



NO NEWS

A Letter from a Board Member

"The only downside for us is if the message (to Sandusky) isn't 'heard' and acted upon, and we then become vulnerable for not having reported it," Spanier purportedly writes.

This is a more humane and upfront way to handle this,' Gary Schultz, who was a university vice president at the time, allegedly wrote.

Dear Friends,

The above statements are email correspondences between top ranking Penn State officials that were included in a CNN article published in July highlighting the disturbing and ugly truth about many sexual abuse cases that encompass a community or a powerful institution such as the one that leveled Penn State: adults frequently do nothing, take no action or worse protect the abuser to shelter the reputation of the institution. In the decade that followed the original report of abuse that was not reported by Penn State officials at least ten more children were subsequently victimized by Sandusky. All subsequent incidences of abuse likely preventable if one adult when given the information and given the opportunity to do the right thing had done just that: protected the victims. We teach children rigorously to find an adult you can trust and tell them. Find your voice, have courage, in the face of these horrible experiences we hope children can tell. What message are we sending our most vulnerable citizens when adults do not take heed of our own expectations and teachings and fail over and over again to protect children? Unfortunately this phenomenon reaches beyond cases of child sexual abuse. In recent years there have been numerous cases of sexual violence within church communities, on college campuses, in eldercare settings and in

facilities that serve individuals with disabilities. We have witnessed individuals or even in some cases groups of individuals that have not reported these incidences in an effort to diminish the impact of such an event on their institutions reputation.

The take away message for each of us remains that we must insist that the choice is clear: the right thing to do is to report. Not doing so has significant impacts on survivors and continues to foster the stigma of child sexual abuse and sexual violence.

The Board of Directors would like to thank you all for your continued support of the exceptional and tireless work done by SASSMM staff and volunteers each day. SASSMM works relentlessly to prevent sexual violence, educate the community, and provide compassionate support to survivors when these tragedies occur. In supporting SASSMM we are all supporting survivors. Let's all continue to demonstrate and express our commitment to this issue. We should demand of ourselves and others to take the right actions and report.

In Service,
Stephanie George-Roy , LCSW
SASSMM Board Treasurer

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Mission Statement

Sexual Assault Support Services of Midcoast Maine is an agency of professionals and trained volunteers dedicated to providing advocacy and support for survivors, families and concerned others affected by sexual assault, sexual abuse and sexual harassment. SASSMM offers services to improve awareness and response by providing prevention, education and risk reduction programs throughout Eastern Cumberland, Lincoln, Sagadahoc, Knox, and Waldo Counties.

Sexual Assault Support Services of Midcoast Maine
 P.O. Box 990
 Brunswick, ME 04011-0990
 Phone, Brunswick Office: (207)725-2181
 In Rockland: (207)594-8580
 In Belfast: (207)338-4622
 Fax (207)798-6943
 24 Hour Support Line 1-800-822-5999
 TTY 1-888-458-5599
 Website: www.sassmm.org

SASSMM is Hosting a 6-week Trauma-Sensitive Yoga (TSY) Group for Survivors of Sexual Violence

The group welcomes **all genders** who have experienced sexual violence at any point in their lives and will be lead by Beth Jones, MFA, RYT. Beth is a Kripalu Yoga teacher, specializing in TSY.

“Trauma-Sensitive Yoga uses traditional yoga in a specific way to help students become aware of the body and, perhaps, begin to befriend the body.” (<http://www.bethjonesyoga.com/Yoga.html#TraumaSensitiveYoga>)

The group will take place on Thursday evenings beginning October 4th and will be located in the Brunswick area. The cost of the group is \$10 per group session or \$50 for six weeks, paid in advance to the instructor. Individuals must attend a pre-group screening interview prior to the start of the group. Screening interviews will take place the week of September 24th and the week of October 1st.

For more information about this group or other group opportunities offered at SASSMM please call Kayce at 207-725-2181, 207-594-8580 or 207-338-4622

Support Line Advocate Training

Would you like to make a positive difference in the lives of sexual assault and abuse survivors? Sexual Assault Support Services of Midcoast Maine (SASSMM) has openings for Per Diem Volunteer Advocates to provide coverage for our 24-hour crisis and support line. Volunteer Advocates receive an hourly stipend for being on call and carrying a pager. The hourly stipend amount increases during a support line call, hospital accompaniment call, or police accompaniment call. Please email clientservices@sassmm.org to learn more.

Education Corner

Welcome to a new school year!

SASSMM provides school-based sexual violence awareness and risk reduction education programs for students in preschool through high school. Invite SASSMM to your school! For more information about SASSMM's school education programs, or to schedule a presentation for your class or school, please contact Bethany Hunter, School Education Coordinator, at 725-2181 or education@sassmm.org.



Following 2011-2012 SASSMM Presentations, Students Say...

"I loved the puppet show." 1st grader, Dike Newell School, *Personal Body Safety*

"It was sooooo much fun! It shows kids about bullying without long speeches. Thanks for coming, SASSMM!"
4th grader, Great Salt Bay Community School, *Bullying Is Bananas*

"[SASSMM] talks to us in the most comfortable ways! What more could we ask?"
6th grader, Miller Elementary School, *Sexual Harassment*

"It helps me feel safer." 4th grader, Nobleboro Central School, *Personal Body Safety*

"...the puppet show gave me ideas what to do if someone gave me an uncomfortable touch."
2nd grader, Phippsburg Elementary School, *Personal Body Safety*

"I liked it because you talked to us about how to talk to a grownup about problems."
2nd grader, Weymouth Elementary School, *Personal Body Safety*

"When you come, you show people to be good friends every year. People need it."
5th grader, Bristol Consolidated School, *Empowering Bystanders*

"I think that kids my age should know about this."
4th grader, Bowdoinham Community School, *Bullying is Bananas*

"I thought that it gave lots of info on how to stay safe. And I will use it forever." 7th/8th grader, Troy Howard
Middle School, *Sexual Assault*

A 'Your Voices' Column written by a survivor

Popham Chapel, June 24, 2012

Sermon: Tackling Our Goliaths

Text: David and Goliath

In modern terms, David was a true Superman. He's the mild-mannered shepherd who, when faced with a terrible threat, steps into a phone booth and emerges, cape and all, to slay the evil demon who's been threatening the Israelite community. David wasn't ordered to confront Goliath, he simply volunteered. He knew there was something inside him as powerful as kryptonite, something that allowed him to overcome all fear and stand up to the nine foot behemoth standing before him decked out in a suit or armor and holding a powerful sword. In David's case, that something inside him was his faith in God. His faith gave him the confidence that he could overcome any obstacle, even one as daunting as Goliath.

Personally, I have a hard time relating to the story of David and Goliath. I understand the point about the power of faith and how it can help you conquer any obstacle. But the story makes it seem all too easy. Facing up to our demons, confronting those who try to control us or abuse us, changing a lifestyle, giving up substances like tobacco or alcohol – these are all hard things to do.

So how do we do it? How do we stand up, brush ourselves off, and walk across whatever field might lie before us in order to face our Goliath? Let me try to answer that question by first telling you a story, a story about myself..

As an adolescent, I faced abuse at the hands of someone that I trusted. Please excuse me if this makes you uncomfortable, but it was sexual abuse. Unlike David, I did not have enough courage or enough faith to confront my abuser. So I hid the experience inside. For many decades, I ran away from it, both literally and figuratively. I truly believed that if I separated myself from my abuser, and kept it all a secret, that I could conquer the problem and move on with my life.

If you've ever had a sore joint, like a knee, you know that you have a tendency to favor the injury. You compensate for the injury, but soon find that your other knee begins to ache. You can't mask an injury because the pain will show up in another area. The same thing happens when you try to cover up, rather than confront your Goliath.

In my case, I was successful at first. No one knew about my experience and that was a good thing. But the wound didn't go away. Pretty soon it began to fester and manifest itself in other ways. It affected how I related to other people, including family members. It affected how I felt about myself and about my life.

In our Bible story, young David lured Goliath out onto the plain. The two men faced each other while the two great armies waited and watched from either side of the field. David's first step was to expose Goliath. That's the way it was with me. I first had to expose the abuse. But exposing deep, dark secrets is not easy. Over the years, I'd become very good at hiding my past and hiding my true feelings. It was going to take a major catalyst to light the fire inside me to expose my Goliath. My wife and son were the catalyst. Diane had the courage and the love to say "Bill, I don't like the way you're behaving. Why are you being

this way?" Some of you may find yourselves playing this role for someone. You may be just the one to encourage a friend or relative to step out onto the open field so they can see their Goliath.

Once Goliath was exposed on the open field, he had to be confronted. It was time for David to take action and own up to his promise to King Saul. The same was true for me. Once I exposed the sexual abuse, I had to own up to the way that it affected me. The abuse was not my fault. I believe that. But nonetheless, it affected me in profound ways. David made a promise to the King and I made a promise to myself and to my family that I would confront this issue head on. I would deal with it, once and for all. So I went to counseling. I joined a support group for sexual abuse survivors. And Diane and I talked, and talked, and talked some more.

The Old Testament writers don't tell us what David was feeling as he stood alone out on that field. I imagine he must have been trembling in his sandals, afraid of what was to come. I admit that fear was a major hurdle for me to overcome. My Goliath died 15 years ago, long before I reached this point. You see ... Goliath was my father. And my biggest fear was telling my mother. I opened up to my wife, my children and even to some of my closest friends. But I couldn't tell my dear mother. What good could possibly come from it? This was one secret I had to keep. But you know folks, there can be no secrets if we're going to tackle our Goliaths. Holding onto this secret caused me to behave just like I did before I exposed Goliath. Then, one holiday weekend, my mother came for a visit. It was late one evening, and Diane once again confronted me about my behavior that day. That was it for me. I got out of bed, woke up my mother, and told her the whole story. Without a doubt, it was one of the hardest things I've ever done. At the same time, it has

proven to be life changing for my mother and me. Our relationship has never been stronger. You see folks, healing can't take place until everything is laid out on the table. If you're going to tackle Goliath, you can't hold onto secrets.

The other thing that our Old Testament writers don't tell us is how David felt after he slew Goliath. I'm here to tell you that if he felt anything like I felt, then he was on Cloud Nine. There's nothing more exhilarating, nothing more liberating, and nothing more healthy for your mind, body and soul, than to expose, to confront, and to tackle your Goliath. I feel like a new person and I'm sure David felt the same way.

So here's the good news about David and Goliath. Each one of us can tackle Goliath, whether it's some person in our life, a bad habit we're trying to break, a certain work or social situation, or any number of things. The first step is to expose the Goliath. Shine a light on whatever it is that's holding you down. The second step is to confront Goliath head on. Sometimes it's not easy and it can be quite painful. And third, keep in mind that there can be no secrets. Everything has to be on the table.

With these things in mind, you can have faith that you, and everyone around you, will be able to celebrate a great victory, just like David and all of the Israelites celebrated his great victory over Goliath.

Amen

William Racine

~~~~~ SAVE THE DATE! ~~~~~

**March 16, 2013 will be the 10th annual Gala and 30th anniversary of SASSMM!  
June 6, 2013 will be SASSMM's 12th annual Ladies' Open Golf Tournament!**

**Mark your calendars for these great upcoming events and see below and page 7 for a huge  
Thank You for all those who supported our 2012 events!**



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Fox Ridge Golf Club

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Kevin Joseph, Golf Pro  
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Nonesuch River Golf Club  
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Sanford Country Club  
Sebasco Harbor Resort  
Spring Meadows  
Starz Hair Studio  
The Brunswick Inn  
The Great Impasta  
Toddy Brook Golf Course  
Turner Highland Country Club  
Women's Fitness Studio and Spa

#### VOLUNTEERS

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Annee Tara  
Cassie Jones  
Chuck Rawson  
Pat Sperzel  
Betsy Sperry  
Capt. Mark Waltz  
Debbie Williams  
Lt. Michael Murphy  
Bob Quellette  
Lynn Quellette  
Paula Cornelio



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Kayce Hunton  
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*Thanks to AJ Kavanaugh, Jimbo Gallant, Allan Greenleaf  
and the rest of the staff of the Brunswick Golf Course for all their assistance.*

*Thank you to our sponsors!*

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*Thank you to our wonderful celebrities!*

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**Chief Richard Rizzo**, Brunswick P.D.

**John Marsh**, Sr. Vice President, Bath Savings Institution

**Chief Bruce Boucher**, Rockland P.D.

*The following businesses and local artists donated items for the auction. Please support those who support*

- Alfiero Beadworks
- Amy Ford
- Andrea Nicoletta
- Anne George
- Ashley H Designs
- Barn Star Candle
- Bart & Greg's DVD Explosion
- Bath Area YMCA
- Bath Savings Institution
- Bayview Gallery
- Betty Liscomb of Beauti Basics
- Black Lantern Bed & Breakfast
- Blessings
- Bob Morrell
- Bodwell Chrysler Dodge, Inc.
- Bohemian Coffee House
- Boston Beer
- Boston Red Sox
- Bull Feeney's
- Casco Bay Frames & Gallery
- Center Street Cycle
- Clarion Hotel
- Clay Play
- Coastal Maine Botanical Gardens
- Comcast
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- Don Foshay's Discount Tire & Alignment
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- Now You're Cooking
- Ornament
- Pedro O'Hara's
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- Portland Glass Company
- Portland Sea Dogs
- Portland Stage
- Portland Symphony Orchestra
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- South Portland Comfort Inn
- Spa Tech
- Spare Time Family Fun Center
- Starbucks Coffee Company
- Stephanie George-Roy
- Steve Edmondson
- Stonyfield Café
- Summer Island Studio
- Sweet Water Day Spa
- Tabitha's Jewelry Designs
- The Great Impasta
- The New Venue
- The Public Theatre
- The Theater Project
- Tony Zumba
- Victoria Mansion
- Wassamki Springs Campground
- Wild Oats Bakery & Café
- Winter Walkers Mittens
- Women's Fitness Studio & Spa

# SASSMM Support Groups

&

## Additional Advocacy Services For Survivors, Parents and Concerned Others

### Support Groups: A Piece of the Healing Process.

Survivors of sexual violence are often left with deep feelings of shame, guilt and embarrassment. Many feel they have no one to turn to for support and assistance.

SASSMM provides a casual and non-judgmental environment for individuals to connect with others who have been through similar life events. Participants share personal experiences, discuss information and exchange resources. Groups focus on healing and moving forward. A variety of survivor-centered groups are offered.

Call 1-207-725-2181 to schedule a pre-group appointment.

### SASSMM also offers the following services:

- **One-To-One Support**
  - For individuals waiting for a group to begin, or simply looking for information and support, SASSMM offers meetings on a scheduled basis.
- **24-Hour Crisis and Support Line**
  - 1-800-822-5999, from a cell phone call 1-207-725-1500
  - TTY dial 1-888-458-5599
- **Specific advocacy and assistance around law enforcement and legal proceedings.**
- **Informed advocacy services for people with disabilities and older individuals.**

All of SASSMM's advocacy services are confidential\* and free of charge. Services are available to survivors of sexual violence and the people who care about survivors, no matter when the assault or abuse occurred. We look forward to speaking with you.

\*SASSMM advocates are mandated reporters and in some cases information shared may not be able to remain confidential.



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