

ACTIVITIES NEWSLETTER

SUNDAY

Stan Persky is going to be teaching a creative writing course here every Sunday at 2 o'clock. The author of this here article am going to be taking it. It will be fun. I think I will like it. I hope you like it. I are a good writer already but soon I are going to be better. Watch this here space for more creative writing.

Films at U.B.C. every sunday at 7 o'clock.

M.P.A. has ten free passes to the movies at U.B.C. every sunday.

Films for the next while are:

Jan. 21- George C. Scott in HOSPITAL

Jan. 28--KES

Feb. 4- Frank Zappa's 200 MOTELS

Feb. 11- JOE HILL

Feb. 18- ~~HOW UNCLE~~ HORNETOINE

Feb. 25- PUTNEY SWOPE

Mar. 4- Clint Eastwood, Lee Marvin in PAINT YOUR WAGON

Mar. 11- KILL FOR ECOLOGY

Mar. 18- Clint Eastwood A FISTFUL OF DOLLARS

Mar. 25- Dustin Hoffman in LITTLE BIG MAN

Apr. 1- KLUTE

Apr. 8- McCABE AND MRS. MILLER

MONDAY

Tom Sandborns group is still going strong with an average of 8 or 9 people a group. The group is now closed because we felt there was a sufficient number of people committed to coming every week. It will be open for new interested people once a month - the second monday of each month.

TUESDAY

Busyness Meeting at twelve noon every tuesday. Come see the co-ordinators but do not feed or throw garbage.

Male-Female Discussion Group - Well, from a rather thwarted academic beginning the male-female discussion group evolved into let us call it, a male-female encounter group. Speaker for the evening was Michel Underwood, who has worked on a study of status of women in non-western cultures at U.B.C. Michael had some interesting points on couple relationships which challenged the whole exclusive possessive type of attitude exhibited by most couples today. Mind you, the fact that tribes in Africa do things differently does not give us a sound reason for lauding alternatives, however, we did discuss the merits of new ways of looking at relationships through examining ~~hyperconnaa~~ moments, the faults of conventional male-female roles. This provided some hearty antagonism between some members of the Women's Center who came for the discussion and fellows at the drop-in center. It's a process for both men and women, to look at themselves and to admit that many of their conceptions of male female roles have been heavily conditioned and are not necessarily images of how things ought to be. (Its a Hard Rain Gonna Fall).

A certain amount of common awareness is necessary before action can be taken. The Women's Center seems to stress this type of approach and tends to confine discussion solely to women. I personally feel this tends to foster hostility towards men and would really like to see men and women working together on smashing many of the myths that govern the way we act towards each other.

The male female discussion groups will continue to happen every two weeks. Next one is scheduled for the drop-in center on Jan. 23rd at 8 p.m. Once again, I hope to have a speaker and hope that we'll be able to focus on one particular issue to avoid the general beat in bushes type of attitudes that cause verbal fights in the group. Over and out. Kay Jay. P.S. Next time hope to have some on the spot comments from participants. Some will be quite anearful!

WEDNESDAY

Every Wednesday at 1 p.m. Arnold comes over to show anyone interested in making stained glass windows or jewelry how to do it. All materials are supplied. He's also here on Saturday afternoons.

THURSDAY

11:30 - Drop-in center and Activities Committee Meeting. This meeting is to decide what to do so if you know what to do would you let us know so we know what to do.

1 o'clock. Hospital trip. Every thursday at one we will be leaving the drop-in to visit members who are in Riverview. Last week we went out to visit and people and out there really appreciate having visitors. A lot of us know from our own experience what a drag it is to be locked up in a hospital and how boring it is without visitors. Remember how much you enjoyed visitors? Well now you can return the favor and be a visitor and friend to someone else. O.K.

Politics Nite at 8 o'clock written by Gerald Beraldi.

After being in the doldrums for a couple of months, politics night started happening again with energy, planning and occasionally large turn-outs. Around the middle of December we decided to have a number of politics nites on the same subject. So, of course, the first thing that came to our mind was sex. But sex isn't something you should rush into, so we planned of first politics nite on human sexuality the first thursday in January--which is a good way to start the new year.

In the meantime we had a politics nite on Dec. 21st on Phil Brown tapes (he's the person from the Radical LTherapist who came out here to talk at MPA and UBC about how psychiatry oppresses people). We had a good discussion and occasional argument on them. The next thursday we talked about psychiatry and the law, and a recent bank robbery. We had an average turnout (which was good considering it was during the holiday season) and had an informative discussion (I learned something anyway) and had a good time.

Finally Jan. 4th arrived and we had some people from GATE (Gay Alliance Toward Equality) The discussion was primarily on how gays are oppressed in our society and what GATE is doing about it. We had a fantastic turnout and a long discussion. The whole thing was quite a success. It did what politics nite is supposed to do, it brought us in contact with another community group that is fighting for its rights. We became more aware of the kinds of difficulties other people have, and the GATE people became aware of what MPA is about and our point of view, and GATE and MPA discovered some common ground (e.g. gays have almost as much trouble with the mental health establishments as we do).

Then we had some problems and the next scheduled politics night on sexuality didn't come off (no pun intended). Instead we planned to go over to the Hollywood Theater and watch Burn, a movie with a lot of political, social and spiritual allegories. We hoped that we could watch the movie from 7:30 to 9:39 and then return to the drop-in center and talk about it. However, the Hollywood theater switched the movie times in the middle of the week and Burn came on at 9:30 and we didn't get back to the drop-in center until 11:30, too late to discuss the movie. It was a good idea anyway. For this thursday (Jan. 18th) we have some R.D. Laing tapes.

After that we will have two more politics nites on the topic of human sexuality and then move on to a new topic. By the time the next newsletter comes out we hope to have our plans made so that we can tell you what the coming attractions will be.

FRIDAY

Farm trip. Rain or shine we have a good time. Every friday we leave the drop-in at ten thirty and then commence to pick up people along the way. We usually have between ten and twenty people going out, having lunch and sharing city gossip with country friends. The farm has seven residents making a full house and they seem to have made it into a home with a friendly atmosphere. The farm has some delightful new additions--three calves, and a new co-ordinator-Patricia Morris. One of the calves "Mickey" isn't feeling too well and would like visitors.

Come on down all you city folks,
Come to the farm and share a few jokes,
Bring a guitar and bring a friend,
Such a good time should never end.
The End. By Lloyd

FRIDAY

Clean up. (Elves on strike) Don't be alarmed, If you see frenzied activity-mopping, vacuuming and dusing at the drop-in center you'll know it's G-Day (clean up day) Two eager volunteers amongst the co-ordinators will be nabbed at each Tuesday business meeting to be responsible for a general clean-up sometime during the week. They will be looking for help amongst the drop-ins. Be nice and help them if you are asked. We won't tell you when - why no one might show up then. Besides surprises are always more fun. Ask not what your drop in center can do for you, ask what you can do for your drop in center. As well bretheren we ask that you wash out your coffe cup when you're finished and empty the ash trays as well. Fred can't do it all. Thanks. Love Momma.

Films. This week we got good films but the projector fucked up again. We are working on a new source of projectors - ones of higher quality that don't constantly break down and create all kinds of hassle. Douglas College Film Library has consented to supply us with films, and they've got a lot of really fine ones, so maybe we'll get it together yet.

SATURDAY

We will be having breakfast at MPA starting probably in Feb. after we get the new drop-in center all set up. For information see Barb or Patty.

THE ENCOUNTERING THEATRE GROUP WRITTEN BY DONNA

The encountering theatre company is a group of people who I found most interesting when I did the research for this article. The cornerstone of this project is a man by the name of Ken Buhay. the three people who were here on Sat. 13th were: Dorothy Atherton, Peter Higdon and Betty Robertson. They started out by doing volunteer work out at UBC Health Sciences Centre. Klaus Herler was a patient there at the time and really got off on what they were doing. When they wanted to apply for their LIP grant they found that they couldn't keep up the good work and do all the paper work, so they asked Klaus, who was by that time discharged, if he would do all that dirty paper work-- he conceded and has since been given the pet name of "Troll". There are 8 other members in the group. From talking to some of them, I find them exceptionally thankful to the doctors out at UBC who wrote them many letter of recommendation, which they feel helped them tremendously.

Their perpose is what makes them so unique. As they told me, they didn't want to become full time actors(which they could be) because of the heavy compitition and games involved in getting into full time acting. They want to help groups to have fun and learn to relax in order to learn acting techniques and eventually teach volunteers in the various groups so they can carry on their own workshops. So far the groups they have worked with on this particular project are UBC Health Sciences and us - MPA. They would like to expand and help groups like Riverview, the Narcotics Addiction Foundation, Alcoholics Anonomous and senior citizens.

When I phoned Dorothy and told her I was going to do an article on them she was more than helpful and very friendly. I thought one part of her conversation was very important and quoted her--"for me the biggest thing is to go into a group of people that I don't really know and that I probably will never get to know really well, because I only see them once a week. I can feel relaxed and at ease with them because I feel the group responding in the same way to me--because we can all share laughing at ourselves doing the theatre games. For me laughter is one of the most important things that is missing in the world today. I don't mean sadistic laughter--I mean a really good belly laugh--inosent and almost childlike."

Peter expresses himself this way--"the reward for us is not a theatrical one-- not like the feeling that you get when you walk off stage. It's the feeling you get from mobilizing people to enjoy themselves and relax within the context of theatre games."

There was a turn out of about 10 people including myself, Dave Beamish, Earl Krantz, Daryll Rempel, Frank Ireland, Marcie Berner, Page, Wendy, and other wanderers. I asked one of the participants to tell me what he thought of it. Frank Ireland had this oppinion--"the thearte group helps break the ice in interpersonal relationships within the acting group and an interesting experiment: the group tries to persuade a chosen person to get out of a chair. The participants, realizing that they are merely acting, become uninhibited, a process which helps to inhance the personalities they would project while acting. I think the technique is quite effective."

As usual, I walked into the group late, but soon got caught up into the spirit of the thing. It was fun and I sure will be there next saturday. The feeling set up was that I could be myself. THE GROUP IS HOLDING MEETINGS AT THE DROP-IN EVERY SATURDAY FROM 1-3 FOR FREE--WHY NOT COME? IT'S A GASS. LEARN TO LAUGH AT YOURSELF WITH OTHERS.

ONCE IN A BLUE MOON ACTIVITIES

The chess tournament of sunday(the 14th) attracted nine contestants. Play was competitive since there were cash prizes and two losing players flung a few chess peices here and there. The writer (Len) applogizes for one case of thrown pieces by saying an obvious note was an obvious note.

The eliminations narrowed down to Frank Ireland, Dave Beamish and Len Lorimer. I managed to win two tough final games getting three dollars for first place, with Dave wimming two for second and Frank one for third.

Cathy Batton is getting tickets from the Parks Board for swimming, skating, etc. As soon as the tickets arrive we'll have a skating or swimming party and the time and date will be posted on the activities board.

Look for an Anniversary party sometime around the middle of february.

Lanny Beckman
2504 York St.
Van. B.C.



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SUMMARY AND PROPOSALS OF THE SPECIAL MEETING OF FRIDAY, JULY 6th, 1973

1. VIOLENCE AND THE IMPLEMENTATION OF POLICY

A. There are (at least) 2 kinds of violence, controllable -- the person thinks he or she can get away with it, and uncontrollable -- the person is truly freaked out.

In dealing with violence every effort must be made to deal with it immediately, in a group and in the drop-in centre.

The group should provide support and reality references for the freaked-out person.

MPA's policy of dealing with heavy situations immediately and in a group reaffirmed as the best course of action.

If a person must be sent away from the Drop-in we must make sure someone or some persons can be with him/her to deal with the person's state and keep the person out of trouble.

Situations should be assessed as they develop using group wisdom -- not the intuition of individuals to determine if the situation is really extreme -ie. we need outside help - or whether MPA can deal with it alone.

If the need is great enough to go beyond 24 hr. constant care then a hospital should be considered. This proposition must be put to the person, regardless of how freaked out, as often as possible to make him/her understand what may happen.

When a situation is prolonged and there are several people in different centres involved accurate and detailed information must be passed between the persons involved.

B. SUGGESTIONS AND RESOLUTIONS

1. Deal immediately with heavy situations in a group
2. Use the call system when more help is needed. Use it for direct aid or advice.
3. Committee to organize crisis training program for coordinators and members. (-Tom Sandborne, Jackie Hooper, Dick Betts, Patty Servant, Dan Pice, Ross Teasdale, Cathy Ratten, Molly Daxall, Val Shackledon)
4. Treat everyone equally and be willing to question one's assumptions re: the person involved.
5. Assessment of situations - flexible group to assess what is going on or will need to be done.
 - a) Don't operate separate from person involved
 - b) If situation is really heavy 2 people can be burnt out quickly -- group should be larger than 2 with back-up resources.

2. FURTHER GUIDE-LINES FROM SITUATION WITH EARL

Take freak-outs more seriously. There is a distinction between "acting crazy" to let off steam and an actual serious freak-out.

When persons are in danger there is still a reluctance to call for outside help. We should not be so reluctant to realize that hospital may be the only alternative. We must look into procedures -- do we use Form A warrants, cops or mental health act? Other alternatives?

No one should be considered as a hospital case unless there is clear evidence of dangerousness or violence to others.

We must assure that if a person is freaked the possibilities of getting in trouble outside are minimal. Be with person if necessary. What MPA tolerates the outside may not.

3. CRISIS TRAINING

To cover areas of crisis, legal procedures, police dealings, medical emergencies and group work with heavy situations. People on the committee are preparing a manual which out-lines procedures in these and other areas. Can decide on dates for training sessions at Business Meeting. Sessions hope to include group work, role playing with video as an aid.

ACTIVITIES NEWSLETTER C SPECIAL EDITION

PARTY PARTY PARTY PARTY PARTY PARTY PARTY PARTY

As you probably know by now we are having a party. The occasion is MPA's second anniversary and we need you to help us celebrate. The location of this happening is Alexander Neighborhood House at 1726 West 7th Ave. It's on Saturday March 31st at 7:30. There will be live music for those who like to boogie and an adjoining room full of food and a terrific punch for those who prefer to sit back and gab or eat or recuperate from the frenzied activities in the main ball room. The cost of admission is nominal - for those who don't know what that means it means it's free.

COUNTRY PIE

The weekend of April 7th we have a cabin on Hollyburn Mountain. It's an A frame and sleeps about 40 people. There is a hike to get in but if the rest of you are as out of shape as I am perhaps we can use the exercise. If you want to go please let Charlene or Patty know so we can make arrangements for food, sleeping bags, transportation and other various and sundry things.

On April 21st Rolly is leading a group of veteran campers on a "rough it" trip away from all modern conveniences. If anyone knows of a small generator that will run a T.V. and stereo please let Rolly know. If you can endure the serenity of the country for a full weekend get in touch with Rolly at the drop-in center. Those who would like a less strenuous weekend see above under Country Pie.

ELECTIONS

At the next General Meeting we will be electing TWO DROP-IN CENTER CO-ORDINATORS. The election is on Wednesday, March 28th. Applications must be in to Patty by noon of the 20th to give us time to make up the ballots.

REGULAR ACTIVITIES

MONDAY

12 noon-drop-in center meeting.

Tom Sandborn and his flying circus (the gestalt group that knocks the plaster off the living room roof onto innocent by-standers below) is leaving to roam the country in search of his lost ID. Due to this unfortunate development MPA is without a gestalt group at present but perhaps we can find a new leader soon.

TUESDAY

12 noon - busyness meeting where all sorts of serious and completely irrelevant facts become known.

6:30 - 9 Hairdressing. Come-it's enough to curl your hair.

7:30 Claytons religious discussion group.

8:00 Drinkers group - I should perhaps make it clear here that this group is for people interested in stopping, not starting.

WEDNESDAY

10:30-3:30 Crafts Sewing and fabric arts.

3:30 Cooking Lessons

6:00 Supper made by the MPA master chefs.

7:30 Encounter Theatre at West End residence

THURSDAY

10:30-3 Crafts. Fibre arts (macrame and weaving)

12:30 Hospital trip to Riverview. Come on out and visit our friends in the hospital. The only difference between us and them is they got caught.

A Politics Nite.

FRIDAY

10:30 Farm trip leaves drop-in

10:30-3 Crafts. Print making, drawing, painting.

SATURDAY

- 11:00 breakfast for everyone. Bacon, eggs, juice, toast and coffee - free
- After breakfast Rolly will be taking an outing. The destination is open but some suggestions are ; Stanley Park, the aquarium, the beach, etc.
- 8:00 sing a long and refreshments. Don't tell a soul but rumor has it that a certain musician well known to MPA might be coming a regular part of the saturday night songsters.

SUNDAY

- 2:00 Creative writing course. Come and learn how to put it down on paper.
- 7:30 Male-Female discussion group. Come and learn how to put it down.