

# No-Name-Yet NEWSLETTER



## A STORY



Once upon a time, oh, a little over two years ago, a small band of Portland women decided to put out a newsletter. This newsletter was to chronicle the lives and happenings of the growing women's community in Portland, Maine. It was to publish essays, poetry, graphic work, news articles, a calendar and the infamous column of one Hetti-Lezbi. Forthrightly, this small band went about putting out issue #1 and, lo and behold, women subscribed. So, this same small, valiant band decided to inflict a deadline upon themselves and, so, once a month a ritual developed known as, 'layout.' After this ritual came, "collating." After "collating" came "soliciting" i.e. beating the bushes for more articles. Our noble little band liked this work. Oh, they did the usual grouching about this 'n that: not enough time, no one wrote any articles this month, no one ever writes us letters etc. and etc. But, they always put out an issue. Some of them were quite memorable, like the one on "Humor" that infuriated a number of women. How could they help it if someone thought marriage was funny or men in shorts, hysterical. Then there was the "Sex" issue and the "Kids, Race and Class" issue and the "Power" issue and so forth.

However, as each month started to roll by faster and faster our little band was now down to five, stalwart and red-eyed monsters. What to do! These five would meet and look over material, eat banana bread, complain, type, layout pages, collate and, in general, carry on. However, something had to give. Finally, it happened! An issue was printed with "lovers" spelt "livers" and further as "father" and so on and so forth and one of the monsters said, "I can't stand typos. I don't care how creative. I'll have to quit unless....." And another one said, "I agree" and another, "agree" and another agree and another said, "yes." So they sat and debated and came up with a plan. "We'll alternate issues! One month we'll print an Announcement Page plus Calendar, the next month an expanded issue with news stories, essays, poetry, graphics along with announcements and a calendar. We'll solicit more articles, give ourselves some lead time, so we're not so frazzled and bedraggled.

This seemed a good choice to our small, little band and maybe, just maybe, with some time on their hands, they'll be able to reach out and the band will expand.





# December 1982

1	2	3	4
8	9	10	11
15	16	17	18
22	23	24	25
29	30	31	
5	6	7	
12	13	14	
19	20	21	
26	27	28	

1  
9's CULTURAL  
EVENT - ART:  
A TIME FOR  
ACKNOWLEDGE-  
MENT  
7:30 pm. LBA  
26512

8  
YWCA Volleyball  
7:30

15  
YWCA Volleyball  
7:30

22  
YWCA Volleyball  
7:30

29  
YWCA Volleyball  
7:30

6  
Fem. Spiritual  
Comm. State St.  
Church 7pm.  
YWCA Volleyball 7:30

13  
YWCA Volleyball  
7:30  
Fem. Spiritual  
Comm. State  
St. Church  
7pm.

20  
YWCA Volleyball  
7:30  
Fem. Spiritual  
Comm. State  
St. Church  
7pm.

27  
YWCA Volleyball  
7:30  
Fem. Spiritual  
Comm. State  
St. Church  
7pm.

7

14

21

Winter Solstice

28

Grav. PHD NOW  
Public Safety Bldg.  
7:00 pm.

10

Food Abuse Workshop →

NEWSLETTER  
DEADLINE

Sunset -  
Hanukkah  
Begins

Hanukkah  
Mitzvah

17

24

Christmas

31

New Year's  
Eve





# a **FOOD ABUSE** workshop

Many women with concerns about food, fat, and self-image manage to keep their weight at what they consider an "acceptable" level. The price often means severe emotional stress and nutritional deprivation, as well as the traumas of bingeing, vomiting, or fasting altogether. In a society that supports "Food as Love", this workshop will help women find and strengthen other means of nurturing themselves and develop ways of fulfilling appetites in other areas of their lives.

**Maddy Spadola, m.s.ed.,** is a Registered Substance Abuse Counselor (R.S.A.C.) in the State of Maine.

As a result of her individual and group work at Skyward, a nationally acclaimed program for women with alcohol and drug abuse problems, she has developed groups for women concerned about their food abuse. A compulsive eater herself, Maddy helps women explore issues of appetite, fat, and self-image connecting these with our sense of well-being and the enrichment of daily lives.

140 Washington St., Camden 04843 • 207-236-9022 • 207-594-9508

**Lorraine Brown** is a writer and a searcher. She uses meditation, guided movement, theatre games, and writing techniques to illustrate and explore the connections between blocked self-expression, creativity and food abuse.

RFD 1, Box 920, Searsport 04974 • 207-338-1975

**Who:**

**When:**

**Where:**

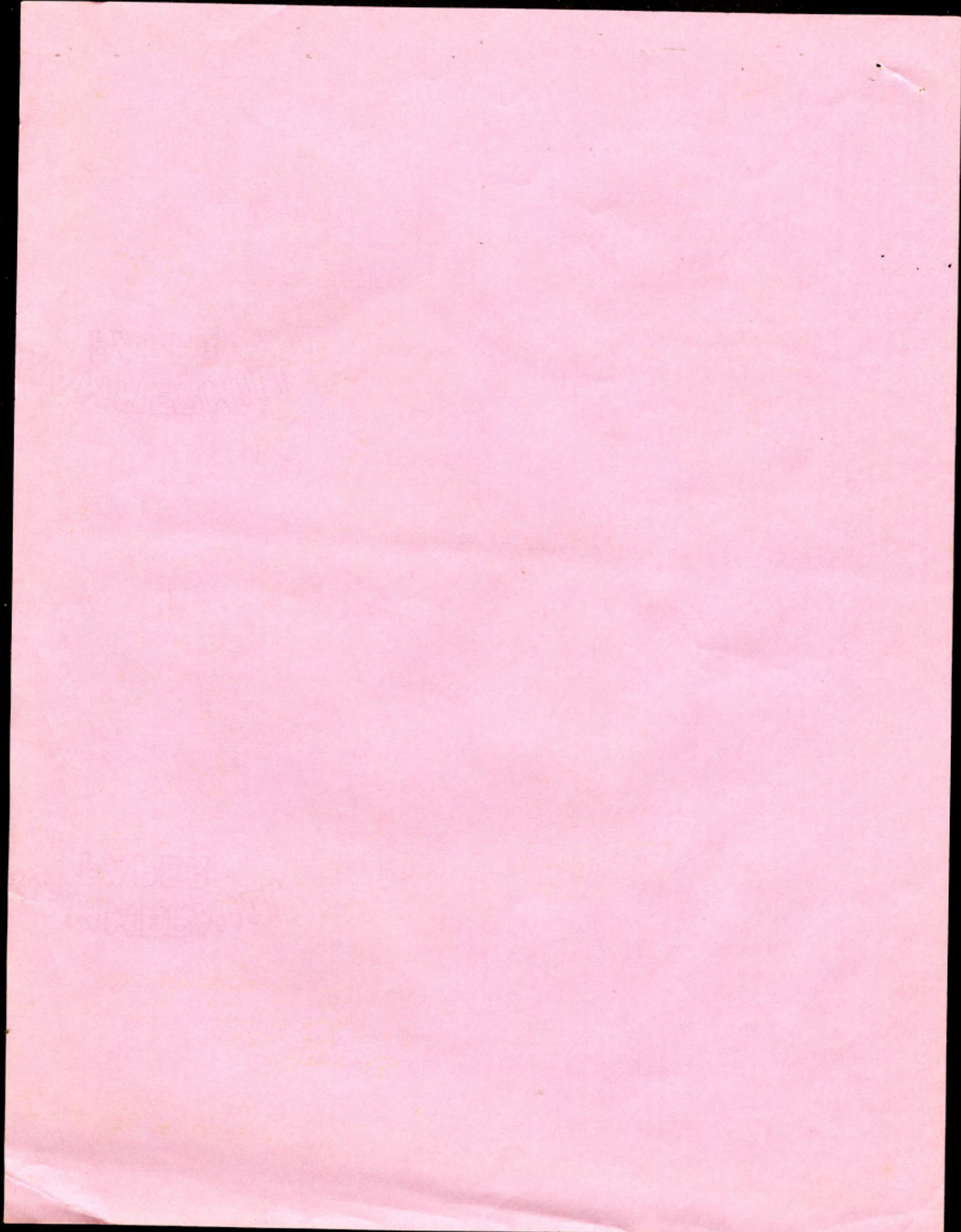
**Fee:**

*see page 3*

"Hannah Bantury • In a pantry • Gnawing on a mutton bone • How she

gnaws it • How she claws it • When she finds herself alone" Mother Goose







## NEWSLETTER STATEMENT OF POLICY

The purpose of the Portland Women's Community Newsletter is to provide women with a forum for our feminist voices. Thus, the Newsletter Task Force will only print articles, poetry, and essays by women, and will consider for publication any material not deemed racist, sexist, classist, heterosexist, ablebodied, or ageist. We reserve the right to edit material on matters of literary merit, length and content. No revisions or rejections will occur without dialogue with the author. Thus, material submitted must include name and phone number or address. However, within the pages of the Newsletter, names will be omitted upon request.

### Copyright

No article or graphic may be reproduced in whole or in part without the permission of the Newsletter Task Force and the author/artist.

### Ads

The current rate for advertising is \$15 per ad for appearance in 3 issues.

**FOOD ABUSE WORKSHOP:** Maddy Spadola and Lorraine Brown are having a Food Abuse Workshop weekend December 10-12 in Augusta. The fee is \$80. For further information, contact Maddy at 236-9022, early morning and evenings.

General Practice-Family Law-Civil Rights

*Erna Jean Koch*

ATTORNEY AT LAW

*Specializing in Womens Legal Affairs*

PHONE  
(207) 774-8273

22 DEERING STREET  
PORTLAND, MAINE 04101

The New England Women's Studies Association announces a call for presentations at its Seventh Annual Conference to be held March 26, 1983 at Keene State College, Keene, N.H. Proposals should focus on the theme of WOMEN'S HEALTH: BODY, MIND AND SPIRIT. Panel presentations will be given priority over single papers. Deadline for proposals is December 15. To submit a proposal send a one-page description of the presentation, including title, AV equipment needed, and a 50 word description of the presentation (for inclusion in the Conference Program) to Eleanor M. Vander Haegen, Keene State College, Keene, N.H., 03431. Presenters must be members of NEWSA. Dues (\$5 employed, \$3 unemployed or student) may be paid to Linda Gardiner, 18 Norfolk Terrace, Wellesley, MA, 02181.

"WOMEN MAKING CHANGE IN ART: A TIME FOR ACKNOWLEDGEMENT" is an evening of music, theatre, and poetry readings co-sponsored by the University Women's Forum and Convocation 82-83, to be held December 1, 7:30 P.M. in Luther Bonney Auditorium, University of Southern Maine, Portland campus. Everyone welcome.

Anyone interested in HOLIDAY SINGING contact Balenda; call 799-3611.

GREATER PORTLAND NOW meets the 4th Tuesday of every month at the Public Safety Bldg. All are welcome to attend.



**NEW VENTURE**  
**195 CONGRESS ST. - ON THE HILL**  
**THE REMARKABLE FURNITURE SHOP**  
**AFFORDABLE COLLECTABLES**  
**WED. - SAT. 10:30 - 5:30**



IS THERE A GREEN DOT ON THIS ISSUE OF YOUR NEWSLETTER? If so, then this is your last issue. So, resubscribe now! Subscriptions are \$8 (more if you can, less if you can't).

The deadline for the next issue will be December 10.

KEEP US UP TO DATE ON YOUR ADDRESS. NEWSLETTERS WILL NOT BE FORWARDED.

NAME \_\_\_\_\_

Address \_\_\_\_\_

Amount Enclosed \_\_\_\_\_ Checks can be made out to "The Community"

The Collective

