

IN A NUTSHELL  
MPA NEWSLETTER #2

Motto:  
Contact  
.Communicate  
Comfort

3191 West 10th Ave.  
Phone: 738-1422  
May 28, 1971

Editor-Stan Mailey  
Reporter-  
Sir Figby Snot

Fellow members, this report is a pleasure to write because of the good news content.

Grants

The Federal Government, through the Opportunities For Youth Program has granted us the sum of \$5280!!! On May 13th, twelve of us went to City Hall as a delegation to speak to City Council. The Council voted the following Tuesday to give us a grant of \$3000. So we have over \$8000 in our treasury and what we have to do now is decide how we want to spend it. Everyone should be thinking about this and make their ideas known.

Welfare Opportunities Program

The Welfare Opportunities-Program has a deal that allows people receiving welfare to earn an extra \$50 a month for 30 hours a month work with some community group. George Laurie has been approved by the Program to work for MPA. His is a test case, and it seems likely that others will also be able to earn \$50 a month for working with us. So if you're on welfare and are interested in making this extra money, see Lanny or Barry.

Volunteer Training Program

MPA House is really getting into shape. It is almost completely decorated and furnished, and we are ready to begin our next step of setting up a training program to prepare volunteers to talk on the phone and in person with disturbed people who get in touch with us for help. We have sent off 175 letters to all psychiatrists, hospitals and service groups in the lower mainland, asking them to help us with our training program. This program will be getting started soon, so if you're interested in volunteering, get in touch with Barry at MPA House and get your name on the list. You'll probably find the training course interesting. In order to make MPA work, we really need people to donate some time to talk with people who need help.

Farm House

As most of you know, Henry Venema, who owns a lovely farm in Matsqui, has said that we will be able to use an old house on the farm as a rural branch of MPA. Now that we have the working capital we will be ready to take charge of the farmhouse July 1st. Henry has indicated that July 1st would be fine with him. At a meeting of the Central Committee on May 19th, it was decided that Stan Mailey would be in charge of getting the farmhouse operational. Stan will be going out to see Henry soon to make the necessary arrangements. It was proposed that 4 or 5 people who are willing to work, move into the farmhouse with Stan to paint the house, fix it up, furnish it, plant a garden, make a picnic area, etc.

If you're interested in living in the country for a while and in getting involved in some good work, let Stan know. We will probably allot a budget of 4 or 5 hundred dollars to get the place in shape, (we'll decide on the sum at a future meeting), and we hope to have it ready by August 1st, so people coming out of hospital can go right out to the farm if they want to.

#### Friday Open House

Although MPA House is always open, we decided at the last general meeting to have each Friday night a special time for people to get together here to do whatever they want to. If you feel like bringing cake, cookies, sandwiches or whatever, we would be very grateful.

#### Thursday Yoga

Johanna Viersen has volunteered to give yoga lessons here most Thursday evenings. If you're interested in reaching enlightenment and have some loose clothing, be sure to attend. Phone first to make sure Johanna will be here.

#### Garden and Workbench

Two of the main activities going on now are the planting of a garden and setting up a workbench for people to do sewing, woodworking, pottery, leatherwork, etc. If you have any ideas or materials and want to help, please pitch in.

#### Cathy Batten Reports

Many of us have been concerned about older people who come to the house. We don't want to be entirely a young people's organization. On Wednesday, June 2nd, at 2:30 p.m., there will be a meeting of the middle-aged and older members to discuss the activities they would like to get involved in at MPA House. Joan Abbott of the CYC, who is starting activities for this group, will be present. If the time is not convenient for you, or if you wish to discuss your ideas with someone before the meeting, phone Cathy Batten at 738-1422 or 731-9845. If you need a ride, let us know and we may be able to arrange it.

#### Things We Still Need

As we've said, the house is almost completely ready, but we still need a few things, especially: a couple of single beds, some bedding, carpets, bedside tables and lamps, carpentry tools and craft materials. If you can help out with any of these things, please do.

#### Central Committee

Some of you might be wondering what the Central Committee is. It's the group of people who are around MPA House most of the time, who do the most work and are the most committed. The Central Committee makes most of the decisions about how to run MPA, but these decisions can be brought up at General Meetings and altered. Anyone who wants to commit himself to the group is welcome to join the Central Committee. If you have any questions about this, bring it up at the General Meeting.

Random Notes

The Central Committee meeting was mildly interrupted by Sir Figby Snort, who struck Mrs. Blarb on the head with a large garlic sausage. This is the second time this has happened at a meeting. And the Central Committee, after due deliberation, threw Mrs. Blarb out to prevent further interruptions. The meeting continued with Figby Snort, disarmed of his garlic sausage, hiding behind the drapes and popping his head out at times to shout obscenities at everyone in general. After the meeting, Figby's sausage was shared by the Central Committee who reported that it was delicious.

Stan Mailey Hits The Big Time (Sort of)

Stan Mailey, Director of the MPA Smoking Room, wrote Bob Hunter of the Sun a letter advising him on how the MPA helps patients quit smoking. Hunter, who will take any opportunity to get out of writing his column, printed Stan's letter in the May 14th Sun. If you've already thrown out your garbage, there's a copy of the column on our kitchen bulletin board.

Next General Meeting

Friday, June 4th at 7:30 p.m., to be followed by a party. Hope to see you there.

PATIENTS OF THE WORLD UNITE, YOU HAVE NOTHING TO LOSE BUT YOUR MINDS.

Flash!-Flash!-Flash!

Late Breaking News

Shortly before the printing deadline, word has been received that the sum of \$1500 has been granted to us by the Minister of Citizenship, Robert Stanbury.

Reminder

All news contributions must be in the editor's hand by the 20th of each month as we intend to go to press with the In A Nutshell Newsletter the first of each month.