

Portland Women's Community Newsletter

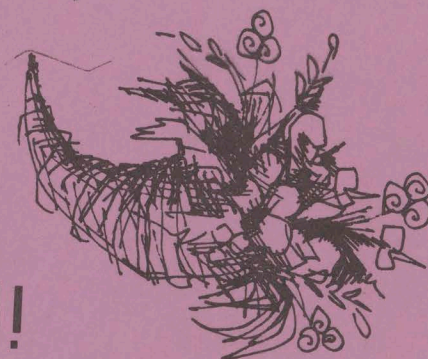
issue #2

AS THE NATION SINKS - DON'T LET MAINE GO DOWN

THE

PLUG

HOLE!!



KNOW YOUR LOCAL CANDIDATES....

A feminist pre-election briefing for women in the Greater Portland area will be held on Sunday, November 2 at 5 P.M. at the People's Building, 155 Brackett St. The purpose of this meeting is to share the information known about various candidates regarding their voting records and/or stands on feminist issues. It's especially important to share what's known about the Portland and South Portland candidates for the State Legislature because it is at this level that we, as feminists, have the greatest chance of influencing the election and addressing our particular issues.

Because the deadline for registering new voters outside of City Hall will have passed, we cannot perform that service, but district maps and lists of polling places will be available for those who will be newly registered.

A discussion of the implications of voting for the different presidential candidates is also planned. Discussion to be led by Lois Reckitt, Kate McQueen, and, hopefully, others with some information. Please come and bring friends. by Kate McQueen

ROWDY TIMES AHEAD

A Harvest Celebration will be held on Sunday, November 23 from 2 P.M. - 8 P.M. at Williston West Church, 32 Thomas St., Portland (West End). The day will begin at 2 P.M. with a welcoming ritual and will be followed by reports from the various task forces. Also, time will be set aside for the formation of new task forces or interest groups. If you wish to pursue an idea and are looking for women of similar interest, please call Barbara Cleveland (774-7682) in order to be put on the agenda.

From 3-4 P.M. we will be holding a new members workshop for any new women who wish to attend. This will also be a time for any of the new interest groups/task forces to get together and discuss projects.

At 4 P.M. we will begin assembling the feast. Please bring any and all kinds of delicious, delectable, colorful, zesty foods. We will provide the turkeys and stuffing. We are asking that you also bring your own place setting and an extra

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PORNO TOUR ENLIGHTENS/ENRAGES

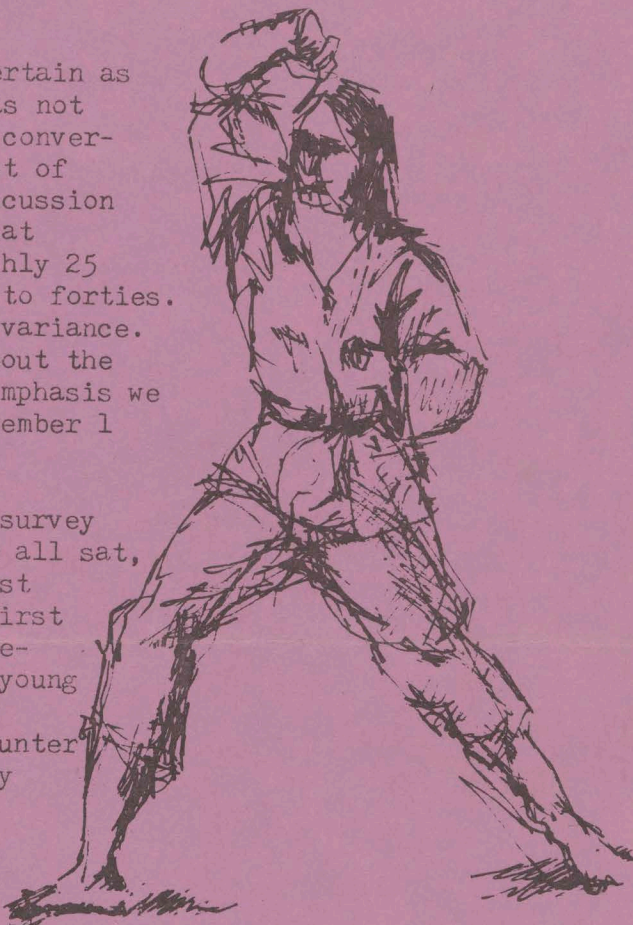
by Balenda Ganem

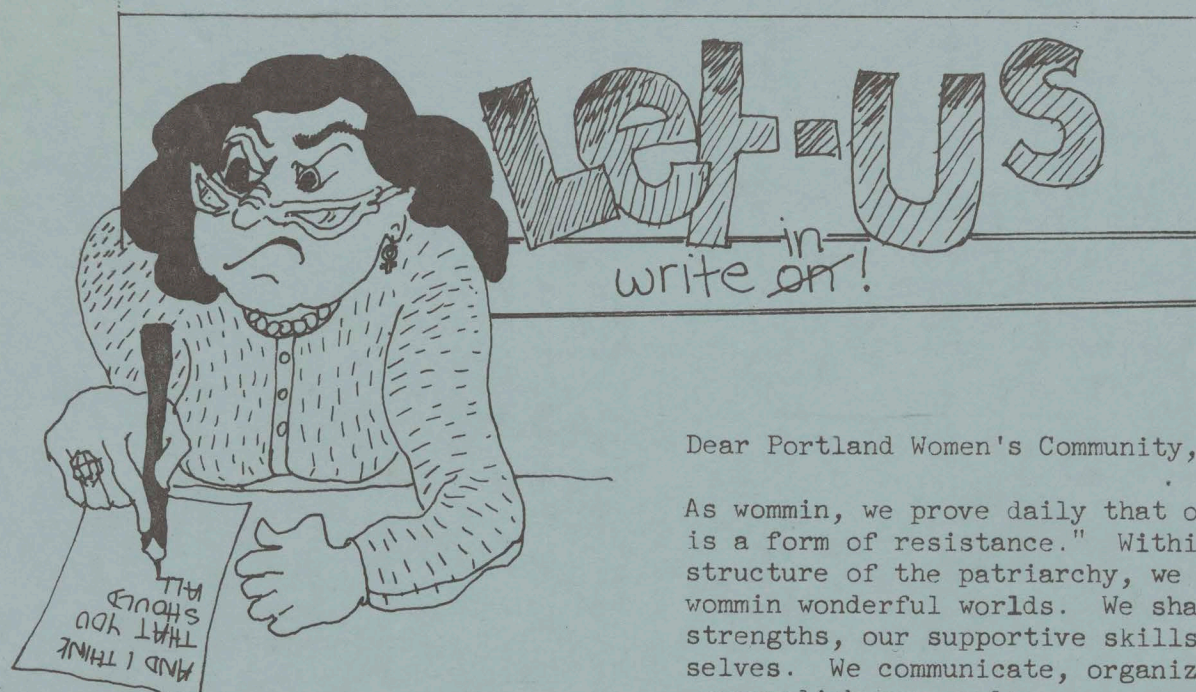
On Thursday, October 9, some Portland area women gathered at the Y.W.C.A. Women's Room for a pot luck supper discussion on pornography and a tour of local Portland porno shops.

I was curious about a "porno tour" and uncertain as to what exactly a porno tour entailed. I was not at the pot luck and do not know what dinner conversation consisted of in as much as the subject of porno in our lives is concerned. But, a discussion on the subject began immediately as we all sat together around the tables. There were roughly 25 women in attendance, ages ranging from teen to forties. I was especially pleased to see such an age variance. We talked in open conversation for awhile about the upcoming Take Back the Night March and the emphasis we would give pornography in regards to the November 1 day's events.

Diane Elze then read aloud a quick question survey dealing with the issues of pornography as we all sat, eyes closed, quietly remembering our own first experiences with it. Porno. I related my first early aged encounter with porno cartoons carefully hidden by my dad, and how, even at my young age, I was excited (although fearful of this hidden, but clearly occurring man/woman encounter. I was really in fear that I would be the only one of this feminist group to say that I was excited and curious enough to go back to that "porno hiding place" often. But others, as they related the first experiences shared the same young curiosity, and there the conversation grew into a clearer understanding for some of us about how pornography has really touched our lives - slyly embedded it's way into a young consciousness, exciting until we could later sort out its terrible truth, its evil hold, its awesome ability to ruin or rule women's/men's lives. *continued on pg. 8.*

There is now an on-going Self-Defense class for women available here in Portland. Black belt instructor Lauretta D. Gregoire is holding the class every Monday and Wednesday, from 7 P.M. to 8 P.M. at the State Street Church. The cost is \$4 for one class and \$7 for 2. Since the class is on-going, students of all levels are welcome to participate for however many classes they wish, although a basic commitment is encouraged in order to let progress take place. For further information call: J. Park's Self-Defense for Women, 773-8617 between 9 A.M. and 12 noon.





Dear Sisters,

I'm writing in response to Andrea Kelly's letter in the last newsletter, about being a heterosexual woman in the Portland Women's Community. I too am heterosexual. I have not participated in the activities of the women's community, but have preferred to have my friends keep me filled in on what's going on. I think this is largely because I have the impression that most of the women now active are Lesbian, and I don't feel I fit in largely Lesbian groups. I feel a pressure (from within and without) to come out. I've tried, much to my and my sisters' pain. It just isn't an intellectual (or even totally emotional) decision.

Now I feel it's important for me to make peace with my heterosexual identity and cultivate friendships with people who also struggle with men (at whatever level). Are there other women who feel it appropriate to deal with these issues within the Portland Women's Community? Or, do women want the community to be a refuge from men? In any case, I send all of you my support. The resurgence of women's energy is very exciting.

In Sisterhood,

Betsy Neale

Dear Portland Women's Community,

As wommin, we prove daily that our "survival is a form of resistance." Within the very structure of the patriarchy, we create our wommin wonderful worlds. We share our sister strengths, our supportive skills, our wommin selves. We communicate, organize, and accomplish our goals.

But there are many, many more wommin around us who are still living in isolation. Survival is not resistance - just simply survival. These wommin are not familiar with our goddesses or wommin's spirituality. They can recognize the threat of nuclear technology, but do not connect nuclear pathology with the violence in our lives in the form of rape, sexual harassment, incest, child and wife abuse... And they do not feel threatened by pornography. How do such wommin find an opening into an established community of wommin?

Indeed, it is not an easy task to suddenly become part of a wommin's network.

As wommin who are part of a community, we need to evaluate our attitudes towards wommin who are not part of our circles. We need to discuss exactly what is a "community." Are we inclusive? Or, are we exclusive? Are we part of a Lesbian clique?

Portland is at an amazing threshold in terms of wommin's community. Being a newcomer to Portland, I have found the community here to be rather stimulating. The necessity of support in my organizing endeavors was crucial -- and the community was there to nourish my ideas. As a Lesbian, I need the nurturing and loving ways of wommin. Thanks for a good job.

continued on pg. 4.

GODDESS FLIES IN BOSTON

Mallory Barrett

GALAS Boston, the Great American Lesbian Art Show, was displayed August 3-August 30 in a warehouse section of Boston near the wharves. This unjuried show of over 60 visual Lesbian artists ranged from traditional to innovative in style and included sculpture, painting, weaving and photography.

A Lesbian sensibility was central to many pieces, such as Annie O'Connell's "Closet Number One" and "Closet Number Two," rich fabric collages of closet doors. Most of the highly socially conscious and/or erotic art was photography. A small grouping was reserved for women's eyes only during Saturday hours.

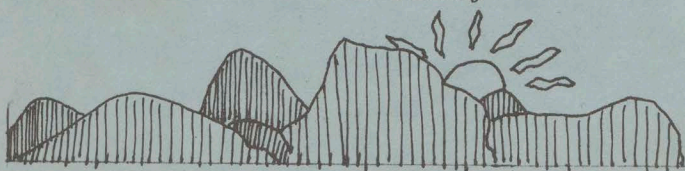
Letters Cont'd

But, as a feminist, I need to come in contact with all kinds of wommin. For me, the Women's Room at the YWCA afforded me an excellent opportunity to share my Lesbian/feminist notions. The outreach is overwhelming. I invite the community to use the space to enlarge our circles. A reading group meets on Mondays at 5:30 P.M. Our present reading experience is Andrea Dworkin's Our Blood: Prophecies and Discourse on Sexual Politics. Rather revolutionary. Come and join us.

The WOMEN'S ROOM is open Thursdays as a drop-in center for all kinds of women. We share ideas in a supportive atmosphere. We warmly welcome the community to plan programs for the night.

(I would like to thank Andrea Kelly for the important issues she raised in her article on being a married person in our community. Due to lack of time, I cannot reply in depth, but will hopefully for the next newsletter. I sincerely hope that an open dialogue develops amongst straight and Lesbian wommin on these important issues))

Debbie Jenney



Some spiritual themes were powerful, as in C. Regina Kelley's "Goddess Flying" -- a large cardboard figure hung from the ceiling and Laura Catanzaro's "Witch" - mixed media on plywood using strong basic colors and shapes. Catherine S. Conn combined spiritual themes with a playful mood in her "Study of a Pinball Machine," in which labyris ball-strikers and changing phases of the moon determine in part one's score. Oh, to find the bar with a matriarchal, Lesbian, witch pinball machine!

Most startling was Vicki Gabriner's menstrual art, paintings using her menstrual blood, a menstrual journal. Viewers were alternately drawn to and repelled by its primitive energy.

On Wednesdays and Sundays, except for during the Michigan Women's Music Festival, several hours of dance, poetry, theatre and music were performed. The GALAS Boston Collective plans to remain together in order to establish a New England Women's Cultural Center. GALAS is New England's part in a national celebration of Lesbian creativity conceived in Los Angeles and begun in May, 1980.

Rowdy Times Cont'd.

just in case someone forgets. If you are unable to make the business meeting, but would like to come for the dinner celebration, PLEASE COME. The cost for the day will be \$2.00 (more if you can, less if you can't). This will pay for the turkeys and the space. Children are free. If you decide to bring your children and desire childcare, please get in touch with the Daycare Committee by November 17 so they can make arrangements. Call Debra Kaufman, 772-1424.

We would like to make this get-together as festive and joyful (and rowdy) as possible, so any suggestions as to how we can start to reclaim this "Thanks giving" to Mother Earth would be warmly appreciated. If you have any suggestions, agenda items, inspirations for the day, please get in touch with Barbara.

Williston West Church is wheelchair accessible.

In the Beguining

by Gerri Merola



I stumbled on an account of the Sisterhood of the Beguines while researching a paper for Elly Haney's course, "Women and Spirituality," and was struck by their relevance to what we hope to build here in Portland.

Even today, the Sisterhood of the Beguines seems a courageous, wonderful model for a women's community. The Sisterhood is seldom listed in the index of a Western civilization textbook. Yet, for two centuries of the Middle Ages, hundreds of thousands of women lived and worked together in towns throughout Northern France, Germany and the intervening Low Countries.

During the period around 1200-1400, what we now call Christianity was competing for dominance with other versions of Christian philosophy and practice. The Beguines movement began among women who independently practiced early "Christian" virtue, studied, dressed and lived simply, and remained uninvolved with men.

The Sisterhood of the Beguines approached an ideal in meeting the spiritual, emotional, social, intellectual and economic needs of its members. The Beguines was a very practical alternative to marriage, in an era when there were few alternatives of any kind for women. The Sisters studied according to their interests, learned from each other, shared their lives, offered mutual support, criticism, and a sense of family. They created ways of providing the care that traditionally came from families, supporting hospitals for their ill and aged and bequeathing houses to each other.

The Beguines was a practical choice for women of all classes, particularly those from working and artisan families. Beguine members learned a trade and formed corporations modeled after craft guilds, and so were reasonably assured of means of support. Contrast this with traditional medieval convents, which were options only for women whose families had the means and inclination to support them for life. The comparative freedom of the Beguines over the convent made it attractive to upper class women as well. One can imagine the marvelous flavors created by women of such varied backgrounds mixing their lives together.

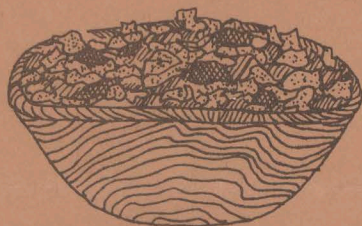
The Sisters usually clustered in the artisan sections of towns, sharing houses or renting rooms to sister Beguines, often bequeathing houses to their roommates. Non-affiliated single women settled around Beguine houses, enriching community life; in turn, they partook the rare Beguine experience and were able to share a measure of Beguine privilege and respectability.

cont'd pg. 10

breaking silence



Salad Poems



Frank's Universe

The eyes of the baker
say I'm pretty
the times I walk by his corner.
He lines up his cookie dough
his sweet sweet creations;
he makes them ready
for the fire.
I look at them as I go by,
he looks at me.

I'm Glad I Don't Work on the Hot Line

She's always running out of it,
the soup, the meat, the meal.
She wears the steam,
lays the plate.
The machine broke down
last Friday noon
but the men were by,
should work fine now.

by e.m. sparko

Thoughts on Turning Thirty-eight^{6.} for my mother and myself

So what was it like to come streaming forth
from that dense rose-blackness?
The kind elastic walls tightening
closing in, forcing
down and out.
Birthed.
Beached by cold gloves,
senses stinging, into this world.
Wrenched from the heart beat,
The soft uterine rockings into
This blizzard of sound
and racket of light.
And you?
What was it like, young, alone,
frightened, deep in that ocean,
riding the waves of my birth?

by nicole d'entremont

Why not
submit
your
poetry,
short in
length
c/o this
newsletter?



Found:

One third-eye,

Wandering

Above the sky,

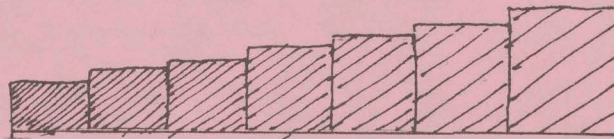
In what might be called heaven.

Will the owner please claim

. By waking-up.

by barbara cleveland

TASK FORCE REPORTS



The DAYCARE COMMITTEE has discussed childcare arrangements, which will be presented for discussion at the next general meeting. We need to decide whether to ask for volunteers or to hire someone to provide childcare during the meetings (and if we hire someone, who pays for it - parents or the general membership?).

Meanwhile, until the general membership decides on a childcare policy, arrangements must be made for the next meeting. Committee members would like to hear from women who will need childcare at the next meeting. We're also looking for volunteers to provide childcare at the meeting. If we can't find volunteers, we will hire someone and discuss payment arrangements at the meeting. If you have suggestions, let us know. Call Pamela Ryan, 773-1394; Debra Kaufman, 772-1424; or Victoria Chiudina, 549-5751.

The FUN, BONDING & CULTURE TASK FORCE reports what they consider a very successful summer/fall season. Activities included a trip to 'The Dinner Party' in Boston, an evening of Happy Poetry, a weekend campout at Recompence Shore, many pie-eating excursions at Spurwink Country

Kitchen, and an evening of children's stories (including Sparky's diary from 1969). All events seemed to be very successful and many women are already feeling that bond which they were seeking through fun and culture. The Task Force is on temporary vacation at this time due to many other activities going on. Trust us -- we will return for more fun, bonding, & culture! Ideas, call Ann Houser, 774-7166.



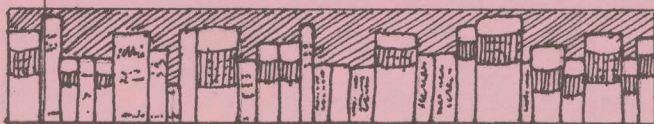
FEMINIST PUBLISHING



CLEIS PRESS, a new feminist publishing company whose first books will appear in 1981, is researching a large resource book, documenting the feminist "resistance" movement against male violence.

We are aware of women trashing billboards throughout the country, women who shoot up porn shops, kill their attackers, teaching other women to defend themselves against attack, shelter and protect women who have been abused. We are in need of personal narratives by these women, and by women who have found a variety of ways to fight back against the outrage of rape, battering, incest, pornography, harassment as Third World women and Lesbians.

At this time, we do not think it is necessary to document once again that this violence exists -- it is painfully obvious to each of us. But it is important that we document our struggles against male abuse.



We are looking for articles of feminist theory on tactics for fighting back, views on violence, analysis of the current struggle against pornography, rape, battering, analysis of the ways we may differ in resisting violence in our communities.

We would especially like to read essays and stories of feminist fantasy -- what would a world look like where we are not taught fear daily?

For a directory of organizations/individuals working against male violence, we would like to hear from: rape crisis centers, shelters for battered women, organizations against violence and pornography, legal resource groups, newsletters, and karate and self-defense instructors and schools.

Articles, stories, essays, photographs, graphics (please do not send originals) can be sent to: Cleis Press, 3141 Pleasant Avenue South, Minneapolis, Minnesota 55408, 612-825-8872. Please include self-addressed stamped envelope.

local women,

There is a man accosting women in the University of Southern Maine area. He has been at-large for some time now and appears to be stepping up his violent activities. In three separate incidents, women have been assaulted in the past two weeks. It is not known if the same man is responsible, but all three attacks have occurred in the U.S.M. area. Women be aware of this man or men. The police are, but appear to be unable to do a thing right now. In one case this description has been given.

He appears to be wearing a long, dark coat and black hat. He may be carrying a shopping bag. He seems to be an older man, but is able to move very quickly. Thus, he may actually be younger. The man

THE MAINE LESBIAN AND GAY MEN'S SYMPOSIUM V111 will be held at USM in April, 1981. The Symposium is traditionally a weekend gathering of Lesbians and Gay men throughout the state and beyond who wish to make political and social contact in a safe place away from the heterosexual world which binds us. The committee encourages new members to join in making this Symposium the finest yet. The next meeting will be Sunday, Nov. 15 at UMA (Augusta), 1:00 P.M. Contact Sparky at 772-6953 for carpooling or general information.

PORNO TOUR con't.

Next we proceeded onto our tour of the four porno shops within a 3/4 mile radius of each other on Congress St. (So many in such a small city - What's going on????) Although I only toured one shop, I'm left with some strong impressions of the shops and our participation. We poured into one shop, literally filled the small place with ourselves. The young man behind the counter did not seem to be the least bit affected or interested by our milling about or our commenting on the horrible impressions these magazines were making of people and intimacy. It's hard to imagine people, specifically men, actually enjoying and supporting these images of women liking gang rape, whips, leather, dogs, and the bad image porno gives Lesbian relationships. How do we end this multi-million dollar enterprise that so many continue to support so ardently, I said to myself over and over. It was clear that there was not a thing we could say to the store management that would not cause unnecessary dissent. It was clear that their right to sell the most damaging material to women's growth is safely protected by law.



was also making animal-like sounds before his attack attempt.

We are interested in forming a group effort to work on this problem. Things can be done. Call Balenda Ganem at the U.S.M. gym, Monday-Friday from 9A.M.-11A.M. at 780-4155.



AFTER THE REFERENDUM - WHAT ??

Dear Women,

We would like to thank each of you for your support and donations for the Maine Women for a Nuclear Free Future (MWNFF) ad in the Maine Sunday Telegram on September 21st. The response was overwhelming, enabling us to reach more people with radip spots throughout the state done by women. These are, indeed, remarkable accomplishments considering our first organizational meeting was on July 31st. Within two and a half weeks, a text for the ad was drafted, and letters were sent to over 2,000 women statewide. This outreach was initially organized by Portland women, and the ad was consequently paid for by almost 800 women statewide to educate the general public. As women, we wanted to communicate our acceptance of safe and renewable energy, and our rejection of nuclear power and the nuclear arms race.

The referendum was important, but it's not the only issue we want to address. We want to continue to educate women about the dangers of nuclear power, violence, and war. We can take a leading role in helping to develop a woman's perspective towards the earth. We can strive to bring humanity back to balance.

Those of us involved in the MWNFF are working on a newsletter to be sent to all women who signed the ad. We hope to establish a network of support for women throughout the state to continue to work towards a nuclear free future. We are collating our mailing list, and would like to find a woman in each county to be a contact.. Also, we urge all of you who are interested in our newsletter to submit articles, graphics, reviews, humor, or other information relevant to the nuclear issue. Please do this by November 15.

In Strength,

Maine Women for a Nuclear Free Future

WOMEN'S PENTAGON ACTION

WOMEN'S PENTAGON ACTION

We call on women to gather in Washington, D.C. on November 16 & 17 to express our outrage. Our lives are in danger. Our cities are devastated. Meanwhile the Pentagon consumes \$500 million a day to build an arsenal of weapons which endanger us more each day. Women will meet in Washington on Sunday, Nov. 16 to share political concerns, cultural experiences and work skills. On Monday, Nov. 17 we will demonstrate at the Pentagon. PLEASE JOIN US. Contact Sandy Kaplan, 241 High St., #4, Portland, 04101 for details and carpool or bus information. A Boston action is also being planned for those women who can't make it to Washington. Call Sandy - 775-3849.

SILKWOOD

Some women need help in bringing the story of union activist, Karen Silkwood, to Maine. Karen was killed on her way to disclose information about unsafe working conditions in production at the nuclear facility where she was working. To bring Jehanni Dyllan and her acclaimed one woman multi-media play, Silkwood, to Maine, \$750 front money to UNION SISTERS Production is needed. MWNFF will be donating money, but more donations are needed. Please send to Maine AFL-CIO Women's Caucus, c/o Chris Hastedt, Rural Route 1, Box 2190C, Freeport, 04032. Make out checks to AFL-CIO, but please note you're from MWNFF on the check.

Beguines Cont'd

The Sisters were well-respected. Church officials, however, were embarrassed by the Beguine's independence, and their stressing virtues that all could acquire (thus tacitly underscoring the dispensable nature of Church hierarchy). For generations they had little recourse, since the Sisters were often practicing Christian virtue more faithfully than the clergy themselves.

The Beguines encouraged individual expression over conformity. Houses varied dramatically as to mood, focus and rules. Some were known for spiritual intensity and austerity; some had a more intellectual focus; others were suited to women primarily interested in the respectability and independence made possible by Beguine life.

By the fourteenth century - a century of heretic hunts and witch burnings - the Church had become strong enough to erode the Beguine's autonomy. In time, the large communities dwindled in numbers and energy, leaving smaller groups who were much more tied to the Church's authority.

Unfortunately, only two English language books are available on the Beguines. Both are 20th century scholarly accounts written by men, and so we can only guess at what Beguine women were really like. The fact remains, a women's community existed - probably in grand style -- for two hundred years; for that alone they deserve memory and, perhaps, emulation.

CONGRATULATIONS

CONGRATULATIONS TO ELLY HANEY FOR RECEIVING A GRANT FROM THE UNITED CHURCH OF CHRIST FOR THE FEMINIST SPIRITUAL COMMUNITY.

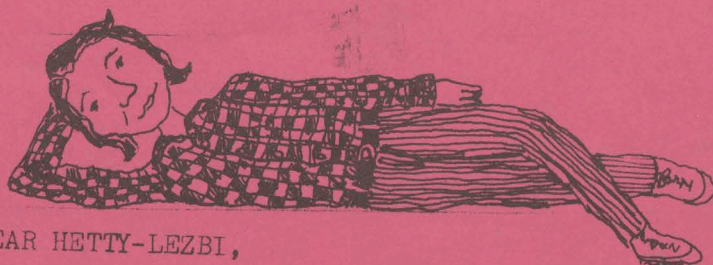


ATTENTION WOMEN IN CUMBERLAND AND YORK COUNTIES - We warmly welcome your presence at a meeting for MWNFF on Wednesday, November 5 at Eileen Cusick's house, 12 Kellogg St., Apt. #3 in Portland. Potluck begins at 6 P.M., meeting at 7 P.M. Anyone outside these counties are also welcome.

If you would like to receive the MWNFF newsletter, or a copy of the ad which appeared in the Maine Sunday Telegram on September 21st, please send one 15¢ stamp and your name and address to: Maine Women for a Nuclear Free Future, P.O. Box 4118, Station A, Portland, 04101.

'Woman's development, her freedom, her independence, must come from and through herself.'

Emma Goldman
1869-1940



HETTY LEZBI

column

DEAR HETTY-LEZBI,

Things would be going just fine with a new woman I met at the Internal Process - Task Force meeting, but I don't dare take my pants off because in my pre-lib days I had electrolysis on my legs. Please help.

Hairless on the Hill

Dear Hairless on the Hill,

Adorn your legs with Goddess tattoos. She'll be swept away and never notice. Good luck.

Hetty-Lezbi



DEAR HETTY-LEZBI,

I dearly love the Women's Community, but recently my palms have been dripping with nervous sweat during ritual time. I find myself choking on my chants. The last time I had this problem was in my Brownie Troop. I quit Brownies in fretful fear. I don't want to quit the Women's Community. What shall I do?

In Distress,

Dear Choked on Chants,

Choked on Chants

I heard it through the grapevine that other women are distressed by a similar reoccurrence of this condition. Why don't you consider bringing this up at the next meeting. Meanwhile, try baking soda, gloves, slippery elm and horehound tea. Good luck.

Hetty-Lezbi



HALLOWMAS
come celebrate!
7:00 PM
OCTOBER 31ST
at **81A VESPER ST.**
MUNJOY HILL
dress as you wish
PARTY

BRING YOUR OWN

Stumper

WHO WAS THIS FAMOUS
WOMAN?

A five-foot spitfire
with red hair, sea-
green eyes and a
melodious voice that
beguiled literary
lions at Greenwich
Village bathtub-gin
parties.

Answer in the next
newsletter!

Sports Fans

by Balenda Ganem

We all want women to have the freedom and opportunity to gain mobility in every aspect of life. Unfortunately, our negative attitude towards Macho men in sports has also contributed to our rejection of women's games. But, the fact remains that women are fighting harder than ever for their sport games. Two such struggles in Portland are the USM Women's Basketball Team and the Portland Women's Rugby Team. Both teams consist of strong women who are working very hard to keep these two games in existence for local women to watch and participate in.

Coach Costello, USM Women's Basketball Team, told me that at most women's varsity games the attendance is very low, unless they're on the bill with the men's varsity team. (However, then the women go on first and play for a smaller audience.)

Sammy Spears, Captain of the Women's Rugby Team, said that in spite of their 6-3 standing, attendance at all women's games is fair, but much better when the men's team plays as well.

Perhaps we feminist women could begin to schedule some games into our social calendar; also, to go as a group could be more fun than we imagine. The upcoming schedules for both teams are:

USM WOMEN'S BASKETBALL

Free scrimmage with Acadia College (Canada), November 13 at 6 P.M., Hill Gymnasium, Gorham Campus, USM.

1st game: Linden College (Vermont), December 2, at Hill Gymnasium, USM, Gorham Campus, 6 P.M., \$1 student, \$2 non-student.

PORTLAND WOMEN'S RUGBY

Saturday, November 1, at 1 P.M. with Smith College, Douglas Field on Douglas Street.

Saturday, October 24, at 1 P.M., team unknown as yet. Douglas Field on Douglas Street.



12. story night

by Marie Irene

Wednesday night, October 15, a dozen or so women and one child gathered on Vesper St. for a reading of their favorite childhood stories. When we arrived, they had already begun to imbibe my favorite snack, popcorn and wine; we joined in.

Everyone sat in a circle and, strewn in amongst the bowls of corn, I sighted several books that brought back memories. The star line up consisted of such marvels as: Norman the Doorman, Mole and Troll, Now We Are Six, How to Go About Laying an Egg, as well as several stories written by Maine children.

The highlight of the evening, though, was when Sparky read some excerpts from her 1969 diary. This inspired the idea for next month's nostalgic encounter - an exposing of our old diaries, slambooks, pictures, yearbooks, etc. Everyone is welcome. DECEMBER 4, 15 Deering Avenue, Third Floor, 7:30 P.M.



SELF DEFENSE PROGRAM TO BEGIN ^{13.}

An Open Letter:

Violent crime against women is something we do not like to think about. People tend to think that it is something that happens to other people. I always imagined that these crimes happened to slinky women who walked through dark alleys alone at midnight, until I was a victim of an assault and attempted rape while jogging in my neighborhood on a summer afternoon. Although there were several witnesses, none came to my aid during the struggle. I was on my own. The bruises healed in a few weeks, but the trauma carried on for years. From talking to other women, I learned that many had suffered the same sort of humiliation at some time in their lives. I realized that, like myself, most women are not prepared to deal with a violent situation. I decided to do something about it - I began to study the art of Karate at J. Park's Studio of Karate in Springfield, Massachusetts. Since 1976, I've studied two forms of Korean Karate - Hap Ki Do and Tae Kwon Do. Hap Ki Do is a non-resistant form of self-defense. Literally translated, Hap Ki Do means the art of coordinated power. Using circular motions, the Hap Ki Do technician deflects her adversary's power to her own advantage. The major part of the sport of Tae Kwon Do is blocking, kicking, and striking techniques, but its challenges lie in the adept use of techniques, without having any actual body contact. With the wisdom and guidance of my head black belt instructor, Mike Wollmershauser, we have put together a program of physical fitness and self-defense techniques that can best be utilized by women. Through exercise, the student will strengthen her body and will develop the balance, coordination, and stamina needed to execute the techniques successfully. The students will not actually execute the throws or make contact on strikes and kicks until they are advanced enough to exercise self-control. When the student has advanced to that point, safety equipment and floor mats will be used. Students will learn to deal with a stressful or dangerous situation better, and should develop an awareness of self and environment so as to avoid such situations. If confronted by an opponent she can avoid injury by using break-away techniques and by learning to block, roll and fall correctly. Through diligent practice she will learn self-discipline as well as respect for others. She will soon become more confident and be able to develop more peace of mind. I would separate the class into three parts. The first part would stress philosophy of Karate, breathing techniques and exercise. The second part would include blocking, strikes and kicks. The third part of the class would involve techniques in breaking away, throws and rolling, ending with some loosening up exercise. I have included a list of rules for the students, which explains how the classes will be run, and how the student is expected to behave.

Thank you.

LAURETTA D. GREGOIRE

SUBSCRIBE
UBSCRIBES
BSCRIBESU
SCRIBESUB
CRIBESUBS
RIBESUBSC
IBESUBSCR

See back page to learn how
to unscramble these letters.





*Pasta Marie - Gina Kellys - glamour kitty 14.
Will compete with Cleo Fund cats
at me. mall. Nov. 8 @ noon for Cleo fund
raiser prize Chow, Chow
Chow*

ANNOUNCEMENTS

Support Harlan Baker

by Christine Torraca

Harlan Baker, State Representative from District 21-5 in Portland, is running for re-election. Harlan has been a strong supporter of women's issues in the Maine Legislature, including such issues as reproductive rights and Lesbian/Gay rights.

While the discussion rages on about the non-choice we have in this election year on the national level, we do, indeed, have clear choices on the State level. We need clear choices on the State level. WE NEED HARLAN BAKER IN THE MAINE LEGISLATURE. If you can be of assistance in his campaign, please call him at 772-9640.

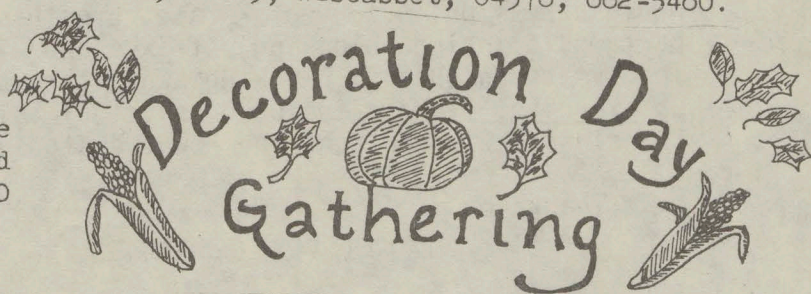
CONGRATULATIONS

CONGRATULATIONS TO PORTLAND WOMEN'S COMMUNITY'S OWN -----
GINA KELLEY, WHO WON 2ND PRIZE IN
THE BRIDGTON ART SHOW FOR HER
SCULPTURE, "KATE."

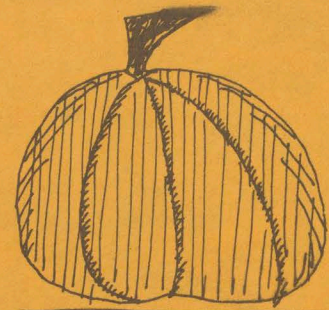
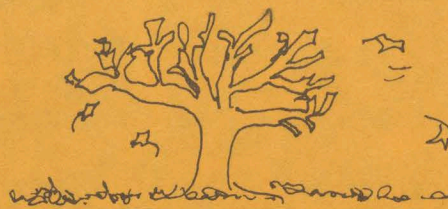
FOUND - At the October 5 Women's Community Meeting at Williston West Church - a gray wool jacket was left behind. (L.L. Bean, size large) If it belongs to you, call Ann Houser, 774-7166, and you may get it back. Don't let that honest face fool you.

GRANT WRITING WORKSHOP - with special attention to women's projects and needs. Conducted by Maria Theresa, Ph. D., successful grant writer, founder of Maria Theresa Associates, Grant Writing/Consultations, Santa Cruz, California.

Maria is aware of where and how to obtain monies for women's projects. She's devoted to helping women. The workshop is open to all, but there's a 50% discount for Lesbians and Feminists! \$25 will include an all-day workshop on November 8 in Augusta, handouts, lots of practical information and support. Phone or write for more information - Marlane Spillinger, RFD 1, S 665, Wiscasset, 04578, 882-5480.



FOREST NYMPHS -- Join the fun gathering nature's fall treasures: leaves, cones, pumpkins, corn husks, etc. to be used for Harvest Day Celebration Decorations. Do you know of a farm, park or area to conduct the gathering? Suggestions welcomed day of the gathering. Transportation provided or join in the caravan leaving from 81A Vesper St. at 1:30 P.M., November 22, Saturday. Info or questions call Sue at 772-6953. Bring your own vino or beverage.



15.

NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>♀ Spirituality 7pm State St. Church</p> <p>♀'s Reading Group - 5:30 Women's Room</p>			<p>Potluck at Women's Room 6-7 w/ planned events</p>	<p>Oct. 3/ Hallowmas Party at Emma, Sparky and Sue's 81A Vesper St. See page 11</p>	<p>1</p> <p>♀ Take Back the Night... Activities all your waking hours. See page 12</p>
<p>2</p> <p>Know Your Local Candidates 5pm, People's Bldg. See page 1</p>	<p>3</p> <p>♀'s Reading Group - 5:30 Women's Room</p> <p>♀ Spirituality 7pm State St. Church - Concentrating this month on rape/healing New Women Welcome</p>	<p>4</p> <p>Election Day... Write in a ♀ for President</p>	<p>5</p> <p>Me. ♀ for a Nuclear-Free Future, Potluck/Meeting 6pm - 7pm 12 Kellogg St. See page 10</p>	<p>6</p> <p>Potluck at Women's Room 6-7:00 w/ planned events</p>	<p>7</p> <p>Newsletter Meeting 5:30, Hungry Hunza</p>	<p>8</p> <p>Grant Writing Workshop All day, Augusta See page 14</p>
<p>9</p>	<p>10</p> <p>♀ Spirituality 7pm State St. Church</p> <p>♀'s Reading Group - Women's Room 5:30</p>	<p>11</p>	<p>12</p>	<p>13</p> <p>Potluck - ♀'s Room 6-7</p> <p>♀ Basketball 6pm, Hill Gym, USM, Gorham See page 12</p>	<p>14</p>	<p>15</p> <p>Deadline articles for me. ♀ for a Nuclear-Free Future Newsletter</p>
<p>16</p> <p>Women's Pentagon Action Washington, D.C. Contact: MWFNFA 775-3899 See page 9</p>	<p>17</p> <p>♀ Spirituality 7pm State St. Church</p> <p>♀'s Reading Group 5:30 ♀'s Room</p>	<p>18</p>	<p>19</p>	<p>20</p> <p>Potluck at Women's Room 6-7:00 w/ planned events</p>	<p>21</p>	<p>22</p> <p>Forest Nymphs Decoration Gathering... Leaving from 81 Vesper St., 1:30 See page 14</p>
<p>23</p> <p>Harvest Celebration ♀ Community Dinner 2pm Williston West Church 32 Thomas St. See page 1</p>	<p>24</p> <p>♀ Spirituality State St. Church</p> <p>♀'s Reading Group 5:30 at Women's Room</p>	<p>25</p> <p>N.O.W. Meeting, Public Safety Building 7:30</p>	<p>26</p>	<p>27</p> <p>Potluck at Women's Room 6-7:00 w/ planned events</p>	<p>28</p>	<p>29</p>
<p>30</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p> <p>Nostalgia night - 15 Deering St. 7:30.</p>	<p>5</p>	<p>6</p>

Please send us some of your events
to print in our newsletter. This
is your community!

SUBSCRIBE NOW!!!!!!!!!!!!

(or may you be blessed with the Portland Press Herald forever)

The Newsletter Task Force, out of the goodness of their hearts, decided to send one more complimentary copy (that's this one) to women on the mailing list. However, from this moment on, newsletters will be sent to subscribers only.

Remember, subscriptions are \$5 (more if you can, less if you can't) for 12 monthly issues. Please return the form to: D. Elze, 15 Deering Avenue, Portland, 04101.

The deadline for the next issue is November 14. We encourage all of you to send in articles, poetry, graphics, announcements, cartoons, news items, columns, birthdates for the calendar, letters, etc. etc., including letters to Hetty. Send to: Nicole d'Entremont, 71 Walnut St., Portland, 04101.

Name _____

Address _____

Amount Enclosed _____ (Checks can be made out to "The Community")