



ARTS & CRAFTS

CONTEST

POETRY...
DRAWINGS...
PHOTOGRAPHY

PAINTING...
EMBROIDERY...
MACRAMÉ...

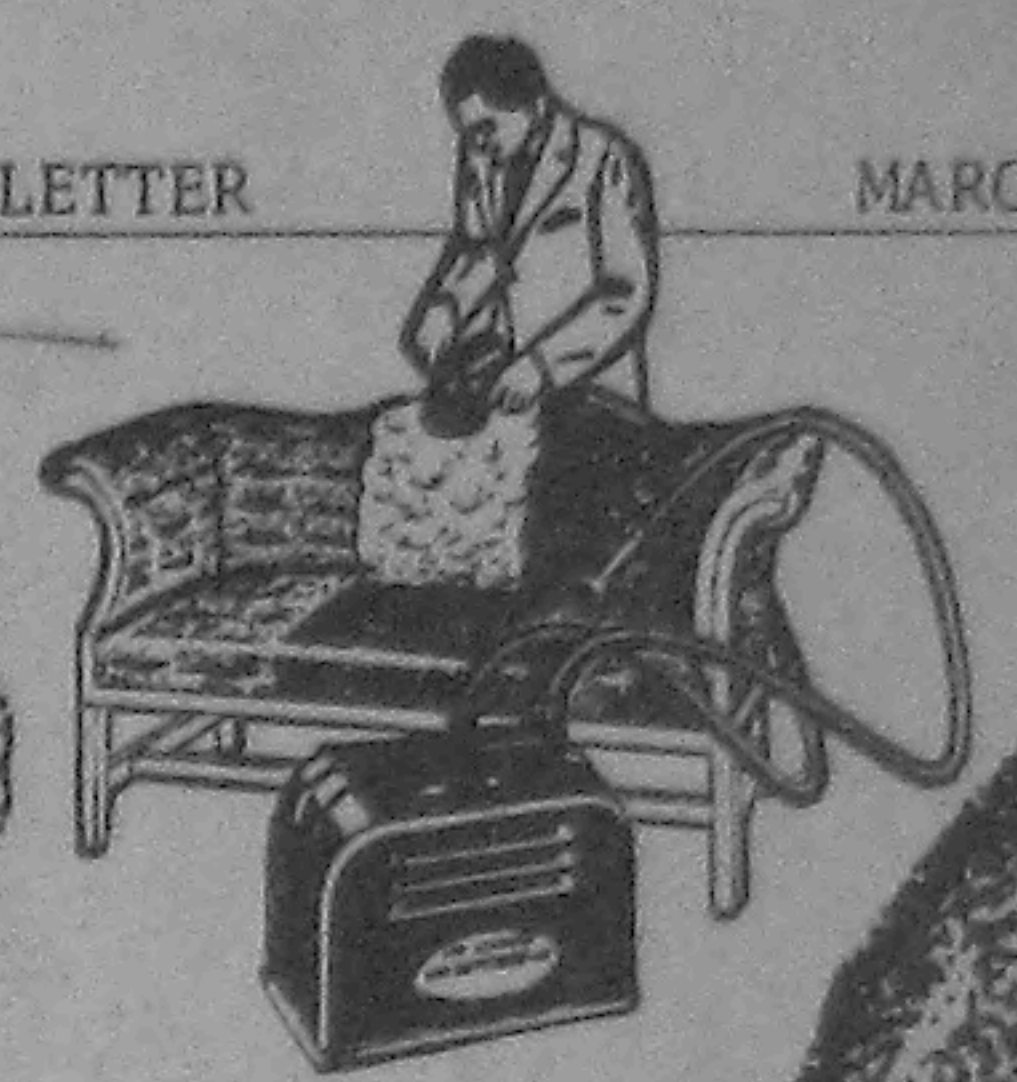
coming in may! ★ cash prizes!!

IN A NUTSHELL

VOL. 5 NO. 1

MENTAL PATIENTS ASSOCIATION NEWSLETTER

MARCH 1977



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On November 10th, M.P.A. elected Bill Helem and Gail Clarke (D.I.C.), Norm Robinson (Housing, Human Resources), Shelley Ball (Sec'y-treasurer), and Dave Beamish (office coordinator) to work on the Riverview Extension Programme.

Work began November 15th. Our drop-in centre and office are located in the Tuck shop building between the post office and the Tuck shop. We are now open seven days a week from 11 - 12, and 1 - 4.

Our usual routine is to meet at Riverview at 10 a.m. - hold a meeting to share information and discuss personal or other matters, then open at 11. Each morning several of us meet at the Yew St. D.I.C. at 9 a.m. to drive to Riverview. We welcome other members to visit. Just phone in advance to let us know if you need transportation. (521-1911, Local 38).

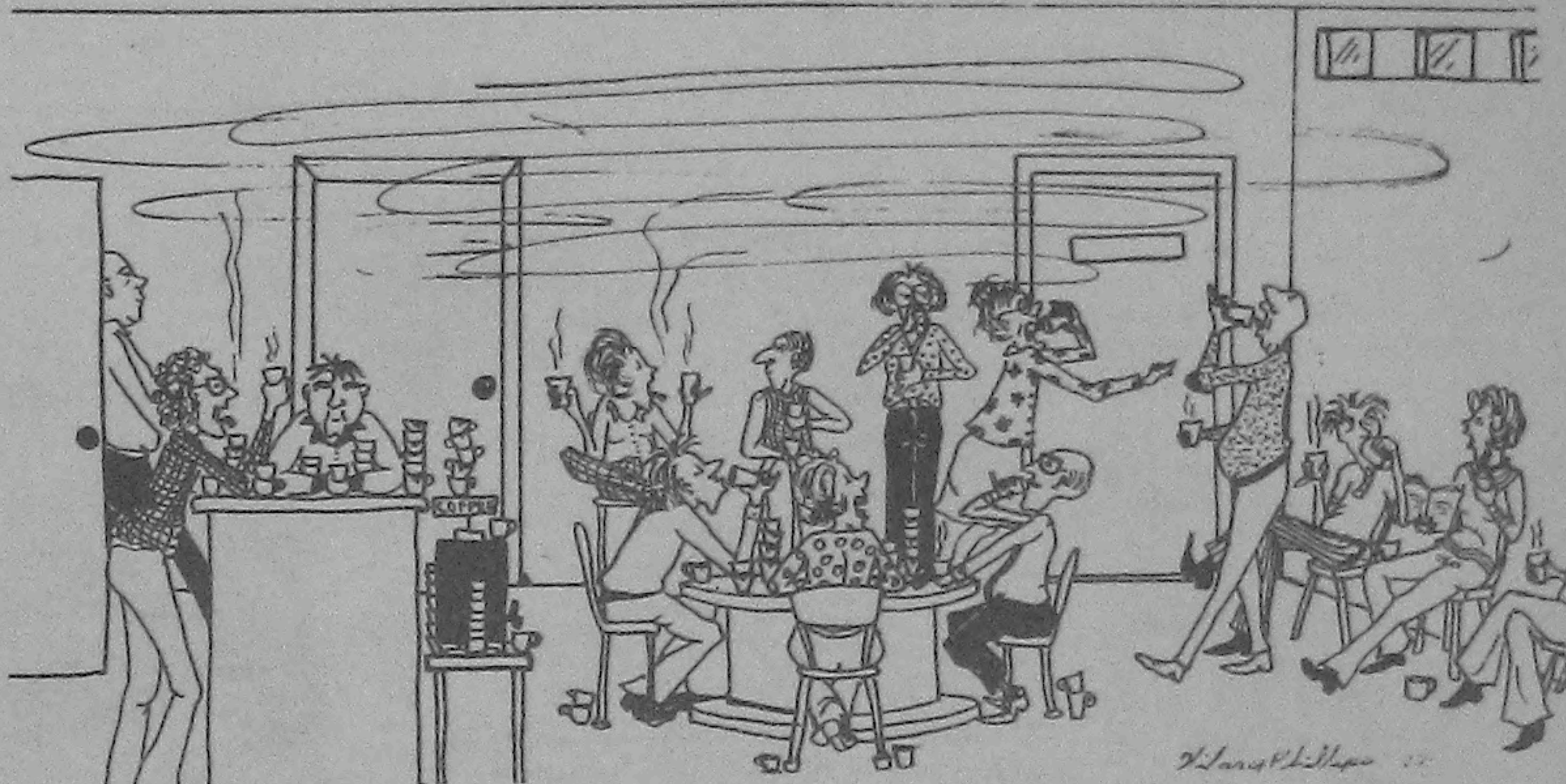
The D.I.C. now has a core group of members who help in operating and cleaning our place (which we are gradually decorating). Bela and L.I.P. members have built tables and a desk organizer (designed by Norm), and we have hung cloth on the wall and covered our bulletin boards with material to brighten things up. (We can't paint due to regulations). Gail is in the process of making curtains for the front windows. We're hoping for a homier atmosphere.

So far Norm R. has helped over 40 people with housing hassles. He has arranged accommodations in M.P.A. residences and elsewhere in Vancouver and other areas.

Through our drop-in centre, Pennington Hall and ward visits, we have met many patients and made friends. We have also gone off-grounds on a few day passes and have sat on several review panels.

We have become fairly well known in Crease and Centrelawn and often have people referred to us by hospital staff for assistance. Staff are coming to respect and accept our presence at Riverview and have been cooperative in giving us access to wards and information.

Since the programme started we have had in the D.I.C.



guitar and singsong sessions, a Christmas party, a t.v. show filming and one hell of a lot of coffee drinking.

Each Friday at noon there is an informal meeting of hospital patients, staff and the rest of us to discuss hospital-related issues. While attendance by staff has been less than hoped for the meetings continue and provide a free forum for discussion.

When Bill Helem resigned, Riverview had its first-ever series of M.P.A. interim elections. Maureen Phillips worked with us for two weeks and Norm Gamble was elected to the position permanently.

Our policy has been to operate the elections as for an M.P.A. residence, i.e., coordinators do not campaign for candidates but may state their reasons for being unwilling to work with a specific candidate if necessary.

Originally, M.P.A. applied to L.I.P. for 10 salaries. At that time, the New Westminster constituency had insufficient grant money, and cut us back to 5. Later the federal government gave L.I.P. additional funds. We re-applied, and received money for 5 additional salaries plus expenses.

On February 2nd, an election was held at the Yew St. D.I.C. and Janet Gates (DIC/Research) and Val Shackleton George Cote, Alex Verkade and Rick Hopkins were elected. Since the resignation of Shelley Ball, Alex has taken over as secretary-treasurer, and Gail Clarke is working as an additional Housing/Human Resources coordinator. We are in the process of interim elections at Riverview to replace Shelley.

Currently, Val, Dave and Janet are starting to look for permanent funding to enable our Riverview office to operate in some fashion beyond June 10th when L.I.P. funding ends.

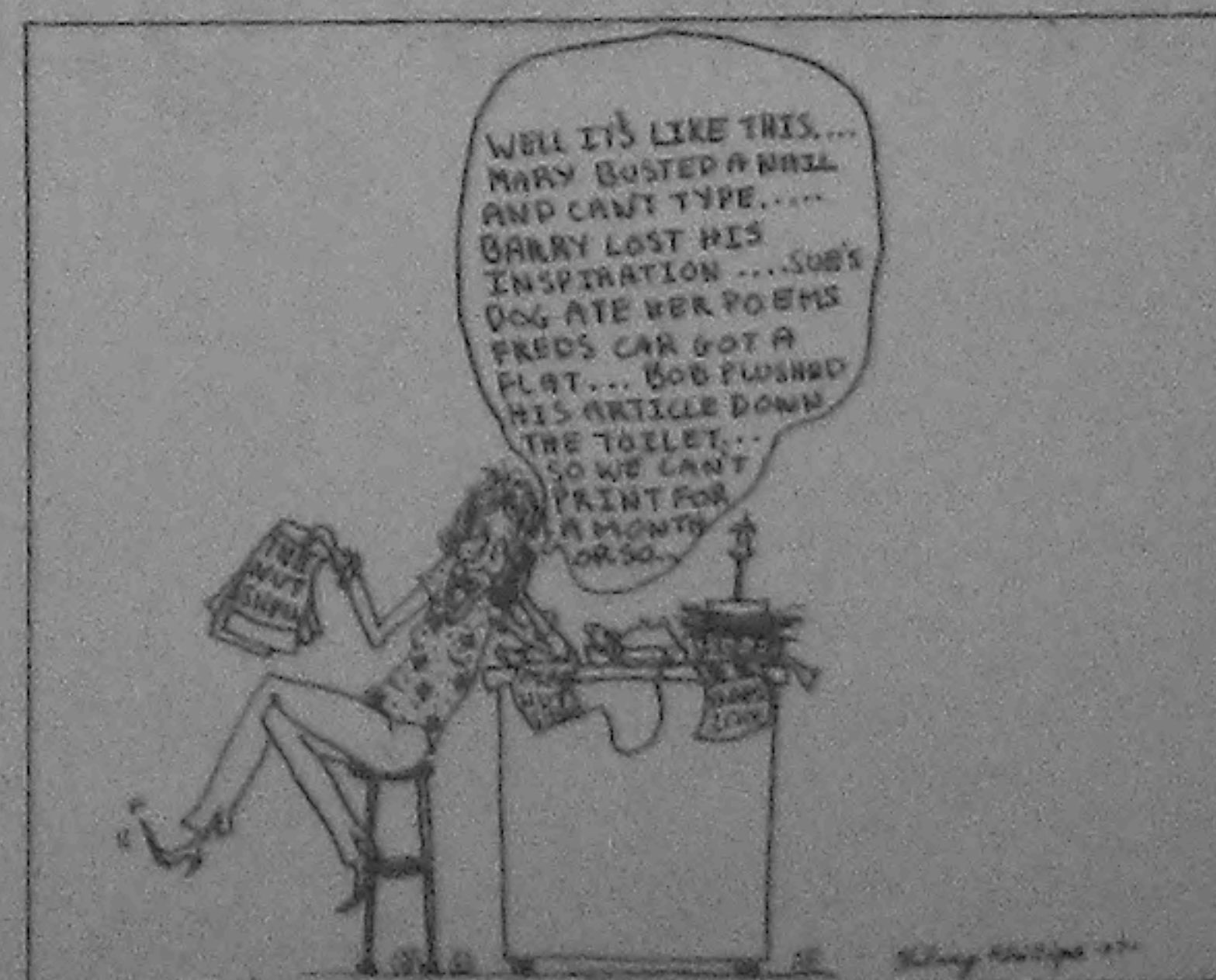
Generally we are pleased with the effectiveness of the programme. People are finding friendship, enjoying using the D.I.C., and are getting help with housing and other needs. However, the resignation of two workers, and the need to elect replacements plus 5 additional workers did drain a lot of time and energy. Now that we are more settled we can really roll.

Our main concern is that we not create a dependency on M.P.A. and then let people down in June by disappearing from the scene when funding ceases.

If you have any suggestions for us or would like to volunteer, please phone us at the above number.

FOOTNOTE: We'd like to say that writing reports is boring, boring. M.P.A. Riverview isn't anything like as dull as we've made it sound. Come see for yourself.

Gail and Dave.





In a Nutshell
c/o M.P.A.
2146 YEW ST.
VANCOUVER, B.C.



The Editor

"In a Nutshell"

We read with interest your article "Too Much Abuse" in the October edition.

Let me begin by saying that our beliefs are identical in that you and we "abhor violence whether from patients or staff." Further, as the person charged with the responsibility for Riverview, I want to know of any employee who is neither concerned nor caring and is "making life a hell for fellow staff members, and more particularly, for patients." There is no place in Riverview for anyone of that stamp, which will be made clear if any such behaviour and person can be identified.

You refer to "a Riverview staff worker who had witnessed one of two nurses strike a patient in the face and injure his nose. The staff worker who phoned could no longer stomach this and other abuse and had called M.P.A. because there was nowhere else to turn for help."

On the contrary, there are many places to turn for help, and if such an incident occurred, any employee witnessing it would be failing in his duty to the patient, and in his moral obligation, if he did not report it without delay - to the Charge Nurse, or Unit Super-

visor, or Director of Nursing, or Medical Director, or Executive Director - all of whom, with many more, would never condone such clearly unacceptable behaviour: and

any employees who provided such information would be considered commendable in their action, any fear of losing one's job being entirely irrational in such an instance. Further, in line with your suggestion on the use of outside persons to investigate incidents of abuse, the Administration is now working on improved machinery for fact-finding following any such allegation, and we shall keep you informed.

In conclusion, I must point out that any reported case of violence will be investigated without delay, and reiterate that Riverview is no place for an employee who would resort to it. The vast majority of our employees do indeed care, and use good judgment: and the Administration has initiated a Legal Aid Programme for patients, and has given material and moral support to M.P.A. and its aims. We are interested in discovering, not covering up, any imperfections in the system, and being able to look upon our work with the patients at Riverview with pride.

Sincerely,
Ian Manning,
Executive Director.

hello!
piccadilly st.
sounds great!



Dear Nutshell:

E3 at Riverview Hospital in Vancouver, B.C. is a veritable nightmare. The atmosphere is prison-like and all doors are locked, including the one to the bathroom. Patients are made to know nurses have the mentality of prison guards. I once was hungry and reached for a piece of bread another patient indicated he didn't want. One of the nurses, Tom --- virtually assaulted me.

At the ward, my mail was censored, they even read my letters home. And I was repeatedly told my letters and I suppose, article submissions to the Nutshell that never reached Nutshell but their garbage can, were "crummy garbage" and didn't make any sense. This was to enforce upon me the idea I was insane though truly I was and am still fairly healthy. You can ask Leon Hill, last seen in West 4, Riverview if my articles to the Nutshell were "garbage." Leon was, by anyone's standard, fairly sane, though the doctors saw reason to subject him to heavy medication. No doubt because of "inappropriate behavior."

You were not allowed to go outside, even a stroll around the grounds was not permitted except for certain, the "elite." I saw people far less sane than I was, able to come and go as they pleased. But of course I didn't "conform", I persisted in writing my friends and this is not what most people did. They sat on their chairs and did nothing all

The Nutshell:

Things around here that getting a little better of Riverview they were before; a little less 'therapy' and a little more in the way of concrete assistance. We finally his p a residence going last mo with the help of massive He put of sweat and labour the membership. It is down basically along the lines on the M.P.A. residences. for address of the place is Menta Piccadilly St., London, Canada

Another little item ice cynical interest. There pers a deal, sponsored federal tect to provide professional, M. clie remote communities. Ma A Factory, a town of 150 work James Bay, is the test a pa munity. Five shrinks Rive London commute back on a forth. The way it work ents that people in Moose Fac light can sit in front of a v tion camera and later be anal Heal by a psychiatrist in Lon prom In a run thru last week att took forty psychiatrist, ince University Hospital an we to determine that the wo exc in question was depressed tex On the brighter side ing things we just had a s storm here (which I love ite

Dick Woodsworth
Western Ontario Therapeut
Community, London. bro

day. Course you can't faist them too much, there rea wasn't too much to do Bil there. Anyway, due to nonconformity, I was refuty, ground privileges. Thusand did not even get to bread fresh air. The first chariv I had I took off to Misspro B.C. and they didn't h from me for a couple for days. Unfortunately, I sti out of money, or I worel have kept going. and

Words cannot fully ass scribe the hell of E3. day one patient attempted jump out the window. figured a broken leg was tter than one more day that ward. I persona cannot fault him. Am I sane?

I don't think so.

Bruce Dubblestye, Salvat Army Hostel, Port Arth Ontario.

Recently we received the text of a very thoughtful speech made by the administrator of Abbie J. Lane Memorial Hospital (a municipal mental hospital) in Halifax, Nova Scotia.

In his paper, entitled Patients' Rights vs. Human Rights, Mr. Jenner noted that the 1960 Canadian Bill of Rights drew attention to citizens' basic rights but didn't greatly influence mental health legislation in his province. We would add, nor ours.

He also drew attention to the first principle laid down by the Canadian Council on Hospital Accreditation for the Accreditation of Mental Health Facilities in Canada.

"The Mental Health Service shall acknowledge the personal dignity of and protect the rights of the client and the community."

At a time when we are working towards establishing a patients' rights office at Riverview Hospital, working on a charter of mental patients' rights and a more enlightened piece of legislation than the B.C. Mental Health Act, and trying to promote a more enlightened attitude towards patients incarcerated in hospital, we think that the following excerpt from Mr. Jenner's text is well worth reprinting here:

"I would now like to reiterate the basic rights which people without mental disorders, or at least whose disorders have not been brought to the attention of their physician or of a magistrate, enjoy.

A person has, under the Bill of Rights:

The right to life, liberty, security of the person and enjoyment of property and the right not to be deprived thereof except by due process of law;

The right to equality before the law, and the protection of the law, freedom of religion, freedom of speech and freedom of assembly and association.

Under that law a person may not be arbitrarily detained, imprisoned or exiled; be subject to any cruel or unusual treatment or punishment; be deprived, if arrested or detained, of the right to be informed promptly of the reason for such arrest or detention. He has the right to retain and instruct counsel without delay and of the remedy of Habeas Corpus for the determination of the validity of his detention or for his release if the detention is not lawful.

A person cannot be compelled to give evidence if he is denied counsel; he can not be deprived of a fair hearing to determine his rights and obligations; if charged with a criminal offense he cannot be deprived of the right to be presumed innocent until proved guilty in a fair and public hearing by an independent tribunal.

Even this rather superficial expose of the rights of Canadians obliges us to consider whether we are now depriving the mentally disordered among us of any fundamental rights or whether, in any future legislation we are intending to do so.

Somewhere in the legislation there must be a basic presumption that no person being held in or treated by a Mental Health Facility shall be deemed to be incapable of doing an act which he would ordinarily be capable of doing or to be incompetent to handle his estate if he were not so held or treated unless a specific determination to that effect has been made pursuant to the law of the land.

Up to this point we have been dealing with fairly high sounding principles, and one may very well be excused for wondering how to relate these principles to the nitty gritty of every day life. For those who have not spent much time in a mental hospital it may well be very difficult to sit there and think how incarceration in such an institution may impinge on basic rights.

Much depends of course on how the institution is run, and it may be the spirit in which it is run has more adverse effects than the famous regulations, which the voluntary patient or his parent has agreed to abide by, would appear to indicate.

I propose, therefore to cite a number of areas in which incarceration in a mental hospital may give rise to a deprivation of rights.

1. Communication with persons outside the facility.
2. Keeping and wearing personal clothing and effects.
3. Religious freedom.
4. Voting.
5. Employment.
6. Management and disposal of property.
7. Contractual relationships, suing and being sued, making purchases.
8. Obtaining education.
9. Seeking Habeas Corpus.
10. Obtaining an independent medical opinion.
11. Retaining licenses, privileges or permits established by law.
12. Marriage.
13. Being subjected to unnecessary mechanical restraints.

It is only possible, in one article, to skim over those areas of Patients' Rights which are immediately relevant on the patient's admission to a psychiatric hospital. There are many ways in which his rights may be infringed during treatment and when he subsequently finds himself discharged to a chilly outside world. All these must be considered in debating new legislation.

There do seem, however, to be three very basic questions which need to be resolved.

Firstly, should not a voluntary patient have the statutory right to know, before he agrees to admission, what course of treatment the hospital intends to pursue, the goals it hopes to achieve, the expected time of achievement of those goals and the alternatives to such care? These may of course change but changes should be mutually agreeable.

The second question refers to involuntary or formal hospitalization, where at present the patient may be committed on certificate of two physicians and where there is reason to believe that it is being proposed that the formal declaration of one physician only will be sufficient.

Should a person be of the age of consent or a minor be deprived of his liberty without due process of law, and without being able to present his case, with counsel, to the courts, because he is said to be mentally disordered.

The third question concerns the rights of the hospital. How far should the hospital be allowed, or required to go to protect the rights of the community, possibly against the rights of the patient, (e.g. in a marriage situation) and on what values should the community's rights be based?"

- Jackie



WHAT'S HAPPENING IN...  MARCH		TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4	SATURDAY 5
SUNDAY 6	MONDAY 7	8	9	10	11	BREAKFAST 12 N. F. B. MOVIES ON CHANNEL 2 FEATURING M. P. A. MOVIE 9 P.M.
13 Mystery Hour 12:00 NOON D. I. C.	14 SWIMMING	15 MOVIES 6 P.M. D. I. C.	16 SUPPER 5 P.M. GENERAL 7:30 MEETING	17 LAZARIUM EVENING ↑ EITHER OR T. B. A.	18 T. B. A.	BREAKFAST 19 10 A.M. D. I. C. JAMIE SAYS GOOD MORNING
20 Mystery Hour 12:00 NOON D. I. C.	21 EVERY 2ND MONDAY NATURE HIKE 9 A.M. - 5 P.M.	22 MOVIES 6 P.M. D. I. C.	23 RIVERVIEW DANCE CANCELLED SUPPER 5 P.M. MUSIC NITE	24 ↓	25 T. B. A.	BREAKFAST 26 10 A.M. D. I. C. JAMIE SAYS HELLO TO EVERYONE AT W. O. T. C. H.
27 MYSTERY Hour 12:00 NOON D. I. C.	28 YOGA 8 P.M.? JOG? T. B. A.	29 MOVIES 6 P.M. D. I. C.	30 SUPPER 5 P.M. MUSIC NIGHT J J	31		

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UPDATE

C.B.C.'s "Man Alive" program gave the M.P.A. model its Canada-wide second debut. Our first was "Take 30" in the winter of 1972.

Thurs. Jan. 13: A call from Toronto from Rosalind, a C.B.C. producer and Elaine, her research assistant, saying they had heard of M.P.A. half-way houses and asking if we would be interested in doing a program. Hurried meeting with people at the E. 33rd house who gave the go-ahead.

Tue. Jan 18: The M.P.A. business meeting heard about the C.B.C. plans and approved. Our Riverview office (actually Dave) agreed to make the arrangements for filming the M.P.A. Drop-In Centre out there. Rosalind and Elaine arrived late for dinner (they didn't know Vancouver was divided East and West) but they brought the dessert with them from Toronto -- a big upsidedown cake, smothered with whipping cream and topped with fresh pineapple and marachino cherries. A great ending to our spaghetti and meatballs!

Wed. Jan 19: Roy Bonstiel arrived and the visitors toured the various locations to be filmed. Everyone piled into the E.33rd house -- lights, wires, camera and sound crew, Rosalind producing, Elaine taking notes, Roy interviewing. The rest

of us were milling about nervous and twitchy, encouraging one another. Halfway through the cooking scene with Lois and Linda we thought we should have had one of the men cooking -too late! Doesn't liver look awful being lifted limp and soggy into a frying pan?

Thurs. Jan. 20: We groped our way out to Riverview through the fog. Rosalind and Elaine were being very efficient and had left Vancouver an hour earlier but ended up in Chilliwack before suspecting they had missed the turn-off to River-view. Filming started late. Dave and everybody were very cool about the delay. You hardly noticed the perspiration on their foreheads. Jim told some of his best jokes -- that eased things a bit. We had strict orders from Riverview that no patient may have their picture taken. Apparently they didn't give the same orders to the patients who kept banging on the door and wanting to get in on things. We keep forgetting at M.P.A. that mental patients are not capable of making such decisions.

In the afternoon, the t.v. crew was back at E.33rd for more interviews. Things got late so Rosalind treated us and the crew to Chinese food. We got a music and singing session going. Theresa's solo had a lovely, haunting sound. She was nervous and thought she had blown it. We all packed it in about 11 p.m. exhausted.

Fri. Jan 21: The C.B.C. crew went off to Coast Foundation in the morning while the people at E. 33rd did the shopping. In the afternoon we must have packed those groceries out of the car three times over to get that thirty seconds that went into the film. The final filming took place at the Drop-In Centre during an impromptu party -- well more or less impromptu. Frantic calls all afternoon getting things organized. A couple of members arrived drunk and rambunctious. By the time the crew had set up, everything had calmed down. T.V. cameras have a very cowering effect on some of us.

IN A NUTSHELL PAGE 5

Mon. Jan 24: Fran met Rosalind and Elaine at C.B.C. to watch the first day rushes. They looked really exciting. It was obvious there would be a lot of cutting of very good scenes to narrow the finished product to twenty minutes. What a shame! All those priceless gems left on the cutting room floor.

Tues. Jan. 25: Rosalind, Elaine, and Roy have gone back to Toronto. The camera crew and soundman have packed up their equipment. We were left blinking as the glare of the lights died away and were vaguely wondering was the house tidy enough, how would the whole thing come off, would we look as scared as we felt?

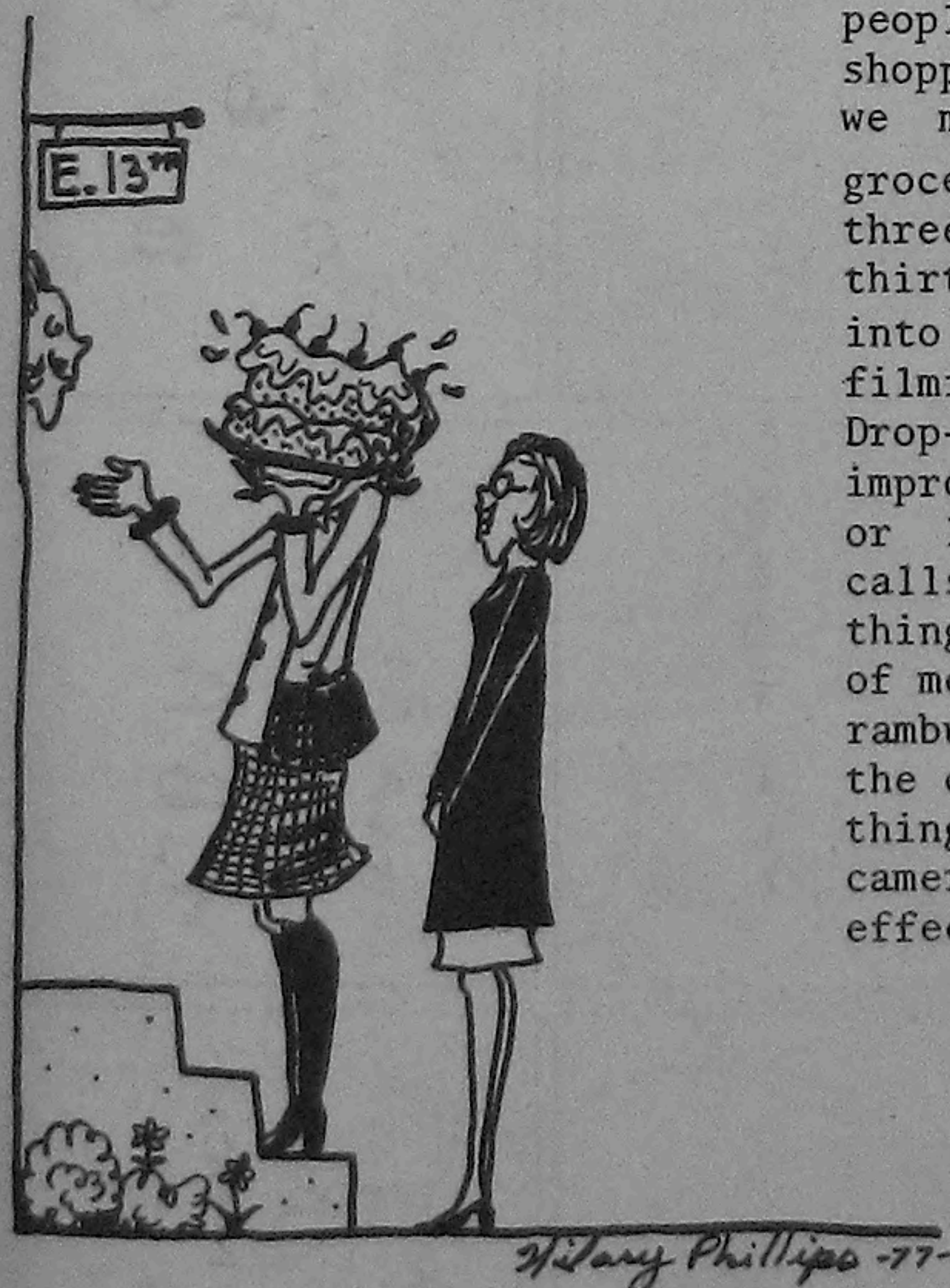
Thurs. Jan. 27: Victor, a police student asked M.P.A. members to help him with a questionnaire on Thomas Szaz's views. We hope some of our members responded, Victor. Fran and Linda spoke to Terry Saunders' Abnormal Psychology class at U.B.C. and got a really warm response.



Wed. Feb. 7: Jackie and Fran attended a S.P.A.R.C. health meeting at which Alex Porteous spoke of the new parameters of cost-shared funding for low cost community programs. Maybe there is new hope to solve our funding problems.

Mon. Feb. 7: Fran attended the board meeting of the Handicapped Resource Centre. Their ten group homes which are spreading about the province are based on the M.P.A. model.

Tues. Feb 8: Mary Ellen proposed a research project to survey why people use the M.P.A. programs and facilities.



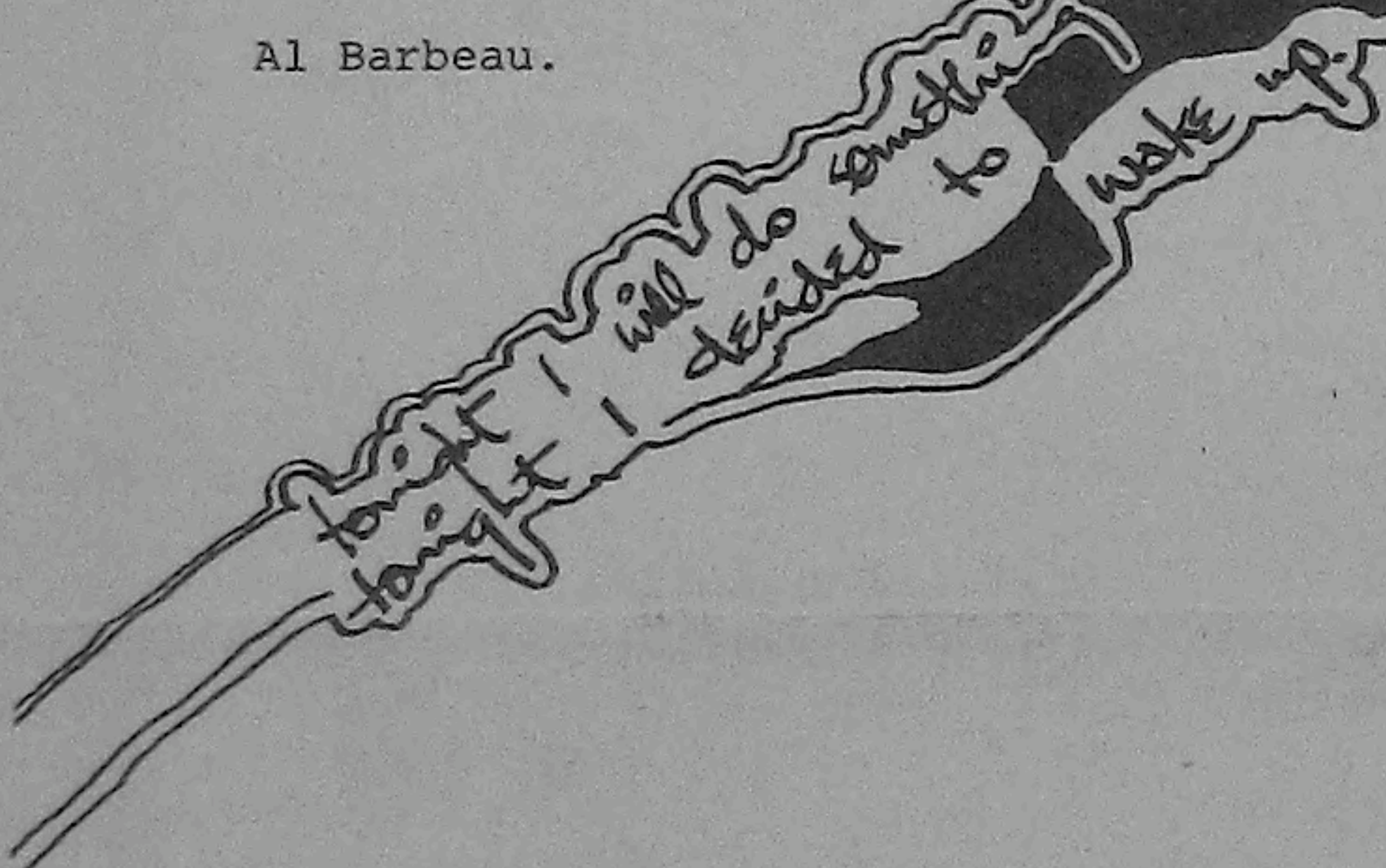
IN A NUTSHELL PAGE 6

HOUSE OF A DOZEN SINS

There was a house in Brooklyn,
That got away with anythin'.
The place smelled; youngsters drank,
Animals littered, walls dingy, floors dank.
How it lasted so long a wonder,

Till too many guys disappeared down under.
A cheap but lucrative bawdy house,
Chippies would even roll you like a mouse.
But peasants can't be choosers,
Nighttime brawls, carefree boozers.
Crooked dealers, bad losers.
A house of ill-repute,
Till city hall cracked down on a statute.
Jail terms and fines,
For illicit dealers in these lines.
Cops continued to raid,
And bullets or bribes evade.
They even found bookies and drugs.
Fire hazards and bugs.
They evacuated the place,
And demolished it as a disgrace.
Yah, was a house in Brooklyn,
Notorious for its sin.

Al Barbeau.



POEM FOR CAPTAIN BLUE-STAR (but I don't suppose he'll read it)

So I guess it's not my bag
To weave a pattern with your dreams,
Although I've heard your sleepy talk,
On bright straight highways watched you laughing
As you told me things you've done.

We are criminals in search of symphonies,
Checking newspapers and journals
For themes to set the working class to marching,
If not music;
So close to time, there is no space in dreaming,
There is no break in struggle,
There are few peaceful moments.

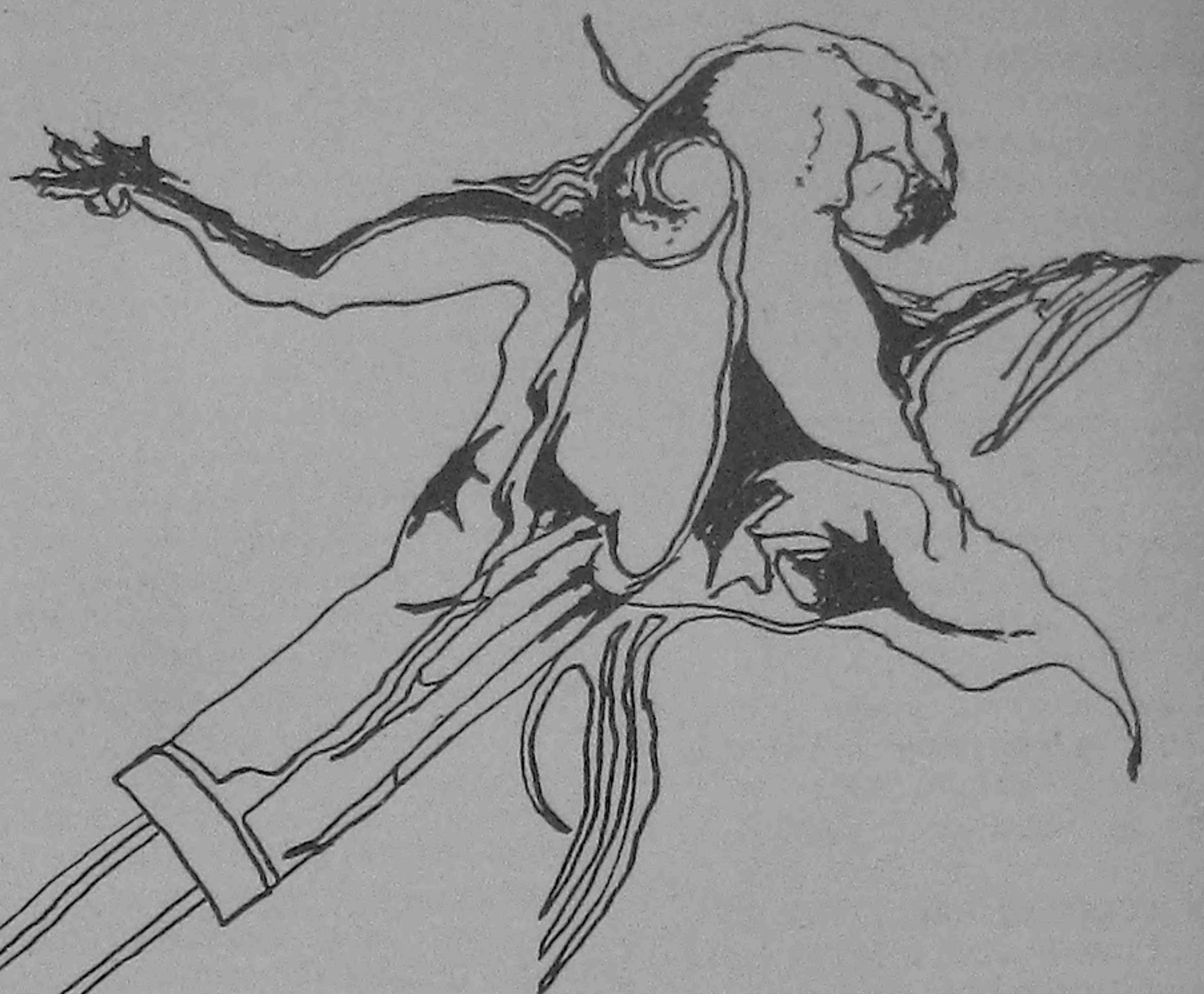
So I plead for some abstractions
To steal my head away,
But all you show is fast or slick,
And somewhere, lost, without imagination.

And the crystals you believe in,
Each without a shade of grey,
Flawless - prisms without rainbows,
Prisons without bars or guards.

With most things that you'd ever read about
Or said, mirrored in my eyes,
Sometimes we found it hard to relate,
But you know you have a friend
In that it would be safe to simply jet away.

Outside it's grown a little warmer
And I wonder if you understand
Anything at all about spring.
And I might move to Asaba,
If you're by that way, drop in.

by Gabe Riel.



THE FINAL DECISION

I'm 56 and lonely but I'm not going
to re-marry.

I don't like housework, honestly speaking,
and I'm tired of looking after people

I think a lot of women feel like I do
but don't know it

It's about time somebody looked
after me but if nobody else will,

I WILL

Molly Dexall.



PEACE AND QUIET

There's fights in dismal
empty places
I SEE THEM!
THERE'S EVEN FIGHTS IN
THE BACKROADS OF MY
MENTAL RESTING
PLACES
Where will it all end?
In the spaces of my mental
blocks...
NO, not there please,...please
God, I pray to you,
And it's such a fight,
"Peace and Quiet"...
It can be found where you live!
- In the positive attitudes of
granted blessings,
- To be more precise - Meadows,
I like
Even crashing waves - I do
find Peace & Quiet...Really.
I, Absolutely, find Peace & Quiet
amongst perfection...(gliding
hawks, flowing swans, scampering
weasels, violent winds).
Skree.



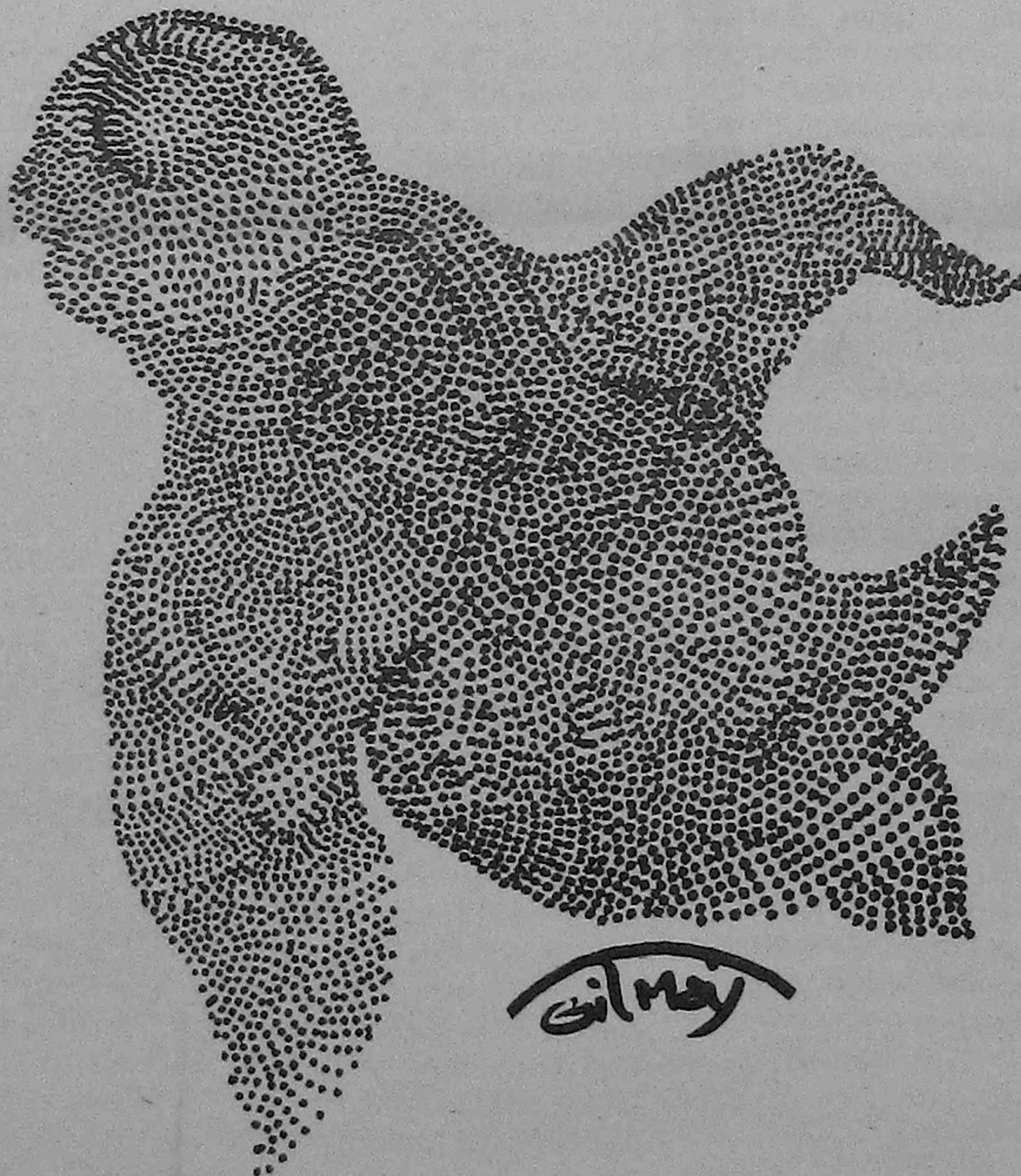
A Residence A House

One day today.
Living in a house.
People within, individuals yet a unit
Away from casual city streets.
The sky winter blue and cold.
Blessed,
No longer afraid of time.
People caring
Away from stale memory of aloneness.

Donald Steele



IT IS
AND SO WILL BE
THE LITTLE PEOPLE
WHO SOAK
PRETENSIONS
OUT
OF
ME.
J.P.Gordon.



TO FLORA

to know someone
is to love
someone

and to know
someone loves you

my love
is for everyone
and I know
you can too
just be in a space
where love
is for everyone
and love is forever

on
and on
and on...

Jeremy Vaille

To Debbie

Sorrow hangs like wallpaper
Falling off in pale, withered sheets.
And I wonder
Whether tomorrow will bring
Sunshine or heat.
Gathering collector's items
Full stores of memories,
Dreams and incantations.
Can music really cure
Insanity?

M.L.

THE GHOST OF YOU

Will I ever forget
the ghost of you
Silver dandelions and
brass buttercups,
Scarlet appleblossom
and green goldenrod.

My God! Exquisite
torture of desire
fed by the fires
only hell knew.
And I know too.

Tropical gardens
aflame with erotica.
The touch of a feather,
a brand on my skin,
that you live in.
I was the ghost.
You were the host.

I, the guest in my own soul,
Holding my ravaged heart
in my bloody hand.
Taking a stand in
pits of sand...
Yet winning though
I wanted to lose.
What is truth?

The truth of want
is what never occurred.
The truth of my life
is lonely and absurd.

Like the scent to a bloodhound,
You live in my eyes,
Like Rome that fell
My passion has died.

Except in the night,
Unobserved and alone,
I whisper your name,
Softly, softly.
And even I
Can't hear my own cry.

Petra Graves.

Wed. Feb. 9: Fran, Linda and Doreen spoke to a three hour session of Larry Mitchell's Introductory Psychology course at Fraser Valley College in Abbotsford. A very interested group who enjoyed hearing Doreen and Linda's first-hand experiences.

Thurs. Feb. 10: Gretchen Linda, Doreen, and Fran attended morning and afternoon sessions of Paul Avery's Abnormal Psychology classes to assist class presentations on the politics of the institution. The students are doing a better job of presenting varying views on psychiatry these days.

Sun. Feb. 13: Fran spoke to two United Church congregations about the responsibility of ordinary citizens to assist in rehabilitating the ex-mental patient to the community. A lot of appreciation and warmth was expressed. Linda and Roger attended one of the services and left for home laden with bags of cookies parishioners bought for them at the church cookie sale.

Mon. Feb 14: Bonnie, Linda, Gretchen, Theresa, and Fran spoke to the U.B.C. Women's Centre on Women in Psychiatry. Some of the best comments on women's problems with psychiatry came from the audience.

Thurs. Feb 17: Fran, Linda, and Doreen spoke to Larry Mitchell's Introductory class at Fraser Valley College, Chilliwack. Again, a lot of interest in talking with ex-patients.

Fri. Feb 18: Jonn, Mo, Fran, Don, and Louise looked over the D.E.R.A. brief regarding informing governments of the real needs of welfare and handicapped groups.

Mon. Feb. 21: "Man Alive" features M.P.A. Halfway Home. There are a fair number of swelled heads about the E. 33rd house today. Hope there's a few at C.B.C. Toronto as well.

Tues. Feb. 22: Dave Beamish is elected to attend the Thunder Bay, C.M.H.A. conference and put on a workshop on the M.P.A. model. Dennis Mc Innis will go as well if C.M.H.A. can find the fare money.

Sat. Mar. 12: A two hour C.B.C. special will premiere the National Film Board production on M.P.A. Jack Wasserman will interview Patty and Rick Patton (the film maker). Patty is featured throughout the film. This time there should be some swelled heads about W.11th house and M.P.A. generally.

Unknown date: The Banff International Conference will soon publish the M.P.A. paper presented to the conference last April. Final editing is in process.

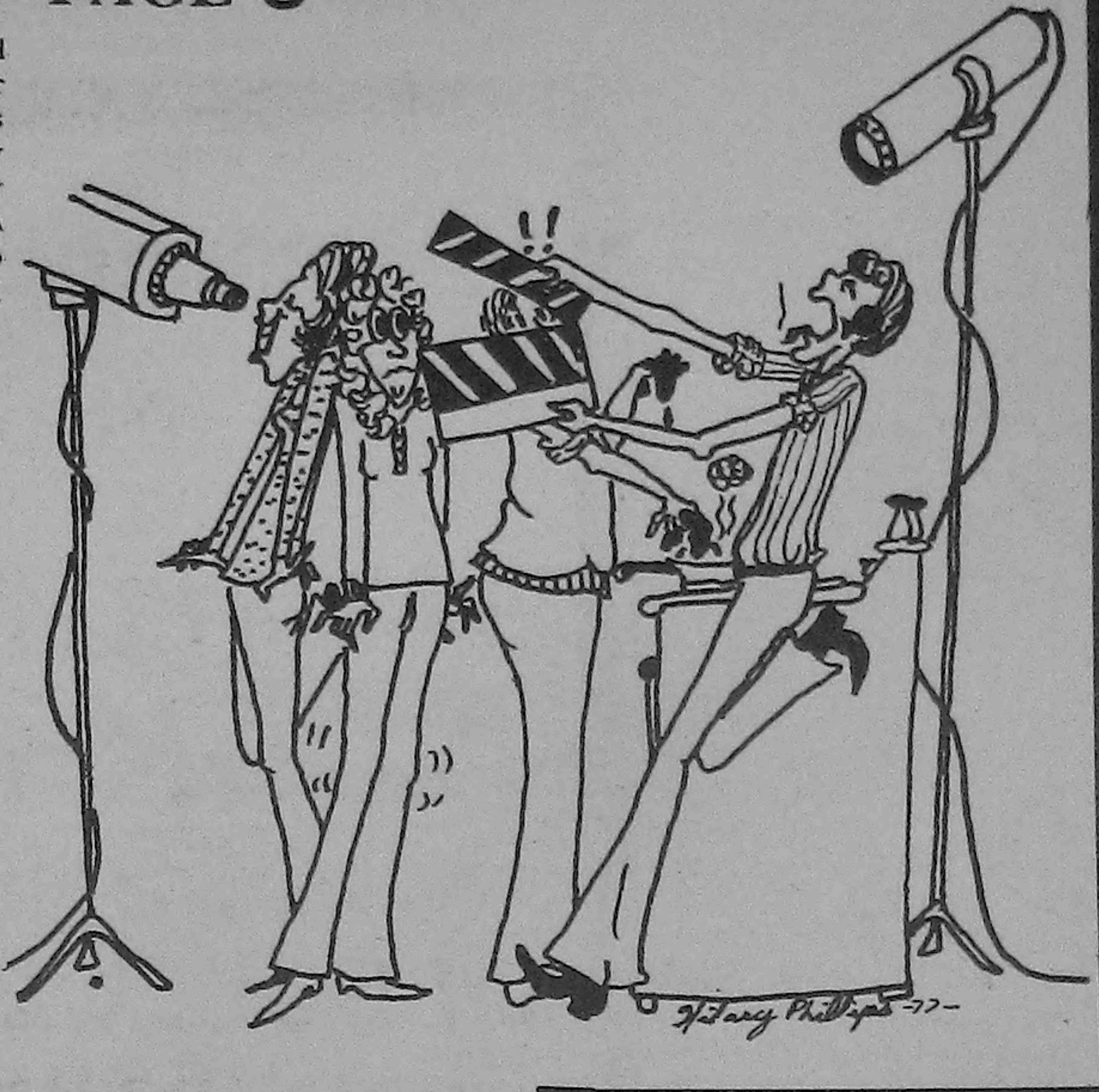
Isn't it funny, when you think about it, that both the communications arms of the Federal Government, the C.B.C. and N.F.B., see the value of M.P.A. to the community yet the department charged with Health and Welfare is still putting 95 percent of the health dollar into the institutions.

Fran Phillips.

You don't have to be crazy to work here but it helps. MPA has a policy whereby 50% of the paid members (staff) have to be ex-mental patients.

We have managed to fall well below that percentage in recent months what with the full moon, incorrect diagnoses, and prospective employees being unable to produce certificates of insanity.

If you are an ex-mental patient and interested in working for MPA in any capacity - in the drop-in centre, in MPA residences, transportation, office, or at the Riverview project drop-in centre, keep in touch. Come around to the drop-in centre at 6th and Yew, learn about MPA and get to know people. Jobs are often available and depend on your being known by the rest of the members because positions are filled by election. Every 6 months (usually December and July), all MPA paid members are "fired", and have to stand for re-election. By-elections are held to fill vacancies as they occur.



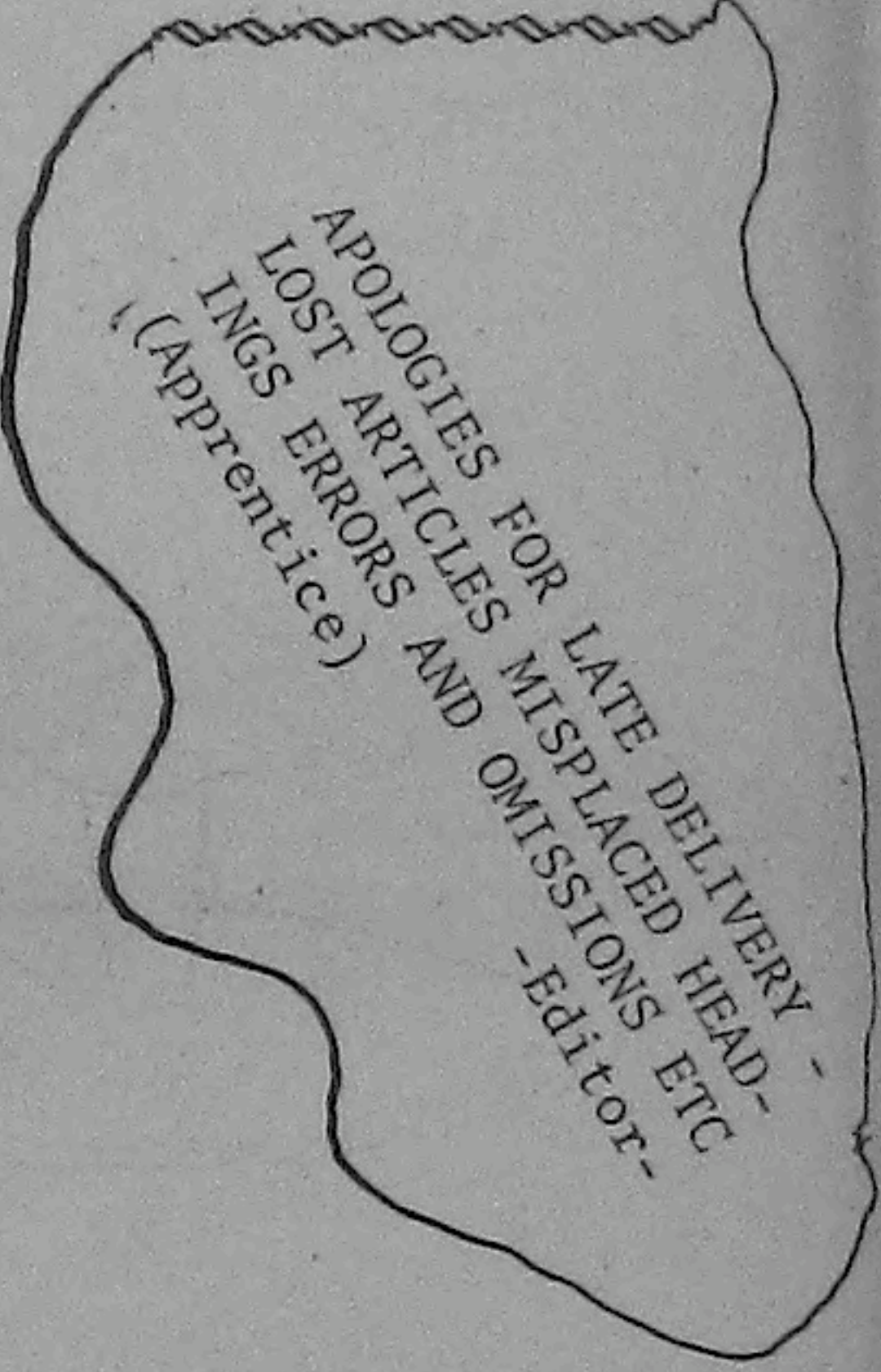
wot ?

OVERHEARD IN THE STREET
OUTSIDE THE M.P.A. DROP-IN

"I've never been able to figure out what this place is."

"Well I think it's a rehabilitation centre for ex junkies , but i've never been able to figure out where it's half way to."

If you're an ex-patient, MPA is the only place in the world where you don't have to lie about being in hospital; having been in hospital is an advantage, job-wise. Hours are flexible enough to accommodate doctors' appointments. And people will understand and be supportive if you're shaky and restless from medication or just shaky period.

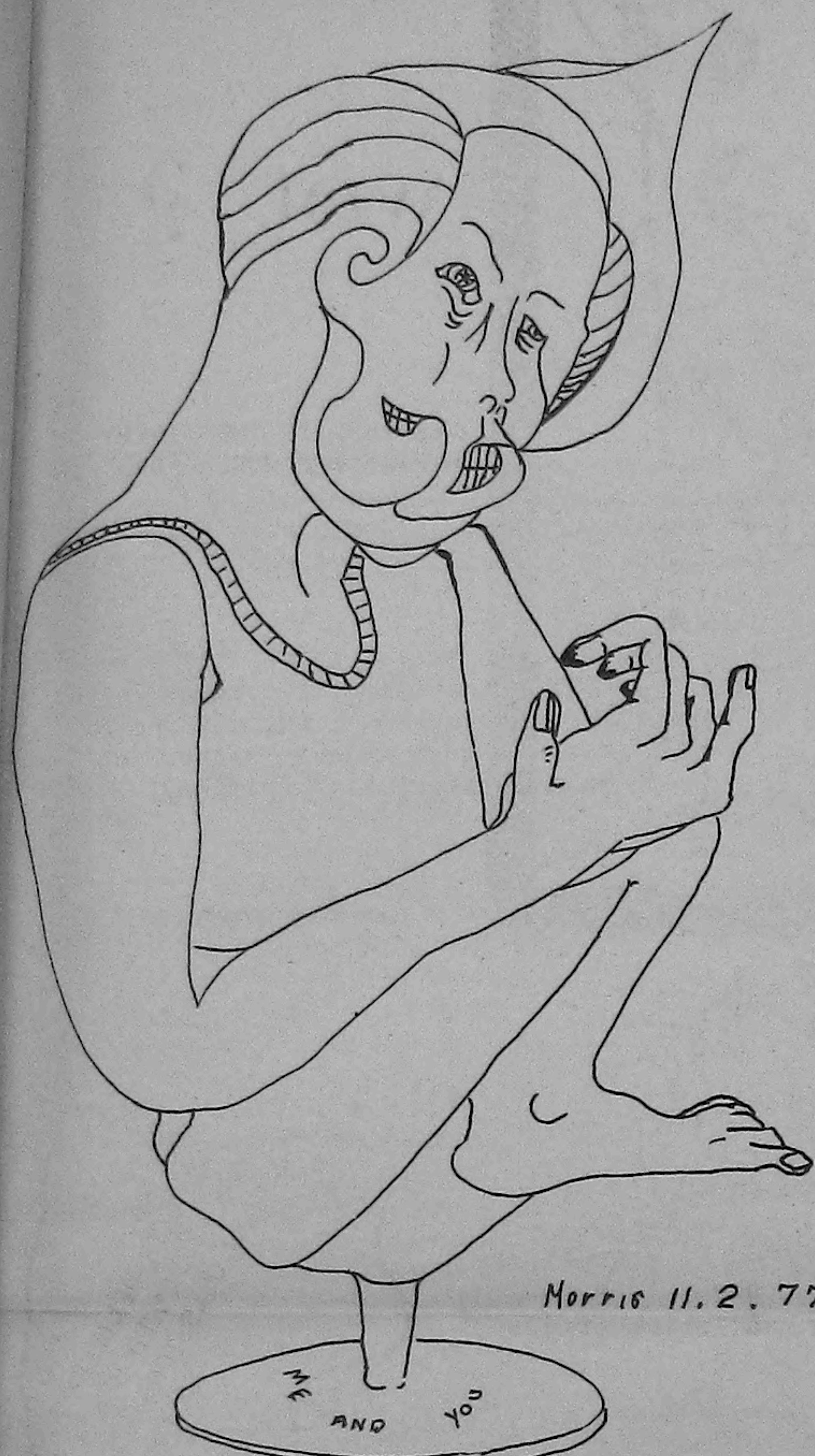


ROGUES THROUGH THE ROCKIES

Around 1900 after the Klondike phase, Stray prospectors still moiled with the gold craze. Few struck the jackpot at the end of the rainbow, And some stayed on to hunt, fish, or grow. One of these legends was Burnaby Bill, Who bequeathed an old lode in a will. Though the will was suspect, None challenged it except, A few scheming frauds who claimed, Old Bill got the deed by force with gun aimed. Later the phoney will was found on his body, And they gave old Bill a funeral gaudy. Alas, Bill Senior hadn't filed a claim, Later Bill Junior to investigate came. At the land office he found who had it now. To get his father's killers he made a vow. The land agent shanghaied young Bill, Knowing he might get caught for the kill.

He and his cohorts had legally claimed the mine, But old Bill had trespassed, tore down the sign. Young Bill said only he knew where, His suspicious dad hid the gold there. His captors said it was a bluff, Old Bill hardly had money to buy enough. That old Bill had tried to extort a new deed, From them at gunpoint, since he couldn't write or read. They shot him in self-defence. There was no gold. Young Bill apologized hence.

Al Barbeau.



This was written by a man who is presently locked in a B.C. institution. Name withheld because this submission left the institution illegally.

OF CONVICTS

Behind the walls, in a prison's enclosure hidden there, from public exposure men endure filth, and human brutality, where nightmares exist, in cruel reality. Treated like animals cheated and abused, their talents and skills shamefully used where sadistic guards exercise their whim. Condoned by superiors, who encourage them. Every day in prison of a convict's life is made to be one of strife, wherein he is doomed, to forever be the helpless victim of misery. There in a world of bitterness and sorrows, men live and curse their tomorrows, enduring a torment made harder to bear by the knowledge that society doesn't care. For they are criminals, it's undeniably true, but then they're also human too. And being humans, they deserve to be treated much more humanly.

Comming SOoN !
"THE pooor
IMMIGRANTS"
LOOK FOR
ANNOUNCmENTS
IN FOLLOWIN G
issues

THE DREAM

I dreamed I wrote a novel consisting of six chapters which took me 20 years to complete. It rotted into oblivion, unpublished and unheard of. In despair I took to drink and became a complete wastrel, sinking to the depths of degradation.

But then I saw the Light. I was saved. I got a job as a typist and offered up my suffering to God. My fellow saved ones told me God was pleased with my suffering, for life is a vale of tears and we are basically rotters anyway. They told me that joy, while in the midst of suffering, was total spiritual advancement.

So I went to work one day and for sheer joy I leaped upon my desk and sang "When The Saints Come Marching In" I became so joyful that I picked up my detestable typewriter and heaved it against the wall, thus costing the company \$500 at least.

Shortly, two men in white jackets came and persuaded me away. But I was still joyful and actually it is generally peaceful and quiet and I have started another novel.

I have transferred my feelings about my father onto my psychiatrist; my feelings about my mother onto

the head nurse, and my feelings towards my sister onto the patient in the next bed. I am in love with a patient from the male ward and we meet under the oak tree every day at 2:00. We plan to "escape" and get married, then return here to spend the rest of our lives.

Some of you may say "Poor you - don't you want to get better and return to the world of the typist?" I reply, "yechhh!!!"

Soon I went to Heaven and God said to me, "Well?" And I replied, "I wrote disastrous novels from Ward C." And the boss of the typist pool was there and God said to him, "Well?" And the boss said, "I let girls work like hell for me thus allowing me to make one hell of a profit."

"You like the word 'hell' -you shall have it," God said.

"And you," He said to me, "Will never have to contemplate or see a typing pool forever more, or ever explain to a landlord why you are not working or to a society why you're not coping."

Thus happy I spent the rest of Eternity.

MAKARA?

SHE APPEARS EVERY TWO MONTHS WITH ARTICLES, FICTION, ART, POETRY, CHILDREN'S STORIES...

AND REVIEWS AND COMICS ON HISTORY, ART, POLITICS, SCIENCE, HOWTO, LABOUR, ENTERTAINMENT, LIFESTYLES AND ANYTHING ELSE SHE CAN THINK OF.

SHE'S ON THE STANDS WITH THE OTHER MAGAZINES RIGHT NOW!!

YUCK! GISMO! GRIME! BLA! MAN'S CRY! NOSEWEEK! VAGUE! JOCK! SHOOCH! PEEPLE!

THOUGH SHE'S QUITE NON CONFORMIST...

LOOKIT! YEGEE, GREAT!

WOW! OOH! WAAH! MAN! 10'4"

SHE ENJOYS A VARIED READERSHIP.

...PROVIDES A CREATIVE ALTERNATIVE TO STIFLING MEDIA...

I'M BORED ALICE.

YAWN!

THE END

SIGH

SUBSCRIBE!

PLEASE SEND ME _____ SUB(S)
@ \$6⁰⁰ PER YEAR

NAME _____
ADDRESS _____

MAKARA • 1011 COMMERCIAL DR. VANCOUVER, B.C.

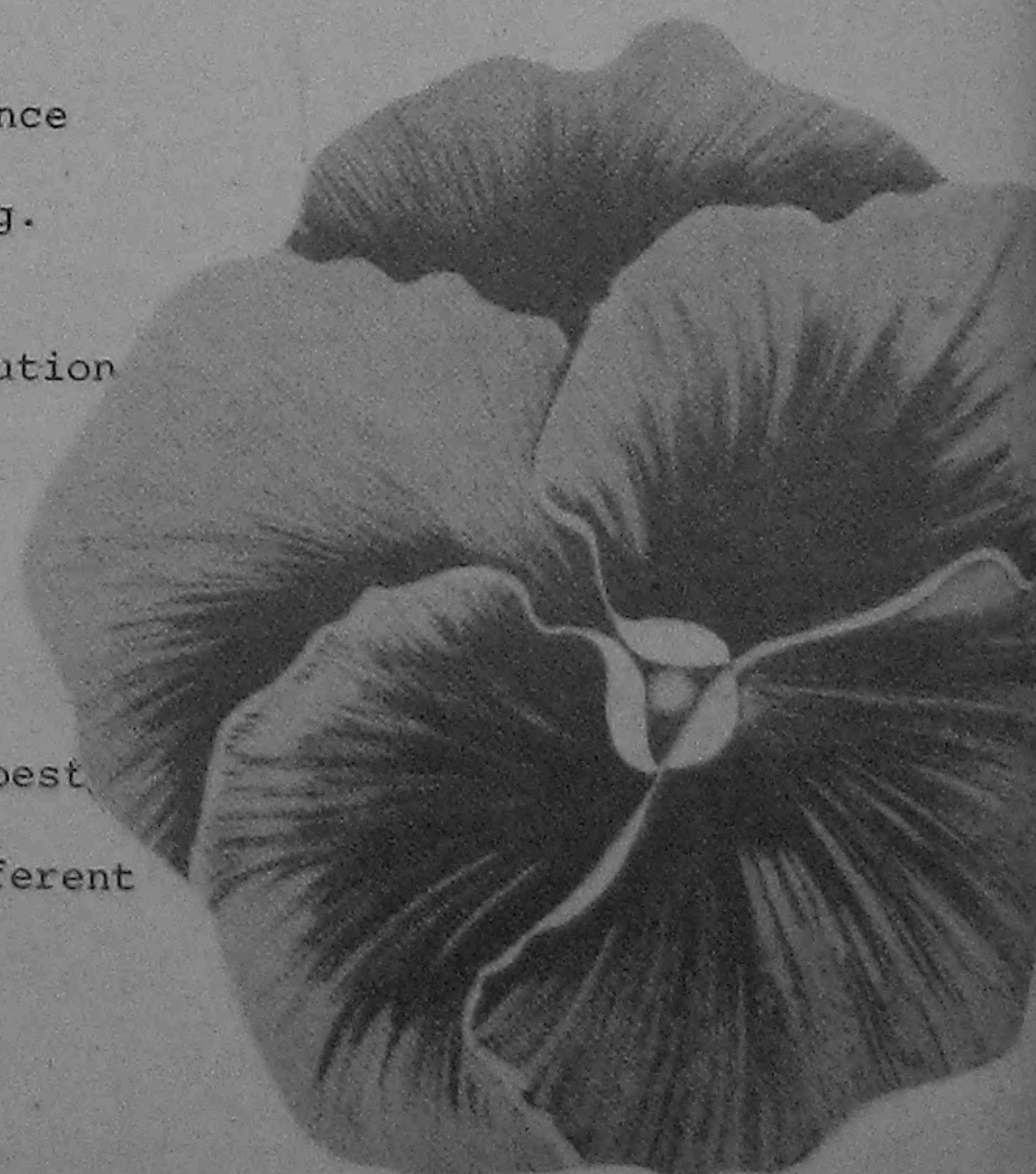


Philip Khan.

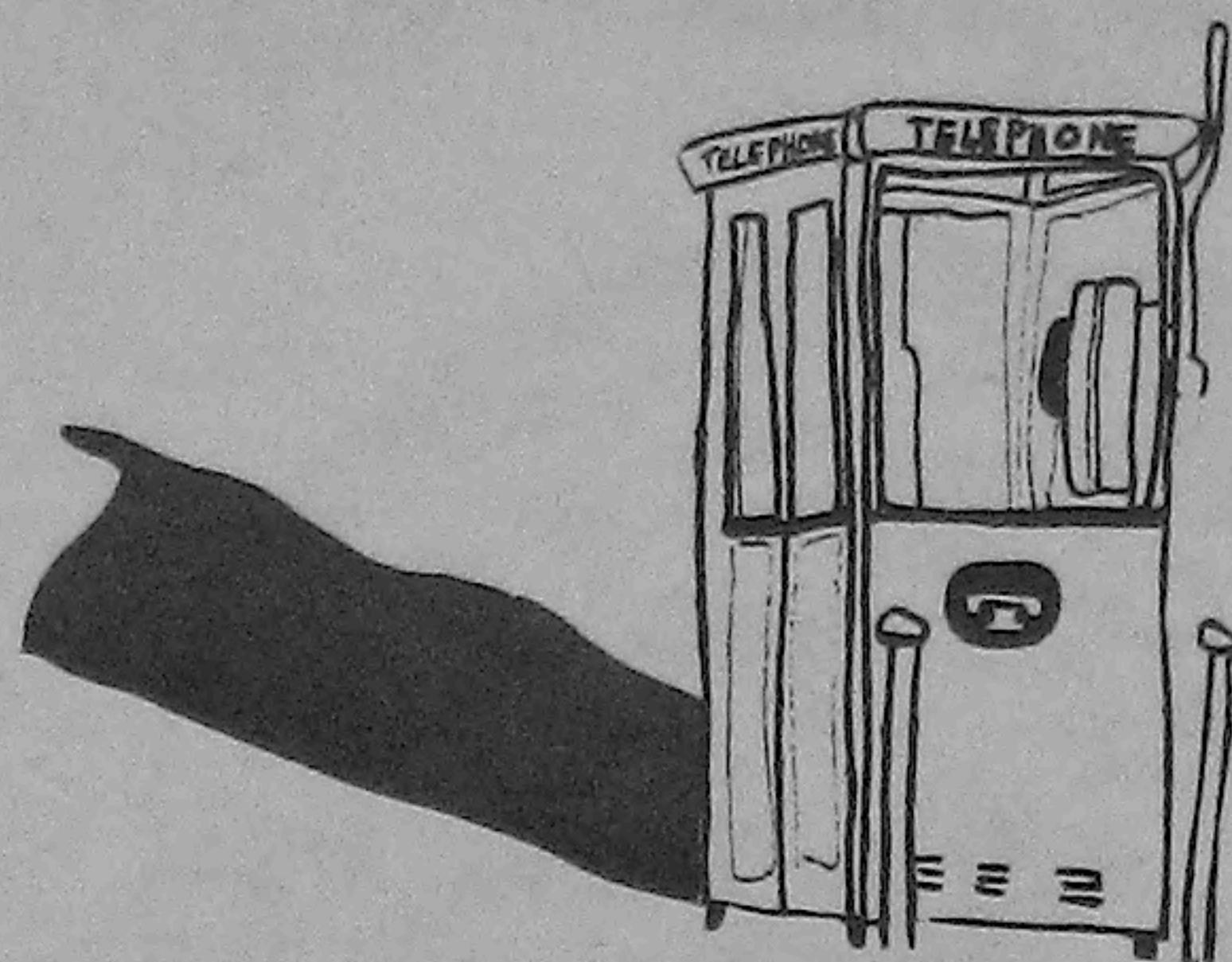
FATHOMING MY EXISTENCE

I am life of this I am told
 Yet even this I tend to doubt
 I know not my beginning nor ending
 in the form of man.
 A reproduction of two humans is what
 has taken place to create myself.
 Knowledge of reasoning and thinking
 do I have as do all men.
 My self does think uniquely I believe
 Does the life giver control my existence
 to the fullest?
 This thought is given to my self being.
 I wonder at my existence and purpose
 in the universe
 As well as at my own creation of evolution
 To know nothing seems an answer
 of contradiction.
 Destiny controls my mind and becomes
 a part of my life force.
 Uncontrolled and lost in thought
 become goals in my life.
 The conclusion is I'm unique
 As is everything of substance to the best
 of my knowledge.
 The future, present, and past are different
 at every interval of thought.
 I am always left wondering
 through my creations of my mind.
 I realize I am alone in the existence
 of my self life.

David John Millen.



DIRECTORY INFORMATION



MPA Drop In Centre 2146 Yew St. 738-5177
738-1422
Riverview Office Local 538 521-1911

MPA Residences
2021 E. 8 Ave. 255-5312
1754 W. 11 Ave. 732-8222
1656 E. 4 Ave. 253-6996
2805 W. 7 Ave. 733-5733
2756 W. 10 Ave. 738-5177

Legal Help
Legal Aid Society 687-1831
Legal Assistance Society 872-0271

Drop In Centres
Coast Foundation 876 E. 18 Ave. 879-2363
MPA 2146 Yew St. 738-5177
Vancouver Activity Centre (CMHA)
2207 W. Broadway 732-5022

CHEAP PLACES TO STAY

JERICHO YOUTH HOSTEL (\$10 MEMBER-
SHIP / \$2 PER NIGHT / 4 NIGHT STAY)
FT. DISCOVERY 8N.W. MARINE 224-3208
YWCA 580 BURRARD \$9.00 683-0281
YMCA 955 BURRARD \$8.00 681-0221

PLACES TO EAT CHEAP, GOOD FOOD NR. MPA

GLADYS SNACK BAR 4 AVE NR. YEW
MINNIE VERN'S 10 AVE. NR. YEW
(6 AM - 3 PM)
RICE BOWL, CHINESE FOOD
BROADWAY & MAIN

HOSTEL BEDS (FREE)

CATHOLIC CHARITIES 150 ROBSON 683-0281
LOOKOUT 90 ALEXANDER 681-9126
CENTRAL CITY MISSION 233 ABBOTT 681-3348
VRB NIGHT LINE (IF HOSTELS FULL) 733-8111
CRISIS CENTRE 1946 W. BROADWAY 733-4111
(CRISIS ONLY)
ST. FRANCIS HOTEL (WOMEN) CORDOVA
& SEYMOUR. DAYS: 681-1920
NIGHTS: 733-8111

CITY CENTRE YOUTH RESOURCES
52 WATER 688-2565

PLACES TO EAT FREE

HARBOR LIGHTS (SALVATION ARMY)
119 E. CORDOVA 11:30 AM/ 8 PM
DOWNTOWN COMMUNITY HEALTH SOCIETY
373 E. CORDOVA / SOUP AT NOON
MPA 2146 YEW ST. WED: DINNER
SAT: BREAKFAST
THUR: DINNER

KITS HOUSE
FREE MEDICAL

PINE STREET CLINIC 1985 W 4 736 2391

V.D. CLINIC (VGH) 828 W. 10 874-2331
REACH \$2 CHARGE 1144 COMMERCIAL 254-1354

VANCOUVER WOMENS HEALTH COLLECTIVE
1520 W. 6 736-6696
DOWNTOWN COMMUNITY HEALTH SOCIETY
373 E. CORDOVA 685-2744

EMERGENCY
VANCOUVER CITY ONLY 911
FIRE & INHALATOR 34-1234
POLICE/ POLICE AMBULANCE 665-2211
AMBULANCE 872-5151

HOSPITALS
VANCOUVER GENERAL 876-3211
ST. PAULS 682-2344
HEALTH SCIENCES UBC 228-2344
RIVERVIEW 521-1911
LIONS GATE 988-3131
BURNABY MENTAL HEALTH CENTRE 434-4247

CRISIS LINES
CRISIS CENTRE 733-4111
NOW (YOUTH LINE) 733-4115
CHIMO (RICHMOND) 273-8701
LIFELINE (COQUITLAM) 526-4444
MPA 738-5177

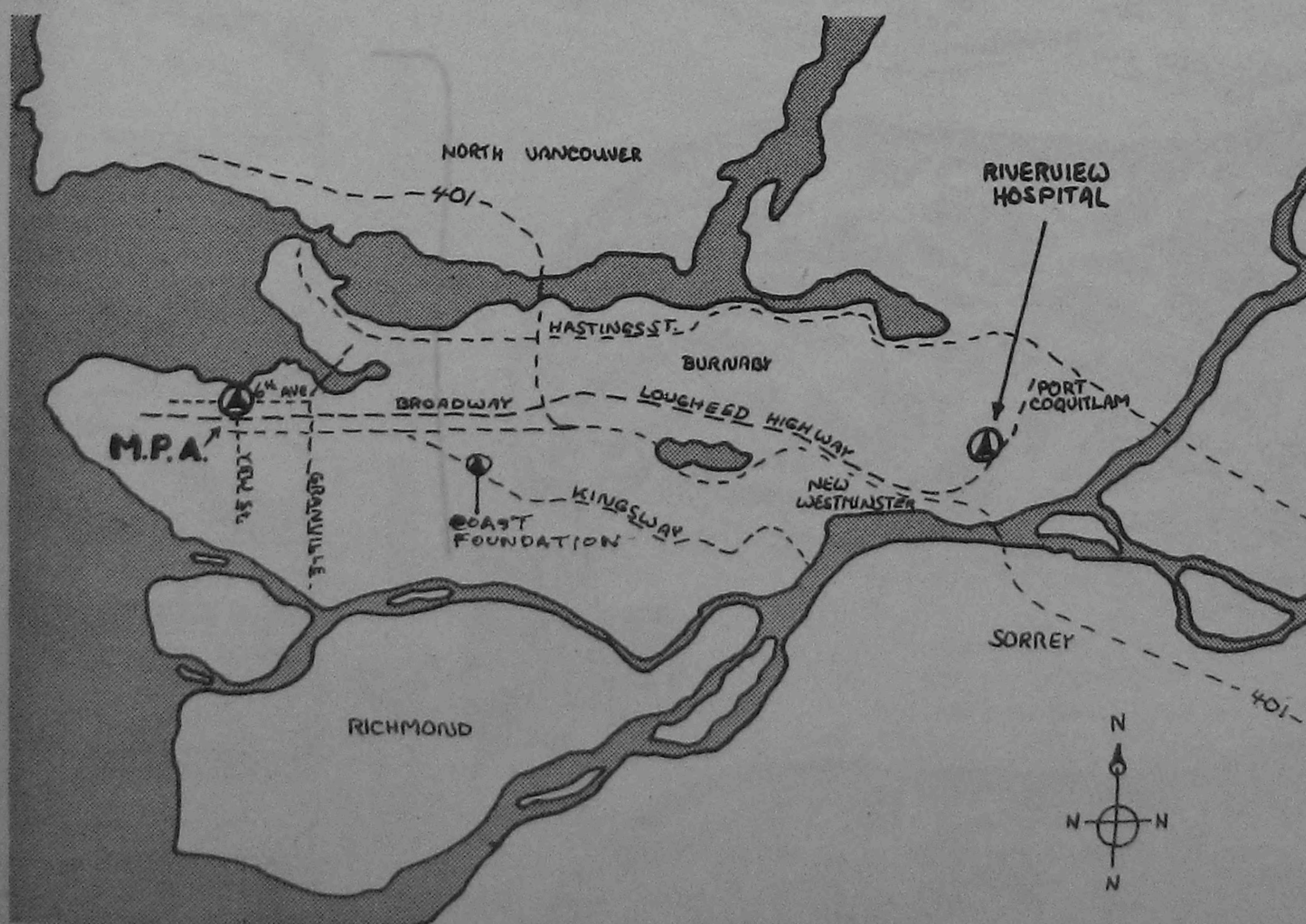
FREE DENTAL
VANCOUVER GENERAL HOSPITAL
9-12 WEEKDAYS 876-3211
EMERGENCY DENTAL 6PM- MIDNIGHT 874-9848
REACH 1144 COMMERCIAL 254-1354

\$2 CHARGE IF NO MEDICAL CARD

GORDON HOUSE TUE 7-9 PM
FREE FIRST COME FIRST SERVED
1068 DAVIE 683-2554

IF NO MEDICAL CARD

OTHER USEFUL SERVICES
KITS INFORMATION CENTRE
2741 W. 4 AVE. 736-3431
THE HOUSE (SOFT DRUG BUMMERS)
2ND FLOOR 820 W. BROADWAY 732-3301
CONNECTION 1348 E. GEORGIA 255-4833
24 HR. EMERGENCY 255-4122



HOW DO YOU GET HERE?

Catch the 933 Lougheed Pt. Coquitlam bus at the Tuck Shop. Get off at Hastings and Granville Sts. in downtown Vancouver. Transfer to a 10 UBC or a 7 Dunbar bus and get off at Broadway and Yew Sts. Then walk down Yew to 6th Ave.

HOW MUCH DOES IT COST?

Buy a 75¢ bus pass on Sunday and you can travel on it all day. At other times fare is 35¢ from 10-3 every day and after 7 every night. It's 40¢ other times