

[ Feb/ 1981 ]  
march

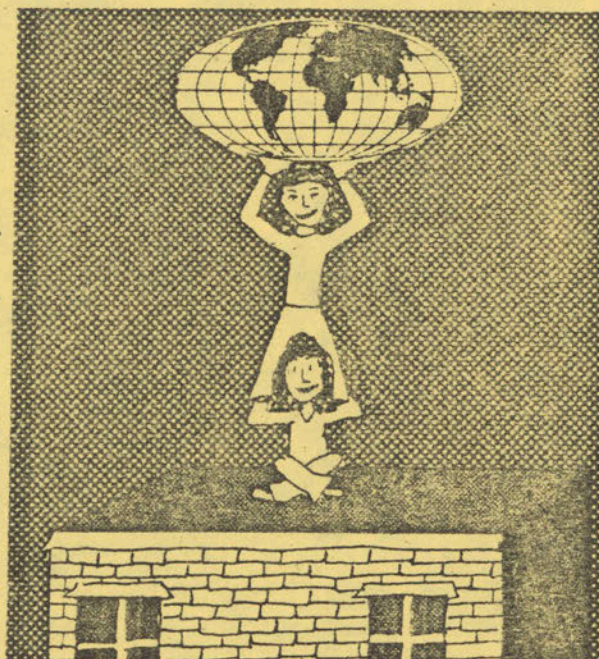
# Portland Women's Community Newsletter

ISSUE #5

## HUMOR for SURVIVAL

The word "survival" is going to become quite the coined word in the 80's. And look who was just elected to take charge of it! Or will we?

Hey, would you believe who's been bel-lowing 'Get Down Tonight' at the top of my lungs on Congress Street, in the bath-tub, everywhere. Or bringing home tacky gifts for my roommates I found laying on the sidewalk; how about adorning myself in wigs and polyester and like that. Why so outrageous and foolish at a point in time when a woman gets raped once every 5 minutes, when any one of us could lose our job for being suspected a lesbian and when we could all just get blown away at the mercy of a computer? I know as I peer through the wormholes of my Virgo peapod from time to time, I'm blinded by those countless signs of ultimate despair glaring back at me. So many people could use my help. I stiffen at the thought but then I settle down and make a few choices. 'I'll try and find the time to help with this after work today, and I can volunteer a few days this month on that and I musn't forget to make all those phonecalls...' "But wait," cries the voice of my spirit, "don't take too much on this time. Leave some of your precious energy



con't. on pg. 2

## ABOUT THAT MEETING YOU MISSED.....

The January meeting of the Portland Women's Community was held at the Willison West Church with Lole Hayes facilitating. Twenty seven women attended the business meeting. After first breaking up into small groups and introducing ourselves the group then adopted the Who We Are Statement put together by the Feminist Ethics and Internal Process task forces.

Juli Silverman then read the minutes of the last meeting and gave the community an update on her letter writing campaign re. Guy Gannett Publishers requiring gender identification when submitting an ad for a roommate.

Debby Jenney then reported on the class pot luck she and several other women got together. Twelve women discussed class over a wonderful meal. Debby said they couldn't come up with a definition of class but that it was a good way to start the discussion. Debby also reported on her interest in starting a Real Estate Task Force to discuss buying houses together. At another gathering eight women were discussing the feasibility of buying a house. Between them all they were paying \$2,500 a month on rent.

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for me!" 'Oh yes, don't worry. I will.' Stroke, stroke.

Not even as a politically active feminist seriously concerned about the destiny of the planet, can I possibly survive all the worldly tragedies and turmoil without some self-indulgence once in a while and certainly not without a sense of humor! Goddess! How liberating it really is to topple some of my aggravated tension down - to laugh at it and then step over it instead of always having to blunder my way through it. Only humor allows me that. I've watched myself inventing the excuses to act outrageously, unpredictably, even recklessly of late... every day seems shorter and shorter of forever and I don't see the need for excuses to do anything anymore. Especially laughing. I'll tell you, when I open up and laugh it's as if I'm tapping a surgin waterfall of sheer joy and relief. My laughter rolls out in many thunderous roars, easily identified in large crowds. Ah yes, I do love to amuse, to be amused.

The more I examine humor, the more I'm intrigued with the part it plays in most all the relationships we embrace. Some relationships are purely light and fun, where laughter flows easily; others are more intimate and powerful - lovers, close friends - and at times it may seem as though your sense of humor has been permanently misplaced beneath the layers and layers of personal struggle. AND it can glow ever so brightly during those intervals of shared elation and trust. And then there are the awkward and unresolved relationships, the ones where some old wounds have been left exposed, for whatever reason, be it separation, jealousy, a hurtful disagreement. Meet humor, the surface healer. What do I do when face to face with someone who makes me uneasy, I pull out the clown in me or the child; tell a funny joke or just giggle my way through a hello.

Such a comfort when spirits are low, the welcomed stimulant when boredom sets in, the saving grace at tricky moments; that old humor pulls us through time and time again, challenging that dark deceptive cloud of hopelessness which all too often hangs over our hearts. May our humor, magic and wisdom as women be the key to our own survival.

Sparky

TAKE BACK THE NIGHT COALITION is continuing to do outreach within the community - presenting the pornography slideshow which has been used as an organizing tool for the Take Back the Night March. We will run a workshop for the purpose of training people to do outreach presentations on violence against women. The slide show is available for any interested people. Look in the next newsletter for more details.

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& Arts Forum**

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# POTLUCKING ABOUT THE TOWN by Fry

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As a newcomer to Maine, it was Chickie Cusick who taught me to fully appreciate the rich world of potluck dining available to the Portlander. Now I don't mean franks & beans church suppers, but the wise would look toward the social activist groups for gourmet feasting from "Anarquiche" to "Marxist-Lentilist Bisque".

My scale of appreciation is based on more than the fluff of a soufflé. Take "intuitive diversity" for example. Due to the non-hierarchical nature of these groups, as well as the grassroots informality, members are either left to guess what the dinner needs or to give themselves permission to bring what is convenient on a hectic day. A certain weekly potluck still reminisces about the night of 9 desserts and not a sprout nor noodle nor tuna, nor even tuna helper to be found. Last January 26 th's Q's Community Potluck got a 9.75 in this category (.25 reserved for hors d'ouvres and finger bowls). This is a potluck to watch, dear readers! They have consistently outdone themselves every month. Another monthly potluck deserves a category all its own, the Q's Spirituality Community's first

Monday of the month fast breaking feast at 6pm at the State Street Church. Light treats such as fruit, nuts, yogurt, breads and teas, are followed by music, healing, meditation, and other forms of joyful encounter. It is suggested that the money saved from purchasing food that day be placed in a common bowl for organizations working for peace.

One of the tastiest potlucks you'll find is the Women for a Nuclear Free Future dinner/meeting (Feb. 22, 5pm 81A Vesper St.). Bless their visionary tastebuds, these women women sure know how to spill the beans! The one I attended featured a remarkably fabulous Indian curry made by that ol' potluck connoisseur and monopoly hustler herself, Chickie La Cheat Cusick. If one assumes these women aren't nearly as committed to potlucks as their politics, this dinner truly bespeaks of the vitality of the group. From a small offshoot of the Nuclear Referendum Committee, the WNFF now mails a newsletter to 800 women throughout the state.

## ...that meeting you missed: Task Force Reports

*Fun/ Bonding and Culture held a Pajama Party. Those participating in the post pre - pubescent ritual curled their hair, played with make up and talked about boys. The Fun and Bonding task force was fading and put out a call for new members. Bunnie, Beth, Rose and Fry answered the call.*

*Financial Self Sufficiency report by Diane Elze shared that we have \$57.01 in the general fund, and \$173.72 in the Newsletter fund. The Newsletter now has over 100 subscribers. The meeting was then opened up for a discussion of the Newsletter, regarding what the Community wants in the newsletter. Suggestions to the Newsletter staff were:*

see pg. 12





# "OTTOLINE"

## by balenda

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I was given, for Christmas, a lovely book, by a friend who knows well my taste in literature, which has opened the fascinating world of Bloomsbury to me in such a complete and exciting manner that I feel impelled to share. The book is called "Ottoline: The Life of Lady Ottoline Morrell" by Sandra Jobson Darroch.

It is alive with many of England's turn of the century great literary, political, and art figures: Virginia and Leonard Woolf, Vanessa and Clive Bell, Katherine Mansfield, Bertrand Russell, Ethel Sands, Vita Sackville-West, Dora Carrington, Lytton Strachey, H.H. Asquith, Aldous Huxley, Freida and D.H. Lawrence, and many other known and somehow familiar personalities.

All these personalities and their great achievements aside, the book parallels the life of Lady Ottoline and her position as the gracious hostess of Bloomsbury, a fashionable section of London which squared itself around the British Museum where Virginia Woolf and friends lived and created. Throughout her life Lady Ottoline was often the target of harsh criticism for her eccentric and colorful mode of living and entertaining and seeming unfair literary portraits which picture her as harsh, cold hearted and conniving -- for instance, selfish and degrading Hermione Roddice in D.H. Lawrence's Women in Love, and also Aldous Huxley's caricature of her in "Crome Yellow" and as Mrs. Lillian Aldwinkle in "Those Barren Leaves."

She spent a great many years of her life in extreme anger and disappointment at friends who could cruelly misrepresent her unique and sensitive personality. The careers of both Huxley and Lawrence were boosted in the beginning and throughout by Ottoline's influence in society and her money.

Throughout her life Ottoline gave financial and social support to a large number of aspiring writers, poets, and artists, many of which she secretly continued to support until they were able to support themselves alone. She also took responsibility to support or assist the families of artists in times of need. Ottoline's generosity was immeasurable and she touched all of the Bloomsbury circle with her kindness until her death.

In 1914, when much of Europe went to war against Germany, Ottoline, with her husband Phillip Morrell and her lover, philosopher Bertrand Russell became active in England's conscientious objectors movement and continued to devote her political energy to the peace movement throughout her life.

Ottolin Morrell's life is one of the most fascinating and loving in the Bloomsbury group.

Ottoline's essence is put into perspective elegantly by Irish historian and novelist Francis Hackett, who wrote, "You are the most deeply appreciative human being I've ever known. To have been in love with you must have been very dangerous."



# breaking silence



"In Response to 'The Omen'"

*Was the slayer of a Christian hungry  
for meat on his family's holiday  
table;*

*A jilted lover in a rage;  
Or a student who flunked mid-terms?*

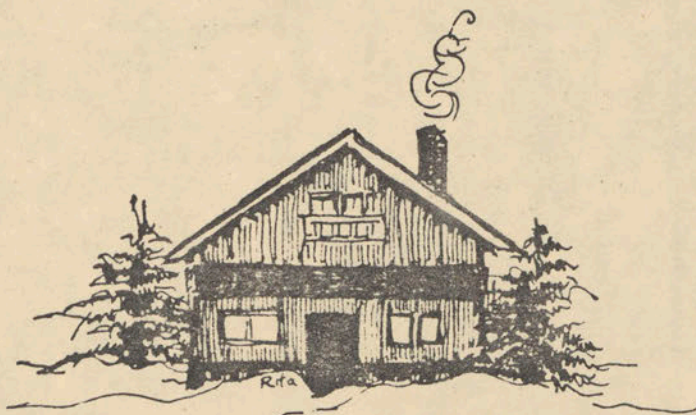
*Swans are shot-- and people, too.*

*The West has no monopoly  
on Death,  
Nor the Orient on Tranquility.  
Madame Jiang Qing knows.*

*As for me, though saddened by the  
McDonald-ization of the world,  
(and the violence)  
I'll sit here by my woodstove  
in the woods of Maine  
And contemplate whether  
I'll plant peas or beets and  
Build a woodshed before  
May blackflies come.*

*The choices are all mine.*

D. Pikkle



# winter in summer 5

by Denise Glover Age 13

We were at Crescent Beach taking in the sun. Terrie and I were singing to "I'm Losing You" by John Lennon when we heard the news. They interrupted the song for a special report. They said a snow storm was to be expected.

"Oh, you know those guys on WBLM," I said, "It's probably just a joke."

"Yeah, probably," was Terrie's response, "After all, it is July."

We decided to pack up and leave about 15 minutes after that.

We were around 1/2 mile from Terrie's house, when it started. We were both flabbergasted. It was July 5th and snow was sifting through the air. It muffled the summertime noises and cooled the afternoon.

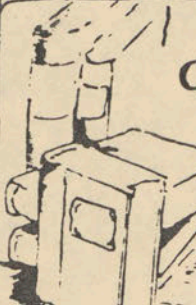
When we arrived at Terrie's, her mother was frantically running about.

"I'm glad you two made it home," she said, "I was worried."

That night on the news, the explanation was revealed. The pollution from the city factories and nuclear weapons being tested was the cause. It created a block in the atmosphere which held the snow. When the block finally broke, snow appeared! Just like magic!

The weeks passed and the snow continued to dwindle. Transportation was difficult and food/fuel shortages contributed to the hardships. People wondered if, when winter rolled around, it would snow or be like summer!

Finally, on August 7, I saw the snow thinning as it sprinkled the last bit of its supply on the land.



**CUNNINGHAM USED BOOKS**

762 Congress Street      Hours  
across from the      Wed-Fri 2-8  
Roma Cafe.      Sat & Sun 12-8

**BROWSERS WELCOME!**





## ANNOUNCEMENTS

HELP!!!! My dog Squirt still needs a home. Please call soon - ask your friends if you can't help. Mary - 774-3329.

I AM INTERESTED IN EXPLORING the possibilities of a cooperative living situation with other feminist women (with or without children). I especially love the country and have many country-living skills. If you are interested, call or write Jennifer Tarling, Box 164, Poland, Me. 04273 - 998-4735.

### Roller Skating at Happy Wheels

Wednesday night, March 18, 7:30 on. Bring your children, friends, roommates and mother. It will cost \$2.25 plus 50¢ to rent skates. A good time will be had by all.

Warren Avenue, Portland, out towards Tortilla Flats. Call Rose for info. 774-1819.

I would love to do your portrait (or your child's, pet's or friend's). Inexpensive and in your own home or favorite environment. Call Mary MacIntyre 774-3329.

REFLEXOLOGY AND MASSAGE WORKSHOPS will be held in February and March at the Women's Room at the YWCA. These workshops will be conducted by Diane Whitaker who is a Massage Therapist and Deep Muscle Therapist. For more information call or write Jennifer Tarling, Box 164, Poland, Me. 04273 - 998-4735.

Again, we will be having a discussion on CLASS with a potluck. On March 11th at 6:00, 81A Vesper St. Portland. All women are welcome - bring thoughts and dish to share.

THE ASSOCIATION FOR WOMEN IN PSYCHOLOGY announces its eighth annual National Conference on Feminist Psychology: "Feminism in the '80s: Weaving New Connections," Boston Park Plaza Hotel, Boston, Massachusetts, March 5-8, 1981. The conference is designed to bring together feminists working with women and women's issues related to psychology, so that we may share our accomplishments and learn from and value our differences. Highlights include presentations on sexism, racism, heterosexism, and homophobia; training seminars on object relations theory, marital rape, grants-personship; and three evenings of feminist entertainment, including a concert by Meg Christian. For preregistration forms and further info, contact: AWP Program Committee, c/o Psychology Department, Boston University, Boston, MA 02215.

FEBRUARY 21st is a spectacular day to celebrate! It's my birthday. I hereby invite the Women's Community to come join my festivity. Please bring a little food or drink. Saturday night, Feb. 21, 7:30 P.M. to whenever. Mary MacIntyre, 15 Deering Ave., Portland.

WANT TO DISCOVER THE SECRETS OF PHOTOGRAPHY? For lessons in how to create fantastic pics - call Mary MacIntyre, 774-3329. cont on pg. 7



## MESSAGE from Maine Women for a Nuclear Free Future

There are many women in Maine who feel we need to speak out against the arms race and increasing war business of the Pentagon. We'd like to see an educational day in Maine planned around these issues to happen the same time women will be gathering at the Pentagon Mother's Day Weekend. (about 2000 women came together for the last action.) If interested in planning, come to the meeting on March 8th (Sunday) at 12:30 for a potluck lunch at 81A Vesper St. Meeting will begin at around 1:30. Hope you can make it!

group for women, forming now.  
Call Fry at 773-3564 for info.

### Cabin For Rent

Luscious retreat in a pine forest of Orland, Maine. Escape the city to a wood stove, hand pump and outhouse \$65.00/month, Barbara 774-7682.

womyn interested in expressing your wild animal selves, perhaps sometimes dressing in grey robes on the streets of portland, and forming a regularly meeting group to learn about and get in contact with the planets, using your own and each other's birth charts, call natalia at 774-7682.

WOULD YOU LIKE A WEEKLY BACK OR FOOT RUB?? Enjoy deep relaxation and energy renewal by having a backrub or footrub today. Call Mary MacIntyre 774-3329 for appointment (evenings and weekends only, minimum cost).

Meeting soon at Ann Houser's.

AN INVITATION FOR YOU TO JOIN A GROUP FOR WOMEN WHO ARE INTERESTED IN PERSONAL GROWTH USING TRANSACTIONAL ANALYSIS AS A MODEL... Transactional Analysis is a theory of personality and a systematic psychotherapy for personal growth and social change. You can expect to gain an understanding of the tools important to growth, such as Parent-Adult-Child ego states, transactions, strokes, rackets, life positions and scripts. You can use T.A. for yourself and for being and working with others.

This will be a small group of four to seven women with encouragement to learn, grow and change at one's own pace. I, Donna Bryant, am a Licensed Social Worker and a Provisional Clinical Member in the International Transactional Analysis Association. You are welcome to telephone me to answer any questions. Please call in the early morning, late evening, or the weekend.  
PLACE: 74 Vesper St., 2nd floor; Date: (Future day of week and hour to be agreed upon); Time: 7:30-9:00 P.M.; Fee: \$12 per meeting.

## Our Cultural Heritage Celebrated

Next Women's Community Day - March 1 at Williston Church

3 - 6:00 Meeting

6:00 Potluck Supper - in honor of Women's International Day, bring a dish that reflects your heritage and a story to go with it. Bring pictures of yourself and/or your country.

7:30 P.M.-Singing with piano, etc. Please bring instruments AND bring sheet music you have from musicals, popular records, whatever.

8:30 P.M. Dance if you wanna.

Childcare will be provided. Please pre-register for it.  
A.M.'s or weekends: 772-6953

see pg. 12



## announcements *con't.*

**FINANCIAL SELF-SUFFICIENCY TASK FORCE MEETING** will be held to discuss plans re. organizing the grant writing weekend with Maria Theresa. The Task Force is open to all interested women, Sunday, March 22, Nicole's 71 Walnut St. 2 P.M.

**MODELING MYSELF:** an art therapy group for women, forming now. Call Fry at 773-3564 for info.

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### TALENT SHOW

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All women, children and friends! Get your act together! The First Annual Community Talent Show will be held in mid-April. Date and place to be announced in the next newsletter. We need help organizing, and to arrange the program, we need to know what you will do. Call Erna or Sue 772-6953, Bunny or Rose 774-1819.

**FUN & BONDING TASK FORCE** Are you were you, do you want to be on it? Meeting soon at Ann Houser's.

**AN INVITATION FOR YOU TO JOIN A GROUP FOR WOMEN WHO ARE INTERESTED IN PERSONAL GROWTH USING TRANSACTIONAL ANALYSIS AS A MODEL...** Transactional Analysis is a theory of personality and a systematic psychotherapy for personal growth and social change. You can expect to gain an understanding of the tools important to growth, such as Parent-Adult-Child ego states, transactions, strokes, rackets, life positions and scripts. You can use T.A. for yourself and for being and working with others.

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see pg. 12



two articles by

DEBBIE....

from A Plain Brown Rapper -  
Rita Mae Brown

Class involves your behavior, your basic assumptions about life, your experiences (determined by your class) which validate those assumptions, how you are taught to behave, what you expect from yourself and from others, your concept of a future, how you understand problems and solve them, how you think, feel and act. It is these behavioral patterns cemented in childhood that cause class conflicts in the various movements...

It is these behavioral patterns which must be recognized, understood, and changed.

♀ ♀ ♀ ♀ ♀ ♀ ♀ ♀ ♀

For several months I have been trying to formulate my thoughts on the subject of class. At first this proved to be a most difficult task for the more I pondered my family, social and economical background, the more frustrated I became. I remembered numerous forgotten struggles from childhood and I could feel anger steadily rising up. But the "politics worth having...demand that we delve still deeper." Indeed, my class position directly influenced my earlier and later life experiences. Being born into a family that did not enjoy economic security affected my perspectives. Daily dissatisfaction was utterly demoralizing, and there wasn't any time for appreciation of education - time was spent on tactics for survival.

I am most resentful after all these years of how class differences create the tendency for people of one class to look down on another. I could endure doing without material comfort but I couldn't accept particular inferior/superior attitudes which are created within our class divisions. Poverty does not

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ERNA....

The class discussion potluck was an exciting start of what I hope will be a continuing dialogue of attempting to understand and bond over hard political and personal issues.

I was struck by our difficulties in attempting to define what class means in this country. We spent at least half of the two hour discussion time on this. Is it purely financial, or cultural or psychological? Can your class change when you leave your parents or later, your parents' economic situational changes?

We all had fairly strong opinions and feelings on the definition, but were cautious in approach, in the beginning and aware of the differences in class among those of us in the group, however defined. We considered the idea of women or lesbians as a class. This seems to me to be a separate type of class - women and lesbians have our own class divisions and problems that affect how we work together and relate among ourselves. One of our problems as a group of women/feminists has been to try to gloss over the differences (class, race, sexual preference, parent/non-parents), developing our political analysis and action around a false sense of women's equality; i.e., that we are all equally oppressed. Even now, there is a surprising lack of organizing around solid economic demands necessary to poor women's survival, such as humane welfare, childcare and employment for unskilled "unprofessional" women. (See: Class Realities: A New Power Base, by Karen Kollias, Quest, Winter, 1975 - this will be available in xerox at the next class potluck.) Feminists mostly are concentrating on issues that affect professional and otherwise privileged women, because, at

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lead itself to nurturance of self-esteem. And so, it is a constant struggle for poor people against a vicious capitalist cycle - for a lack of self-esteem makes it difficult to break out of certain ranks. Developing my self-esteem was a turning point in my life. The negative aspects of my class background deterred this - but my persistence and strength enabled me to finally affirm myself.

To analyze class is not easy - but we need to. Through conversations with other women I saw how important it is to discuss together class issues. I suggested a potluck with a class discussion. A dozen wommin came together. It was obvious how hard it is to explain the phenomenon of class. We talked for several hours but could not come up with a concrete definition. But this is a good beginning in confronting classism in our community. I know that within the realm of the wommin's community we can continue to acknowledge and discuss our class differences, and then we can be more effective politically - for we'll be better able to build alliances with other wommin.

Debbie Jenney

=====

least to some extent (which differs for each of us) that is who we are.

It seemed to me that we at the potluck were trying to dissolve some of the class differences between us that night, too. At the same time we were and are clearly seeking to explore and understand the differences, so that we can be close, and recognize when something comes between us individually at what appears to be a personal level, that it may involve unstated class assumptions.

The temptation to try to gloss over differences within our community seems to come from a fear that open discussion and exploration may be divisive. We are in need of personal validation for the struggles we are presently involved in, and fear that we will not be able to give it to each other due to resentment, misunderstanding or whatever. One woman may feel that I won't support her in her attempts to deal with the emotional violence she suffered in her upper middle class family during childhood, and another fears that she would have difficulty getting support from a "professional" sister to go to college for the first time.

Certainly, the possibility that we will behave in classunconscious ways and fulfill those fears with each other is present. But the more we can connect over issues of our personal/political differences in a genuine and searching way, the better our community and relationships together can feel. The potluck for me was a productive beginning for further discussion, both in smaller circles, and later potlucks.

There are a few resources I know of that may be some contribution to discussion -

Hidden Injuries of Class, by Cobb and Sennett (paperback - can probably be bought at Bookland.)

There is a back issue of Quest, a feminist quarterly, devoted to class. (I don't know which one.)

In the book Plain Brown Wrapper, by Rita Mae Brown, (see excerpt at beginning of Debbie's article) there is an excellent article on class divisions among lesbians.

Erna Koch

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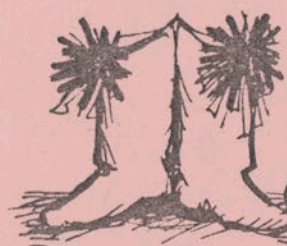
INTERESTED IN WORKING OR CONTINUING TO WORK ON THE NEWSLETTER? If so, join us for a potluck/discussion at 6:00 P.M. on Monday, the 9th of March at 81A Vesper Street. This meeting is an important one - we'll be discussing structure, suggestions and personal feelings. Upcoming will be a workshop on layout for anyone interested in making somewhat of a commitment to the newsletter. Details at the March 9th meeting.



# I WAS A MAJORETTE

/a candid interview with Beth Hartman/

Interviewer: Marie Irene



SO BETH, WHEN DID IT ALL BEGIN?

Well, let me get into the mood. I must of first been attracted to majorettes on T.V. And then there was the legendary Beth Davis at Boardman High School. Why, I have her baton still with me today, with the name Beth inscribed on it. My bother bought it for me when Beth Davis graduated. It's too long for me, but I don't care.

So, I very much wanted to take baton lessons (I was in 5th grade), but since Beth Davis was no longer at Boardman High, I took lessons from her sister Meg. I picked it up rather easily. I was a natural. It was exciting to create all that movement, that fluidity of sorts.

NOW BETH, WOULD YOU SAY THE OUTWARD APPEARANCE OF THE MAJORETTES HELPED SPUR YOU ON TO THIS CAREER?

Well, when it got dark on the football field and the girls came out in those white wool dresses, well - they weren't exactly what you'd really call dresses, they were - outfits. Yes, outfits trimmed in white bunny fur (pause for deep reflection) and when you add that to the head gear (being also of white bunny fur) and those silver batons flashing in the night between nimble fingers of the line up of 8 twirlers, well - I must say my heart jumped!!

OK BETH, THAT'S REAL NICE, BUT WHAT ABOUT MOM? WAS SHE SUPPORTIVE OF YOUR DESIRE TO TWIRL?

Yes, she was. Baton lessons were a cheap way to satisfy my hunger for the more, how you say - sophistication of the, well, - dance forms!

DANCE FORMS?

Yes, dance forms. I could engage in interpretive twirling for the cost of a mere dollar per lesson.

It also was beneficial in helping me in my early developmental stages of Queen of Tack.

A TITLE YOU HOLD PROUDLY, NO DOUBT?  
Yes!

SO DID BOARDMAN HIGH APPRECIATE YOUR TALENTS?

Well, they never actually got to know my talents intimately.

HOW SO?

Because just as I was getting ready to utilize all of my rigorous training, as I was just about to put myself to the test by trying out in the spring to become a Boardman High Majorette, I was cruelly ripped away from my suburban Ohioian hometown because of my mother's ambition for power and success.

So here I was, removed from a relatively sophisticated, suburban atmosphere symbolized by those white bunny fur majorette outfits and thrust into a tacky, agricultural old-fashioned town.

Bowling Green, Ohio; whose faded whitish uniforms, the wrong length for that year (1968) with a giant red bobcat.

WHAT?

A bobcat! Embarrassingly placed on my breasts.

NO!

Yes!!

WHAT WERE THE GIRLS AT BOWLING HIGH LIKE BETH? DID THEY ACCEPT YOU?

Well, the kids at Bowling Green High were predictably less sophisticated, but I instinctively had been battling the social pressure of my Boardman upbringing for sometime, so it was a refreshing change at that time.

When I got involved that year in being a majorette, I found I had much more opportunity to create routines that came from deep within myself. Had I stayed at

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# AIKIDO: a New Martial Art in Maine

Aikido is an excellent martial art for women. The technique requires more movement skill, flexibility, endurance, and co-ordination than strength and heavy body weight. The form is graceful and blending. The attitude during practice is relaxed and non competitive.

Aikido is a Japanese martial art. In Aikido an attack is never stopped; it is met, and guided in a way that causes the attacker to be thrown by the directional force of his own action. In addition to throws, Aikido employs a number of wrist techniques and pins.

I have studied Aikido with Sensai Ruriko Masutani in Pittsburgh, PA., for three years, and am a member of the United States Aikido Federation. At this point I am not a Sensai, which requires a second degree black belt. My rank is third kyu (there are five tests before black belt). My objective in teaching is twofold:

1. Introduce Aikido to Maine with the hope that a group might grow in size and be able to attract a Sensai to the Portland area.

2. Train people, so that I have someone to work out with here in Portland (I commute to the Boston Aikikai every week to continue my own study of Aikido).

4:30 - 6:30 P.M. at Reiche School Cafetorium, 166 Brackett Street. The classes are ongoing, you can start any time, and they are free. For more information please contact Karen Krider at 829-5936.

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## MAJORETTE con't.

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Boardman High, I would have learned the traditional routines and executed them with less of an individual style. For example, when the band's half-time show consisted of a melody of popular commercial jingles, I was able to pour all of my creative self into the creation of such classic routines for twirlers like - You Can Take Salem out of the Country, but You Can't Take the Country Out of Salem.

### INSPIRATIONAL, NO DOUBT?

It was, and with the coming of my second year at Bowling Green High School, my choreographic and interpretive skills increased markedly.

But just as I was about to burst into my senior year, no doubt, become a head majorette of some magnitude, I was again RIPPED quite literally, out of the line and headed off to Maine, by that - Hah! - ambitious mother of mine.

Had she accepted a position elsewhere in the Midwest, I could today be a professional twirler.

WELL BETH, CONSIDERING YOUR LIFE TOOK A TURN FOR THE STAGE, WE THE AUDIENCE MUST SAY IN ALL TRUTHFULNESS THAT PERHAPS IT WAS FOR THE BEST!

Well, as Doris Day says: Kay-Sara-Sara- and also - it takes a woman.

THANKS, BETH.

You're welcome, Marie.

Beth Hartman resides in Bangor, Maine with her lovely wife Teresa and their three children - Pansey, Annett and New Fish.





## Cultural Heritage con't.

12

The meeting: will it be boring? Absolutely not! We hope you will come away knowing we're going to do it. Now that we know we want each other, we need to find one or two specific places to put energy, both for the next year and for the next five years. Please do some serious thinking before the meeting about the priority of your personal goals so that you will be able to express them in a clear way at the meeting. Every woman will be heard and have an equal voice in the final decisions. We will work towards finding a focus or two that will incorporate your most important personal goals as to what can be accomplished through a women's community. So come! Think about one-year goals: Expansion of newsletter? Development of fun and bonding, letter-writing potlucks? A women's fair? And 5 year: Remember the old age home? The resource center or what do you want in it? This is your chance to steer the direction of the community. And it's gonna be real good.

## potlucking con't.

Six o'clock every Thursday at The Women's Room (YWCA) gets my special "You-never-know-what-you'll-find" award. This meal is often highlighted by crockpot goodies and savory soups (5 0's to Jackie Lipps' Chicken Noodle with Dumpling Soup- a bowlful of that and you'll want to be carried home, tucked into bed, and tenderly kissed goodnight). This group is interest oriented. Speakers,

slide shows, craft and wholistic health workshops and lectures follow. Look for their posters with the 'help yourself' pads of scheduled events listings. If you are too busy to involve yourself in task oriented groups, this is the one of choice you can even "eat and run" and still be warmly received in a supportive atmosphere.

So there you have a very basic guide to just a few of them. Readers are invited to review any that I've overlooked (try the Reading group at the Y) and to pass the word on posted special event ones. So, dust off that chafing dish, season your wok, proudly wield your place setting, ready, aim, GORGE!!!!

### NEWSLETTER GANG THIS ISSUE

Barbara	Bunny	Diane
Rita	Marie	Nicole
Ann	Fry	Sparky
Natalia	Deb	Sue
Belinda	Erna	JOIN US!

## meeting con't.

focus on a topic for each issue, have more poetry, more fun reading, have profiles of Community women (\*bartering who's who). Diane Elze, a member of the Newsletter staff, suggested that the Newsletter staff should define its role, set up an editorial policy. Diane also wondered if it was the role of the Newsletter to be more pushy in soliciting articles. The Newsletter staff all felt they needed more community input regarding the Newsletter. It was suggested that the next newsletter have as a theme DREAMS for the Women's Community.

Nicole d'Entremont gave a report re contacting Maria Theresa and setting up a grant writing weekend in April. It was decided that the theme for the next general meeting in February would be prioritizing our community goals. It was felt that this was necessary business to be discussing since we were seriously discussing financial self-sufficiency. Andrea Kelly, Beth Brown and Erna Koch are working on planning the event.



[illegible]



We love doing this newsletter, but WE CAN'T DO IT WITHOUT YOU!!!!!! The newsletter Task Force needs more womynenergy in the form of articles (news, features, interviews, reviews, etc.), graphics, letters to Hetty (or to the Task Force), calendar events, even your favorite recipe!!! Please if you can, type your article with a maximum 7" width and a dark typewriter ribbon. This would save us much time. The deadline for the next issue is February 2. Submit your writings to: Nicole d'Entremont, 71 Walnut St., Portland, 04101.

WE NOW HAVE 95 SUBSCRIPTIONS!!! Subscriptions are \$5 (more if you can, less if you can't) for 12 monthly issues. Please return to: D. Elze, 15 Deering Ave, Portland, 04101.

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Name \_\_\_\_\_

Address \_\_\_\_\_

Amount enclosed \_\_\_\_\_ (Checks can be made out to "The Community")

