

# THE NEWS

Volume 13  
Number 8  
September 1996

## Movie Monday Celebrates A Birthday

For the last three years Bruce Saunders, his family and volunteer crew have been presenting movies free to the public at the EMP Lecture Theatre on Monday Nights. An eclectic variety of films are shown, occasionally on mental illness topics, enriched by audience discussions. Often "consumer" artwork is shown and music and video shorts enhance the evenings.

Movie Monday has given Bruce a chance to fulfill a dream to do something really special, blending his interest in film and his desire to educate about mental illness. Everytime there is an event, Bruce and his volunteers have a chance to educate and reinforce positive images of people who have had direct experience with mental illness. A by-product of an integrated audience is a softening of the lines between "the mentally ill" and those who are "normal". Just the fact that Bruce keeps showing up and competently arranging another event – 172 now and counting – disproves a stereotype about people who have manic-depression being unreliable or inconsistent.

Bruce says, "I'm thrilled that my project has been so successful, often packed houses these days and a real sense of community and enthusiasm, not just a way for people with mental illnesses to pass the time. It's been a lot of work but it's also part of my "wellness campaign". This hospital and medical system has given me and my family an amazing amount of service – it's nice to be able to return the favor! Thanks for the opportunity!"

*Bruce Saunders cut the cake after three successful years of running Movie Monday. Movie Monday recently tied for first as "Best place in Victoria to see a movie" by Monday Magazine's Best Hidden Places readers' poll.*



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