

IN A NUTSHELL
MPA NEWSLETTER #4

Editors Stan Mailey and Lanny Beckman
General Manager: Sir Figby Snort

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3191 West 10th
phone: 738-1422

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PICNIC JULY 1st

July 1st is an important day: it's the day we move into the farmhouse, we'll be having a picnic at the farm that day, and last and least it's Dominion Day. Everyone is welcome on the picnic. We'll meet at MPA House at 10 in the morning and then all go out together to the Matsqui farm. Bring your car here if you have one, and blankets and food and children and your psychiatrist if he's available.

CRISIS TRAINING PROGRAM

The first training session with Dr. Ali Ghaed on June 16th was a huge success. Over 65 people turned out who wanted to volunteer time in the future to give support at MPA House to people going through emotional crisis. Obviously Dr. Ghaed can't train 65 people by himself, so he has gotten about 5 other psychiatrists to help him in the training program. They will be having a meeting soon to plan the training sessions which will probably include lectures, discussions, role-playing, listening to tapes etc. The psychiatrists will let us know when the next volunteer-session will be -- probably in the first week in July. Everyone will be notified in plenty of time. Please plan to attend.

FIXING UP THE FARM HOUSE

It was decided at the last General Meeting that Stan Mailey would be the Director of the farmhouse. He and a few others will be moving there July 1st to get the house ready for use as a half-way house for upset people. We already have most of the furniture, paint and lumber to fix up the house. It will probably take a month and we hope to be ready for full operation by August 1st. Stan would like a few more people to work with him during July getting things ready. You can live there rent free in a beautiful country setting, and be involved in meaningful work with several other members. If you're interested in spending a month in the country, contact Stan at the house.

HOUSING PROGRAM

Perhaps one of the most important things MPA can do is help people with their housing situation after they've gotten out of the hospital and completed their stay at one of our Centers. This might mean helping people get set up in co-op housing, or helping them find a family to live with. There are other possibilities which members should be thinking about. The period just after patients get out of hospital is especially crucial. Half of the patients who commit suicide do so within 3 months of getting out of hospital, so it is really important that MPA help people during this crucial period. If you would like to move into a co-op with other MPA members, or would like to help people with housing problems, contact George Laurie, the co-ordinator of the Housing Committee at MPA House.

CHILD CARE CENTER

There are a lot of MPA members, mostly women, who have kids and no husband. Most of them are tied down with the kids, and see no prospect of getting any free time. At the last General Meeting we all seemed to feel that MPA should use some of its funds to finance a free child care centre. These are some of the ideas tossed around (but others are possible): We could rent a house; one or two women and their kids could live in the upstairs apartment area; the main floor and basement could be used for the kids. The Centre would be run by the school's kids are using it. Each parent could put in one or two days a week and be free the rest of the time to do what they want. It will take a lot of energy and organisation to get this project going, but it will be good work and will benefit the parents, the kids, MPA and the general community. We have the money to get started on this immediately if you think you might be interested, get in touch with Nina Warman at 291-9197 or leave a message for her at MPA House.

DO YOU THINK MORE WOMEN SHOULD USE MPA HOUSE

At the beginning God made Adam and Eve. After that he made sure that about half the people in the world were men and half women. He probably did it that way because he wanted it that way and it does seem like a good idea. Well, if it's such a good idea to have about the same number of men as women, how come there's usually 10 times as many men as women at MPA House? Answer: 'Cause not enough women come around.

Few women, I'm not saying it's anti-religious of you to stay away, but it would probably make God a lot happier--to say nothing of the men I find here--if you'd visit more often.

GRAFTS PROGRAM

The crafts workshop is coming along well under the supervision of two arts students. People who want to volunteer materials or time to this project should contact Janet Allen at 731-1520 or at MPA.

BLESSED EVENT

Beastie, the MPA House cat, gave birth to three little Beasties. The Bastardly father, whoever he is, has not come to visit, nor offered monetary support, so Barry and Alysia have adopted them.

B.C. GOVERNMENT GRANT

We've received a Grant of \$150 per month from the Provincial Secretary's Department. Amazing!

MEDIA PROJECT

Inner City, a community group, is teaching people how to use the media, to make TV Programs to be shown on Channel 8 or 10. A few MPA members

are taking the Inner City course. In the future we'll be able to use Inner City's video-tape equipment, and the people taking the course will teach the rest of us how to use the equipment. Video-tape is a great toy to fool around with. If you're interested let Barry Coull know.

HORSE AND BUGGY

In all seriousness, MPA is planning to get a horse and carriage (something about the size of a hay wagon) which can be used for all sorts of crazy purposes. It will be a lot of fun decorating the horse and wagon. We can hang nuts from the wagon and paint the horse pink and stuff like that. If you have an old horse or wagon lying around, let the Centre know. Rally. It'll be a great project for us all to get involved in.

YET ANOTHER SNORT BRAINSTORM

Sir Figby Snort has come up with another novel idea to raise money for the MPA. An organization would be set up similar to the Herb's Rent-a-Car. He calls it the Hutz Rent-a-Nut. Volunteer members would be rented out by the day or week (cheaper by the week). Their use is unlimited. Sir Figby suggests they could be passed off as distant relatives to scare away other relatives who come in from out of town to plunk themselves down at your house during the summer holidays. They could be dressed up as Napoleon etc. to enliven house parties. Sir Figby would like the money obtained to be spent to teach baboons to play the base violin.

MPA WRITING

The experiences that patients go through are usually profound and important and often people want to write about them. We would like to print poems, stories etc. in the newsletter and maybe eventually publish a book of writing. If you want some of your work published, give it to Lanny. Here is the first.

We have a mind's protection
of our own inner beauty

Difference of knowledge
gifts of the art

It's purely your gift
that you need not deny

Is only the difference
in one's own heart

That you do not have it
is purely your lie

In one's greatest weakness
lies one's greatest strength

You as a different individual
will have to look
into your soul

Search for that beauty
it is within thee.

-- Sharon Douglas

Different your beauty may be
develop that potential
and see what gift there is for thee

NEXT GENERAL MEETING - Friday, July 16th, 7:30 P.M.