Library (Newport)

Old Town Public Library (Old Town)  
Orono Public Library (Orono)  
Orrington Public Library (Orrington)  
Veterans Memorial Library (Patten)  
Stetson Library (Stetson)

#### **Participating School Libraries:**

Brewer High School (Brewer)  
Mattawamcook Academy (Lincoln)  
Old Town High School (Old Town)

would get bingo on a “Love is not . . .” draw. You’d hear things like, ‘alright! “Love is not jealousy!’””

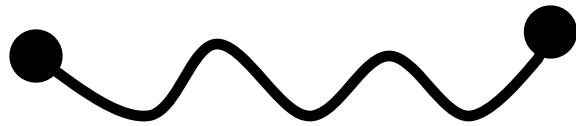
On October 19th, students watched “Pieces of April” for movie night. The film depicts multiple complicated family relationships. After viewing the film, students engaged in a discussion about healthy and unhealthy relationships.

“You The Man,” a one-man play addressing unhealthy relationships, dating violence and sexual assault, was performed for an all-female PJCC audience. The play is unusual in that it specifically takes a male perspective of empathy for someone experiencing domestic abuse. This supports the reality that there are no innocent bystanders in a crime that affects every sector of society. Many audience members were enthusiastic about the play and wanted “all the guys to see it,” too. (“You The Man” was also performed for students at Hermon High School and Orono High School earlier in the year, followed by a panel discussion of the issues raised by the play with Spruce Run and Rape Response Services advocates as well as representatives of the schools and local law enforcement.)

The Clothesline Project, begun by the Cape Cod Women’s Agenda in Hyanis, MA in 1990, was displayed at an assembly attended by all PJCC students. The Clothesline Project is a display of shirts designed by survivors of domestic abuse, sometimes as a memorial for women and children who have died as a result of domestic violence. During the assembly of more than 300 of their peers, PJCC students “spoke about what October [National Domestic Violence Awareness Month] is for,” said Brook. “One student made silhouettes of all the people who died” as a result of domestic violence in the state of

Maine during 2004, she added, “and other students took turns reading their names and something about their lives.”

Several PJCC students came to the Spruce Run Resource Center on October 22 for *Make a Difference Day*. They helped clean and organize the donations garage. “Christmas donations are going to be coming soon,” said Amanda, “and the students’ help was fantastic!”



In October 2004, the Mary Kay Ash Charitable Foundation donated \$15,000 to Spruce Run to support our ongoing efforts to help women affected by domestic abuse. Spruce Run was one of 100 domestic violence projects in the United States to receive the \$15,000 award. The Mary Kay Ash Charitable Foundation was created in 1996 to fund research of cancers affecting women and expanded its mission to include the prevention of violence against women. Since that time they have awarded more than \$2.7 million in grants to women’s shelters around the country.

Spruce Run will use these funds in part to educate and increase awareness about domestic violence through a project we call “Think About It”. The project provides all of the libraries in Penobscot County with information about domestic abuse and teen dating violence. “Think About It” is designed to reach teens, adults, and children with materials and activities such as:

- displays of books exploring the topic of abuse and providing helpful information
- continued availability of these books as part of the library’s lending collection, including a faceplate with information about Spruce Run’s services
- high quality, attractive bookmarks given to library patrons at the checkout desk, providing a message that help is available and information about resources
- “Hands are not for Hurting” events for children

We expect this project to fill a gap in our outreach efforts. Our goal is to educate the public about domestic abuse, indicate ways people can be helpful, and inform victims of abuse about our services.

Family violence is a most dangerous killer because it is a secret killer. It is kept secret because we are ashamed, turn silent, lose our voices when it is around. But we must remember that it can maim, not just physically, but emotionally, mentally, spiritually — for life. It has taken too many lives, too many voices. We have to learn not to keep quiet, to speak out for all our survival, to help heal and reaffirm all our lives.

Whatever occurs at any point on this earth moves out from the center of impact, has resonance. Any action, word, thought, motion performed swims out and has effect everywhere, whether it be the most violent or the most respectful act. This means that we can effect change, by our actions, by our voices.

From "Family Violence is a Killer" by Joyce Harjo (adapted from the introduction to Family Violence: Poems on the Pathology, 1982)

On August 30, 2004, Spruce Run, members of the Domestic Abuse Task Force and Rose Marie Dyer's friends and family organized a Community Vigil in Lee, ME to honor the life of Rose Marie Dyer and all those killed through domestic violence. Spruce Run staff read excerpts from Joyce Harjo, Audrey Lorde and Mary Oliver (parts reprinted on this page) and the names of those killed by domestic violence in Maine in 2003 and 2004. Rose Marie Dyer's daughter shared memories and lovely poems she had written about her mother. Rev. Grace Bartlett ended

the vigil by leading gatherers in reciting an excerpt from This Tough-Spun Web: Songs of Global Struggle and Solidarity, Songs of Carolyn McDade (by Chris Loughlin and Carolyn McDade from the womancenter at Planville).

*"Let us stand and open ourselves to the spirits of these whose names we have spoken," she read, "let us open ourselves to the tasks that await us. . .to battle the structures which silence and maim; to shout and live with passion and with justice."*

*"We move out," the audience answered, "from silence into naming, and from naming into action."*

**Upcoming**

## Community Vigil

to remember all those who have experienced domestic abuse

Tuesday, February 22, 2005

7:00 PM

Grace Methodist Church  
193 Union Street, Bangor

Open to all

In 2004 Spruce Run helped 42 families have happier holidays by providing holiday gifts and food baskets. Individuals, service groups, church groups, coworkers and others came together this holiday season to sponsor families who use Spruce Run services. We thank them all for their generosity.

Early in January 2005, we received a thank you card from a former shelter resident, who included the following letter. She has given her permission for it to be included here:

*To the Staff and Volunteers at Spruce Run:*

*When I first got here I was terrified. You gave me a safe place to live, a caring ear to listen, and for the first time in a long while, I felt there was hope for a better life.*

*Still afraid deep in my soul, the shelter worker came and helped me make goals. She told me I'd have to do the footwork, but promised I could do it; there was help in the community.*

*I made the phone calls, walked to the appointments, cried with frustration. And then it started to come together and I saw the hard work was worthwhile. I could live without running back to an abuser or turning to anyone to take care of me.*

*Taking it one day at a time, relying on my support systems when I feel I can't do it alone, and remembering how far I've come from that first day of total despair: these things keep me focused on why I need to hold my head up and walk on through each situation until I find a solution.*

*Thank you all for getting me out of the chaos and started on a new beginning.*

*With gratitude and love,*

*SR*

If you are interested in volunteering for Spruce Run, it's not too early to sign up for May hotline training. Please call Sue H. at 945-5102 or go to our website at [www.sprucerun.net](http://www.sprucerun.net) and fill out a volunteer application.