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IN A NUTSHELL

MPA NEWSLETTER #10

Jan. 11, 1972

EDITORIAL: MPA HAS CHANGED, COME BY AND SEE FOR YOURSELF

MPA is nearing its first anniversary. During our first year, we have certainly had our ups and downs.

I want to focus for a moment on the downs rather than the ups. It is generally agreed that things around the 10th Avenue Centre have not been good for the past few months. The atmosphere has usually been depressed; some members have gone back into hospital; rules have been broken; some residents who haven't really needed to live at the Centre have stayed far beyond the allotted 30 days; arguments have been frequent; there have been too few people around with the energy and the will to bring people together and to create a communal and inviting climate at the Centre.

In view of all this, it's not surprising that a lot of members have stopped dropping around and have written MPA off. Because of the nature of the work we are trying to do, the failures which have arisen during the Fall are bound to occur from time to time. But somehow MPA has always managed to weather the storm and to concentrate on improving things for the future.

It was obvious that things had to change if we were going to accomplish the goal of providing real help to people in crisis. Greater involvement was needed on the part of those who could give as well as take.

The grant from Manpower and Immigration to hire 12 new employees has given us the resources needed to solve the major problems, and to re-organise and improve our entire programme. The improvements are just beginning, but the changes during the past few weeks have been very great. A full programme of activities is in progress; people are obtaining actual help with problems of housing and employment; and a growing sense of hope is evident at the Centre.

This editorial is intended as an invitation to past members to come back to MPA, to give it another chance, to join with the remaining members in rebuilding the organisation.

As Molly said at the last meeting, we have been experiencing birth pangs. We have been struggling against problems of enormous proportions and, considering our limited resources, our setbacks have not been that great. Certainly, they are not irreversible.

We have survived the birth pangs and are now ready to enter our second phase. We have the energy to make MPA into a place that will give hope and direction to the lives of many people with nowhere to turn. But we need your help and involvement to accomplish the task.

The new employees have brought vitality and enthusiasm to the group. We would like you to come back and see how things have changed. Help us to make MPA the exciting and hopeful place that it can be.

DECEMBER ELECTIONS OF NEW EMPLOYEES

FOUR MORE POSITIONS TO BE ELECTED, JANUARY 28th, 8 p.m.

It was announced in the last newsletter that elections would be held in December to hire 13 new full-time employees. Twelve of the salaries are being provided by the Department of Manpower and Immigration, and one salary for an Arts and Crafts supervisor by the Department of Rehabilitation and Social Improvement.

The elections were held at two five-hour general meetings on December 15th and 20th. The positions and the election results are as follows:

- a) FIVE COORDINATORS to open and operate a new MPA Centre in the east end:

Phyllis Brown	Stan Mailey
Frances Phillips	Johanna Viersen
Dick Woodsworth	

- b) SECRETARY - Pat Bryce

- c) EMPLOYMENT COORDINATOR - Barb Bussigel

- d) COOK - Paul Dalfort
- e) ACTIVITIES COORDINATOR - Terry Naughian
- f) ARTS AND CRAFTS SUPERVISOR - Marianne Gardner ($\frac{1}{2}$ time)
- g) MATSQUI FARM COORDINATOR - George Chuchman

At the December 20th meeting, motions were passed concerning a few changes in the announced positions.

1) Although two new farm coordinator positions were advertised, it was moved and passed that, for the present, only one new coordinator was needed, and that the other position be changed to that of HOUSING COORDINATOR.

2) Because an Arts and Crafts salary had been provided by both the Department of Manpower and Immigration and the Department of Rehabilitation and Social Improvement, it was moved and passed that the former salary be used to support a CRISIS WORKER ON THE GRAVEYARD SHIFT.

It was also moved and passed that, because the HOUSING COORDINATOR and GRAVEYARD CRISIS WORKER positions were not advertised, the executive be granted the authority to appoint both positions for an interim period until the positions could be advertised and voted on at the January 28th general meeting.

In line with this motion, the following people have been temporarily appointed:

- h) HOUSING COORDINATOR - Avi Dolgin
- i) GRAVEYARD CRISIS WORKER - Neil Friedenber

At the December 20th general meeting, it was also moved and passed that the executive be granted the authority to appoint the other half-time Arts and Crafts person for an interim period until the position could be advertised and voted on at the January 28th general meeting. This motion was rendered irrelevant by the bittersweet fact that Marianne Gardner (who had already been elected to the first half-time position) resigned, as she and her husband had just adopted a baby. Hence, at the January 7th general meeting, a motion was passed giving the executive the power to appoint a full-time Arts and Crafts supervisor for the interim period until the position could be advertised and voted on at the January 28th general meeting.

It was passed at the January 7th general meeting that one further position be created and advertised, to be elected January 28th. The background to this decision is as follows:

The Manpower and Immigration grant was designed to provide 12 salaries effective December 1st, 1971. However, we were not informed of the grant until December 10th and hence could not give out salaries for the first two weeks of December. We thus have 12×2 equals 24 person-weeks of unexpended salary funds. Manpower has informed us that we can use these funds to create additional positions for the period ending May 31st, 1972 (by which time all Manpower money must be spent).

It was thus decided at the January 7th general meeting to create a full-time position of PUBLIC RELATIONS AND LIAISON OFFICER to be advertised and elected January 28th. The position will be subject to a one month review to assess its need and relevance.

SUMMARY

To boil down all the complex information presented above:

FOUR full-time positions will be voted on at the January 28th general meeting. ANYONE is eligible to run for these positions. Applications should be written, stating the position applied for, and why the candidate is the person for the job. Applications must be submitted to the MPA office no later than January 25th. Candidates should be present at the January 28th meeting to read their applications and to answer questions from the floor.

Once again, the FOUR positions are:

1) HOUSING COORDINATOR: This job entails helping MPA residents to find housing, acquire furniture, get moved into their new accommodation, etc. The coordinator will maintain contact with the ex-residents to help with emotional and practical problems.

2) GRAVEYARD CRISIS WORKER: This person is to be at MPA Centre 5 nights a week from midnight to 8 a.m., to provide support to residents who are awake through the night, to help out with personal or social problems, to answer the crisis phone and, if necessary, to provide transportation.

3) ARTS AND CRAFTS SUPERVISOR: This job involves planning and carrying out a full-time crafts programme with interested residents and people who drop in. The supervisor should be able to relate to and work with MPA members as equals.

4) PUBLIC RELATIONS AND LIAISON OFFICER: This job has two main functions. One involves going into psychiatric wards and telling staff and especially patients about MPA's work, and inviting patients to use our facilities when they get out of hospital. The other function entails coordinating a hospital visiting programme in which MPA members pay regular visits to hospitalised patients who desire visitors.

People will be elected to these four salaried positions at the general meeting, Friday, January 28th, 1972, starting at 8 p.m. If you are interested in any of these positions, submit your application to the MPA office by January 25th, 1972.

ACTIVITIES REPORT

- Sunday, Jan. 16 - Astrology - rap with Sharma at 7:30 p.m. at the MPA house
- Monday, Jan. 17 - Therapy Group - with Tom Sandborn & Ruth Hess - 8 p.m. at the MPA house
- Tuesday, Jan. 18 - Newsletter Meeting - ideas welcome - 2 p.m. at the MPA house
- Wednesday, Jan. 19 - Central Committee Meeting - 8 p.m. at the MPA house
- Thursday, Jan. 20 - Living on a Low Income - exchange of ideas about ways of stretching dollars - 8 p.m. at the MPA house
- Therapy Group - with Tom Sandborn & Ruth Hess - 8 p.m. at the MPA house
- Monday, Jan. 24 - Therapy Group - with Tom Sandborn & Ruth Hess - 8 p.m. at the MPA house
- Wednesday, Jan. 26 - Folk Dancing - with Pat Graber - 8 p.m. - location to be announced - if people are interested Pat will teach dancing on the 2nd and 4th Wednesday every month.
- Thursday, Jan. 27 - Tenants' Rights - with Arline Oishi & Larry Whalley - 8 p.m. at the MPA house
- Therapy Group - with Tom Sandborn & Ruth Hess - 8 p.m. at the MPA house
- Friday, Jan. 28 - General Meeting - 8 p.m. at the MPA house

COMING EVENTS

- slide show and speaker on Women's Lib. - Feb. 1 or 3
- film made recently of trip to China
- with luck, Valentine's Day concert featuring local performers (Feb. 11?)
- and: crisis training programme, yoga, more musical things, basketball, first aid course, theatre workshops, and

ACTIVITIES NOTES

- The things arranged for the next few weeks are mostly things I think people might be interested in. Let me know what YOU would like to see happening.
- Sharma, who is talking about astrology on Sunday night, is interested in doing research with ex-mental patients. She might like to arrange to help people work out their charts and see if there are any similarities.
- Someone has donated some games to MPA. Come around for a game of chess or scrabble.
- We need: people who would like to play basketball with the Kosmic League. Especially we need someone to help me organise it. I am mostly at the MPA house in the afternoon.

Terry Haughian, Activities

HELPING EACH OTHER - by Jean Tkachuk

Being truly concerned about someone else must be a symptom of personal virtue for the trait is without definition, yet everyone would like a friend who in time of need might be willing to lend a helping hand. A sincere interest in assisting someone without being called upon to do so can be an art, learned, developed, practised and improved. It is without question the most important quality of generosity for giving of oneself not only creates good will but on a larger scale is the one force that people of different countries and races recognise in each other as being humane.

To define sanity one must come to within a microscopic inch of insanity but find a person who is sincerely interested in helping someone in need and you'll have found someone who is at least on the safe side. On the other hand, to feign concern is a symptom of shallowness though in some people it may be a trend in trying to develop the art of caring.

It is useless to wish that all people could be concerned about each other for there will always be those who are too self-centered to become involved. But it would be beautiful if there were enough to keep interpersonal and world relations on the safe side of sanity.

SIR FIGBY SNORT (your foreign reporter)

After arriving in Ireland I immediately became aware of the trouble that exists in that land of shamrocks and leprechauns. It seems that the people in the north hate the people in the south and the people in the south hate the people in the north. The solution is obvious. All that has to be done is to switch positions and religions. The MPA has no such problems because the people at the MPA hate both the peoples in the north and the south. They seem to be quite happy eating potatoes and singing Irish lullabies. I want to visit the site of the Blarney Stone and was offered a free Blarney Stone kiss by the caretaker. After a long lingering kiss, I fell madly in love with the stone and stayed over for a few weeks so as I could be near the lovely rock structure. The MPA house is financed by the simple method of blackmailing leprechauns for their pots of gold. Should this fail, they blackmail each other. I had heard so much about the Irish Sea that I was disappointed to find out that not all of the Irish see, especially after they have had a few drinks of Irish Whiskey. And so on to Norway next month.

THE WHEREHOUSE

Anyone who has blankets, sheets, household pots and pans, curtains, cloth of any kind, wood (to burn), wood (to build), paint, to help the people at the Wherehouse to live, please contact Clyde or Justin. We need them now.

LETTER TO THE EDITOR

After reading the December 7th, 1971 issue of In a Nutshell, I wish to tell you I was very disappointed with the extreme ignorant radical emphasis. First of all, there was a very long article pertaining to the Mental Health Act in regard to being a patient under involuntary admission to a Provincial Mental Hospital. Let me say here that I am against Mental Hospitals being under running jurisdiction of the government and that I am in agreement with some points in the article (i.e. Physicians not specialised in psychiatry may have committal powers of a patient.)

However, these hospitals are not indeed prisons. They are instead very complex and, although perhaps not perfect, they are run efficiently and effectively by every effort for the treatment and rehabilitation of the patient. Except they are not I believe sufficiently staffed, which should be the concern of the people and the responsibility of the Provincial Government. The money spent for the patients is of serious lack.

As far as the Mental Health Act deals with Order-In-Council patients, that is patients who are in Riverview at the discretion of the Attorney-General, these patients are not allowed therapeutic and rehabilitation privileges afforded patients who are in hospital for being what is considered mentally ill without the jurisdiction of either being charged with or under sentence for a crime and I think that that is terribly wrong.

Also, in just about every page there was very influential reading of psychiatrist Szasz. It seems that one person has the right to instill viewpoints of pet authority personality over to the limit and by so doing possibly harmfully influencing readers to his trend of thought. Damn dirty politics. I personally submitted two articles with seriousness, yet neither one was printed. Is this the democracy of the MPA?

Tom Pollok

FARM REPORT -- by Lloyd

Well, we're off again to the farm, after the holidays, with a new group of people. We've been gathering more things and ideas while we've been in Vancouver. At the moment there seems to be a shortage of women wanting to go out to the farm. Other than that we have most everything we can think of now. The basement will be started and communication between Spontaneous Music and ourselves will be started up again and we're all looking forward to our next experiences. So, until more happens, PEACE!!!!

FINANCIAL REPORT

The following is a very brief financial report. The full report may be examined by any member at any time.

Cash on hand at November 30th, 1971		\$4,757.25
Add: <u>Revenue</u>		
First L.I.P. installment	\$12,100.00	
Provincial operating grants	500.00	
Interest income	127.04	
Donations	3.00	12,730.04
Repayment of Loan Receivable		15.00
		<u>17,502.29</u>
Deduct: <u>Expenditures</u>		4,449.49
CASH ON HAND AT DECEMBER 31st, 1971		\$13,052.80

G.W. Walker, Treasurer

WHEREHOUSE TAKING SHAPE

Good news has been coming fast about the Wherehouse Project with the discovery that a rock band planning a benefit needs a place to rehearse and, further, that MPA people interested in getting together are doing so.

Work accomplished so far includes cleaning (imagine cleaning a room six times the size of the MPA house!), insulating the former office and parts area, moving in the things that we need to survive and getting started building the stage.

As more and more people hear of how things are going ideas and help are coming faster. One idea for the Wherehouse is to hold an MPA anniversary party with everyone in MPA there under one roof. Another idea is to have an MPA benefit with music and fun for everyone. So add your ideas to the growing list and if you have some evening you'd like to put to good use, contact Clyde or Justin at 738-5177 or 738-1422.

Today is the tomorrow you worried about yesterday, and all is well.

EAST END MPA REPORT

The East End coordinators are busy looking into the possibilities of acquiring a house in the east end. As this Newsletter goes to press, there is one very good prospect that would meet every requirement. At the present time, legal, zoning and other details are being worked out. In the next Newsletter a detailed progress report will be published. In the meantime, the East End coordinators are helping out with the present MPA activities.

ACTIVITIES NOTES - more

Do you know - any interesting speakers?
- anyone with cars or vans which might be available to take people places?

Vancouver's Neighbourhood Radio Group would probably be willing to let us use their facilities to produce a taped radio programme, and show us how to do it. We might even be able to sell it, but that doesn't matter. Anyone interested in radio?????

EMPLOYMENT REPORT - \$

Three successes: Molly Dexall and Bob Hutchison have been employed as coordinators for the Unemployed Teachers Association. Also Markko Cacchioni (who applied for the Activities position here last month) was hired. Their jobs will be to work in boarding houses with people just out of psych wards and to assist in activities, employment and continuing education, in other words "getting back on their feet". Some PAID V.O.P. openings are: Programme Coordinator, Volunteer Placement Coordinator, Training Coordinator, and four Local Placement Coordinators ... at \$400.00 per month.

We are slowly gathering together names, resumes and lists of jobs (full- and part-time) as well as searching out possible vocations for people wanting a suitable career. A list of Manpower Vocational Training Courses is posted outside the office; and posted on our new multi-coloured Employment Notice Board are training courses for service station attendants.

Cliff Cook has been very energetic in digging up skilled and unskilled labour jobs and finding out "who" will be hiring "when". Kathy Reid's energies will be devoted to typing and assisting in the job hunt too.

One problem of job hunting seems to be the RESUME. Even if you don't want a job now, you can still set up a good resume. Come and see me or Kathy if you would like to do this.

What do you think of setting up a business of our own? Ideas currently tossing about are: a low-priced simple-food restaurant; a movie house; a gas station Anybody else with some good ideas????

What kinds of work are suitable for people who don't like the 9 to 5 structured job scene? Ideas have been brought out like: janitorial work for independent souls and night owls. We've collected some names but need more! There is a Manpower Training course for this called "Building Service Worker". What about forming a painting crew, where we can make our own bids (Jack Twist has lines on equipment, etc.) Dismiss House said they'd contact us for odd jobs, i.e. light carpentry, painting and renovating. They will give assistance in teaching the use of tools.

Welfare hassles? let me know!
