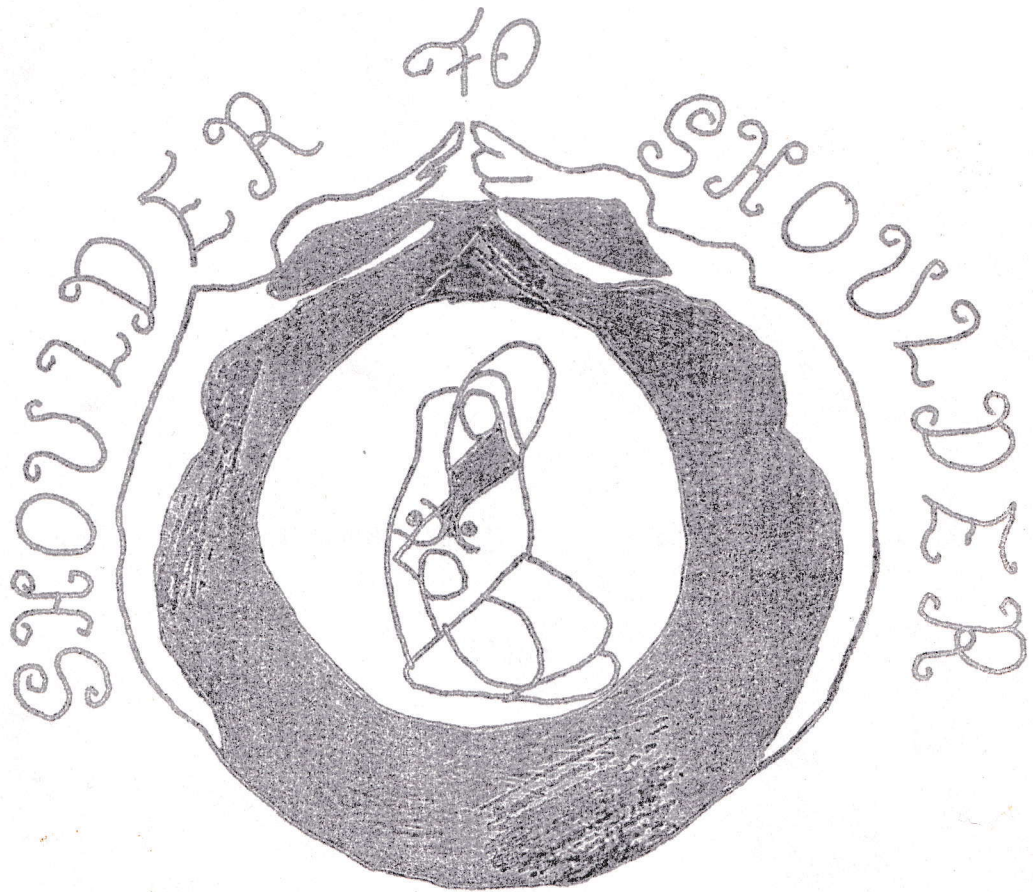


# KENYING FOUN WOMENS GROUP



NEWSLETTER

VOL: 2

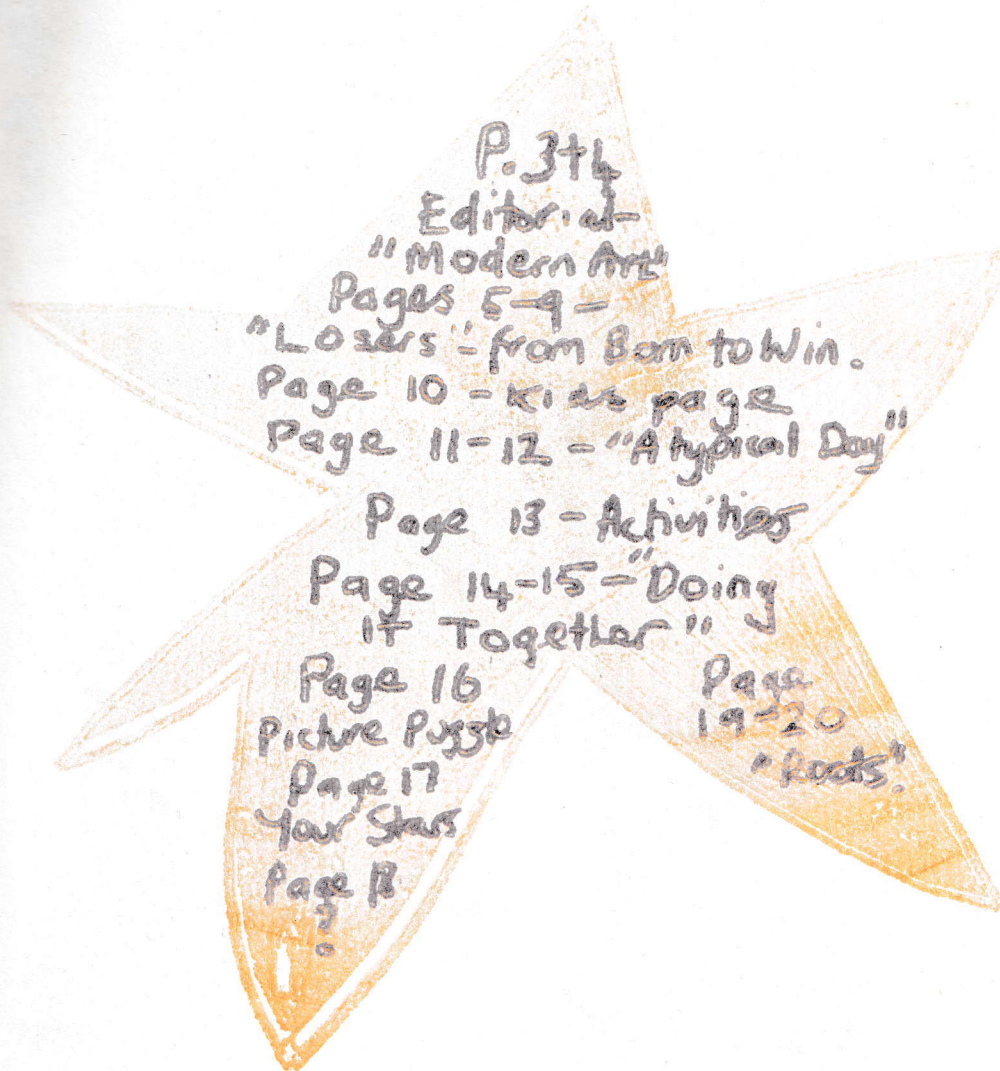
NO 15.

CHILD CARE COOPERATIVE LTD

89, M'GRACKEN ST. KENYA

PHONE: 3767280

# Contents



THANKS TO:

Margaret F. Hill  
Paul White, Ly. Kinn  
Travis W. Kinn

We love you  
and we love our school

# EDITORIAL

"Modern Art"



FROM P. 3.  
"Modern Art."



107101200

# LOSERS

to be nobody-but-yourself  
in a world which is doing its  
best, night and day, to make you  
everybody else - means to fight the  
hardest battle which any human  
being can fight; and never  
stop fighting.

## -LOSERS-

Although people are born to win, they are also born helpless and totally dependant on their environment. Winners successfully make the transition from total helplessness to independance, and then to interdependance. Losers do not. Somewhere along the line they begin to avoid becoming responsible for their own lives.

As we have noted few people are total winners or losers. Most of them are winners in some areas of their lives and losers in others. Their winning or losing is influenced by what happens to them in childhood.

A lack of response to dependancy needs, poor nutrition, brutality, unhappy relationships, disease, continuing disappointments, inadequate physical care, and traumatic events are among the many experiences that contribute to making people losers. Such experiences, interrupt, deter, or prevent the normal progress towards autonomy and self-actualization. To cope with negative experiences, children learn to manipulate themselves and others. These manipulative techniques are hard to give up later in life and often become set patterns. Winners work to shed them. Losers hang on to them.

Some losers speak of themselves as successful but anxious, successful but trapped, or successful but unhappy. Others speak of themselves as totally beaten, without purpose, unable to move, half dead, or bored to death. Losers may not recognise that for the most part, they have been building their own cages, digging their own graves, and boring themselves.

A loser seldom lives in the present, but instead destroys the present, by focusing on past memories or future expectations.

## = LOSERS - CONT...

resure, some losers live constantly under the dread of future catastrophe. They conjure up expectations of what if:

"What if I lose my job...."

"What if I lose my mind...."

"What if something falls on me...."

"What if I break my leg...."

"What if they don't like me...."

"What if I make a mistake...."

By continually focusing on the future, these losers experience anxiety in the present. They are anxious over what they anticipate - either real or imagined - tests, bill paying, a love affair, crisis, illness, retirement, the weather, and so forth. Persons overly involved with imaginings let the actual possibilities of the moment pass them by. They occupy their mind with material that is irrelevant to the current situation. Anxiety tunes out current reality. Consequently, these people are unable to see for themselves, hear for themselves, feel for themselves, or taste, or touch, or think for themselves.

Unable to bring the full potential of their senses into the immediate situation, loser's perceptions are incorrect or incomplete. They see themselves and others through a prismlike distortion. Their ability to deal effectively with the real world is hampered.

Losers spend much of their time play-acting, pretending, manipulating and perpetuating old roles from childhood. Losers invest their energy in maintaining masks, often projecting on others. From Karen Horney writes, "The first

## -LOSERS- CONT....

The loser who lives in the past dwells on the good old days or on past personal misfortunes. Nostalgically, the loser either clings to the ways things "used to be" or bemoans his or her back luck. The loser is self-pitying or shifts the responsibility for an unsatisfactory life onto others. Blaming others and excusing oneself are often part of the loser's game. A loser who lives in the past may lament if only:

"If only I had married someone else..."

"If only I had a different job..."

"If only I had finished school..."

"If only I had been handsome (beautiful)..."

"If only my spouse had stopped drinking..."

"If only I had been born rich..."

"If only I had better parents..."

People who live in the future may dream of some miracle after which they can "live happily ever after." Rather than pursuing their own lives, losers wait - wait for the magical rescue. How wonderful life will be when:

"When Prince Charming or the ideal woman finally comes..."

"When school is over..."

"When the kids grow up..."

"When that new job opens..."

"When the boss dies..."

"When my ship comes in..."

In contrast to those who live with the delusion of a



## "LOSERS" CONT...

of a phony self is always at the expense of the real self, the latter being treated with disdain, at best like a poor relative." To the play acting loser, performance is often more important than reality.

Losers repress their capacities to express spontaneously and appropriately the full range of possible behavior. They maybe unaware of other options for a more productive, self-fulfilling life path. Losers are afraid to try new things and instead, maintain their own status quo. Losers are repeaters, repeating not only their own mistakes, but often those of their families and culture as well.

A loser has difficulty giving and receiving affection and does not enter into intimate, honest, direct relationships with others. Instead, a loser tries to manipulate them into living up to his or her expectations. Losers' energies are often channelled into living up to the expectations of others.

People who are losers are not using their intellect appropriately but instead are misusing it to rationalize and intellectualize. When rationalizing, losers give excuses to make their actions seem plausible. When intellectualizing they try to snow others with verbiage. Consequently, much of their potential remains dormant, unrealised, and unrecognized. Like the frog prince in the fairy tale, losers are spellbound, and live their lives being something they are not meant to be.

**FROM:**


**BORN TO WIN**

James and Joyce Ward

by

516/280

Police Identikit  
Number 3281179



WANTED For  
MURDER AND Assault  
MARG Welsh

Police Identikit  
Number 77223151



WANTED, MARG's  
accomplice  
Maureen Fagan

Alias  
↓  
Fearless

# JOKES

Race to the toilet  
Written by Will. e. Mackit. HA  
Directed by Bet. e. Wont HA  
and Ha Ha the doors locked HA

Q. Why did the Irishman  
DRIVE his car into  
the yarza River  
A. To dip his headlights

The aching tooth  
written and directed  
by Mona. Lott

Q. Why didn't the  
skeleton Jump off  
the cliff  
A. Because he had  
no guts

Re-arrange the letters  
to Find out Four Words You  
use in the Classroom

UMSS  
DARWNIG  
NIGWIRT  
USMCI



BY: PAUL WHITE

5101200



## Diary of a Typical Day (1)

Dear Diary,

Its 5 o'clock in the morning,  
(light up a smoke and puff away) Finished  
smoking, get up, put the kettle on and go  
to the loo, hop back into bed and have  
another smoke, cough and splutter, wake  
the kids at 7, give them breakfast, make  
the beds and cut the lunches, (kettle  
boiling make a cup of tea, take it back to  
bed) & get the kids off to school, take  
a load of washing up on the roof, while  
thats going around do the breakfast  
dishes, one load of washing done, bring that  
down and maybe take another load up.  
Started sweeping the floor, telephone rings,  
wrong number, finished the floors, a knock  
on the door, only the rag man, wash the  
floors and maybe dust, phone rings again,  
only so & so for a natter, its 12 o'clock, no  
time for lunch, have to go to a meeting,  
come back put the ironing board up and

Cont

(2)

and start to iron, another knock on the door, only someone a bit lonely, we have a chat for  $\frac{1}{2}$  hour or so, kids are home from school, gotta start tea, what will we have tonight?? tea finished, start on the dishes, kids all fighting as usual, throw them out for an hour or so, finished the dishes, run the bath for the kids, fighting who's getting in first and who's getting in last (only smoked a couple pkts today) kids in bed, peace, wake up and its morning again

Oh well Dramy its time 2 got out of bed and made a move, 2 guess 2 dont have to wonder what ill do today 2 know it all by heart.

"Come on kids out of bed,"



Pottery  
Tuesdays

1 p.m - 2 p.m

BACK TO FRESH AIR  
WE HAVE CAMPING  
GEAR TO LEND  
YOU TO LEND  
???

We Have Printing  
and plating  
Facilities.  
K.W.C. your welcome

DROP IN  
CENTRE  
89. MCCRACKEN  
ST. KEN.  
3767280

to use them  
???

SHOPPING 10am.  
EVERY OTHER  
THURSDAY

(PENSION WEEK)  
MEET AT  
HOUSE  
WOMEN'S  
DISCUSSIONS  
EVERY WEDNESDAY  
10.30  
ONWARDS

DAY TRIPS  
FAMILY CAMPING  
B-B-QS  
DRIVER DIMMERS ETC  
(BE BRAVE) SEE  
WED 1 P.M. AT  
HOUSE

EDUCATION  
MARG.  
???

NEWSLETTER  
COLLECTIVE  
WE NEED MORE  
HELP SEE  
MAUREEN

FUN FRIENDS  
ACTIVITIES  
INFORMATION  
3767280

HOUSE IS OPEN  
EACH DAY.  
9-6 p.m.  
EVERYBODY  
WELCOME

BINGO BINGO BINGO  
EVERY OTHER WEEK  
7 p.m - 10 p.m.

A.C.T.I.V.I.T.I.E.S.

6 37 14 20 90 4 7 40 5 55 30 3  
9 1 18 2 89 71 13 9 10 8 10 66

# DOING IT TOGETHER

Cont (1)

In January, 1976 the Women's Group organized the first of many school holiday camps for mothers and children. It was held at the Methodist Camp in Dromana, and because it was seen somewhat in the light of a "trial run", eligibility was restricted to women from the group and their friends - and of course children. The aim was to assist women who would otherwise have little opportunity to take their children away on holidays, because of the financial and transport difficulties

involved. At the request of the group, three staff members from the Community Health Centre attended as well as five mothers and fourteen children. The camp was a significant event, for two main reasons. Firstly, it met a genuine need; the women and children thoroughly enjoyed their break from city living and existence in the high rise flats. Secondly, it was the first tangible achievement of the group. Assistance received had been at the women's request and on their terms, so the whole operation from start to finish had been

5101200

# DOING IT TOGETHER

initiated and carried out by the women themselves.

Another event in January was a "Holiday Fun Factory" held at the local school for four days. This again was organized and run by the women and aimed to enable mothers and children to participate in creative activities, like painting, leatherwork, clay modelling, music, woodwork etc.

Some problems were caused by the fact that the group was only given access to the school at very

cont (2)

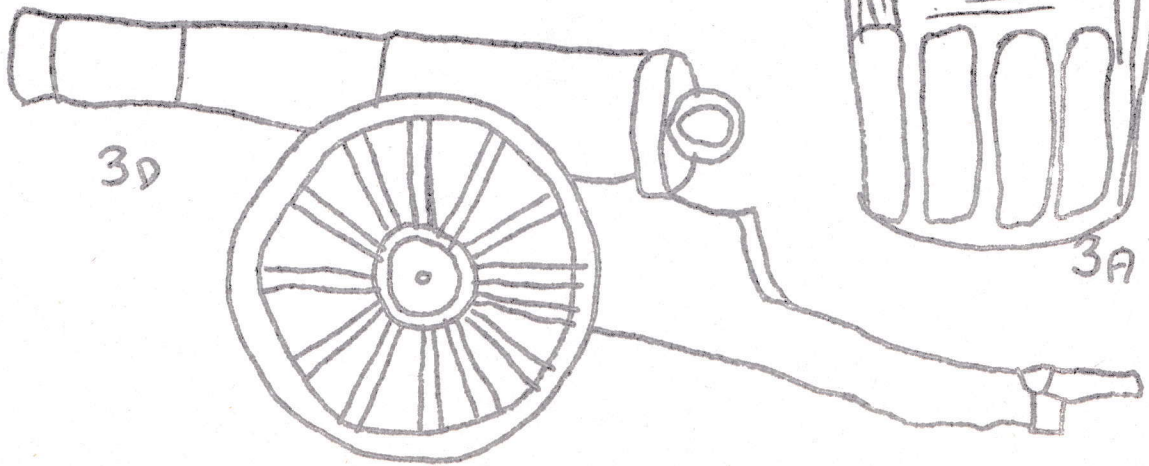
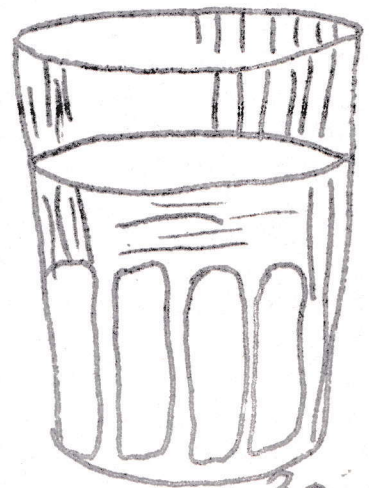
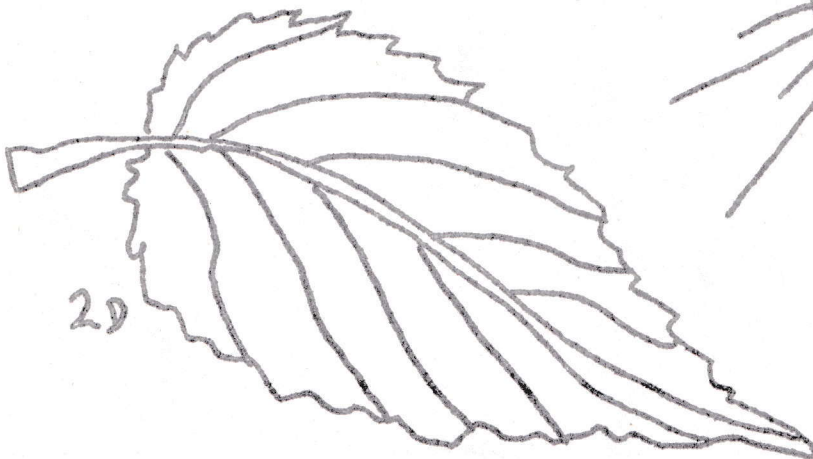
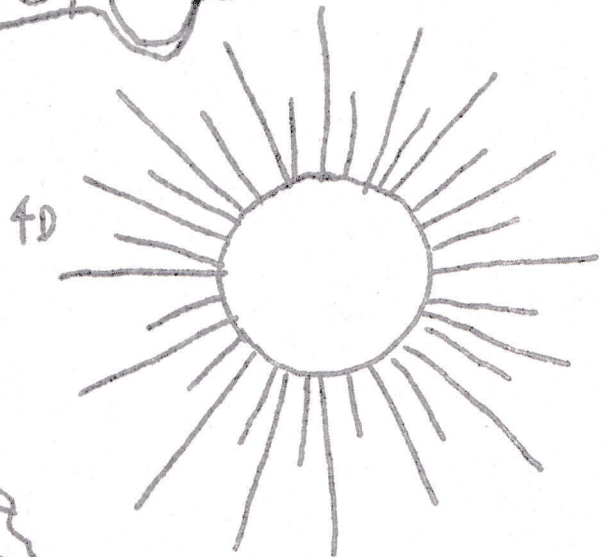
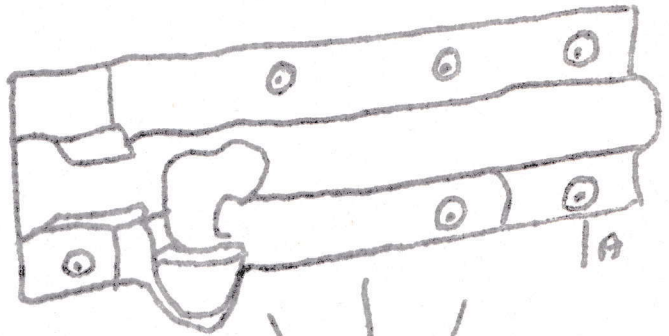
short notice, and hence there was little time for preparation. However, this did not appear to have a serious effect and women and children both seemed to enjoy the event immensely.

## NEXT ISSUE

## PLAY GROUP

# PICTURE CROSSWORD

1A		2D		
3A				4D
3D				





# STARS

ARIES. MAR 21 - APRIL 19

THIS COULD BE YOUR LUCKY WEEK. GOOD NEWS COULD BE TO YOUR ADVANTAGE TRY YOUR LUCK ON THE HORSES

YOU CANT MAKE UP YOUR MIND WHETHER TO GO TO MOSCOW OR NOT. TAKE THE PLUNGE + GO A GOLD MEDAL IS WRITING FOR YOU. LUCKY NO. 6 COLOUR. BLUE. GOOD LUCK

PISCES. FEB 20 - MARCH 20

THIS IS YOUR WEEK FOR PROBLEMS, BUT TAKE IT EASY. BY THE END OF THE WEEK YOU WILL HAVE ONE BIG HEADACHE TAKE THE PAINKILLERS YOU WILL FEEL BETTER

TAURUS. APRIL 21 - MAY 21  
GOSIP BUT GETS CHEER UP YOU ARE DOING THE RIGHT THING. GOOD PROSPECTS IN THE NEAR FUTURE. TAUREANS ARE OFTEN THOUGHT TO BE SUPER HUMAN. LUCKY NO. 6 GOOD NEWS THE MAIL

GENUINE. MAY 22 - JUNE 21

YOU WILL COME INTO MONEY, BUT DONT LET IT GO TO YOUR HEAD OR YOU WILL BE THE LOSER. PAY YOUR BILLS OR YOU COULD BE IN A TIGHT PLACE

CANCER. JUNE 22. JULY 23

YOUR HAVING A DOWNER THE KIDS ARE SICK, THE MONEY WONT GO FAR ENOUGH AND YOU CANT COPE. DONT WORRY YOUR NOT THE ONLY ONE GO OUT AND GET DRUNK YOU WILL FEEL BETTER

LEO. JULY 24 - AUG 23

YOU WILL NEED YOUR WITS A LONG ON WEDNESDAY. CALL ON LOST FRIEND WILL PREPARED AND KEEP A PACKET OF RICE A TRIP TO THE DENTIST WILL GET RID OF YOUR TOOTH ACHES. SO DONT DEARY

YOU THRIVE ON GOSSIP ON PEOPLE BUT ARE THE BEST. BUT ARE THE SICK IS KEEP YOUR MOUTH SHUT IT WORKS

LIBRA. SEPT 24. OCT 23

YOU FEEL LOST AND LONELY BUT YOU DO HAVE FRIENDS SO MAKE AN EFFORT AND YOU WILL FEEL 100%. YOU ARE LOTS OF FUN TO BE WITH SO GET UP AND DO SOMETHING ABOUT IT. YOU ARE A VERY LONELY PERSON A VERY LONELY PERSON DID SO ITS ABOUT TIME YOU DID SOMETHING ABOUT YOUR WIFE BE A LOT HAPPIER A PHONE CALL FROM A FRIEND WITH AN INVITATION WILL DO IT WILL DO YOU GOOD. LUCKY NO. 6 COLOUR GREEN HAPPY

SCORPIO. OCT. 24. NOV 23

YOU EAT, DRINK AND SLEEP TOO MUCH. SO GET OUT AND ABOUT MORE. GO FOR A JOG AND GET FIT IT WILL MAKE A BIG DIFFERENCE TO YOU AND YOU WILL FEEL HAPPY

SAGITTARIUS NOV. 23. DEC. 21

YOUR PARTNER FEELS YOU NEED A NIGHT OUT. SO TAKE IT AND ENJOY YOURSELF GO OUT TO DINNER GOOD LUCK

+ + + YOUR + GOOD + FAIRY + BRINGS + YOU + YOUR +  
 + STARS + AGAIN + GOOD LUCK + + + + + 17  
 + + + + +

# TIME

There is time to smile  
and time to cheer  
there is time like  
and a time to give  
you each out for time  
when there are things  
to be done & there  
is very little time left  
time won't stand still  
it goes on & on  
never ceasing to end  
there is no time left  
Like the future

BY LILLIAN B.  
KAIN

# ROOTS

Welcome once again to our gardening section,  
This month we will try to take a look at  
**Balcony Gardening**

There are a few problems involved with balcony gardens, the soil in containers dry out more quickly than in the garden if you have a balcony and you live in the high rise you will have to make provision for this problem. One answer is to place bricks under your tubs, this way the plants will not be sitting in water. Also it is a good idea to spray the leaves with an atomizer containing water, this last suggestion will cause humidity  
Container soils

Generally this depends to a great extent upon the nature of the plants grown in them the soil should be free draining and open in texture. This is achieved by using a good loam as base material plus some sand plus a loose material like vermiculite, (say 4 parts loam 1 part sand, 1 part vermiculite, 2 parts peat moss

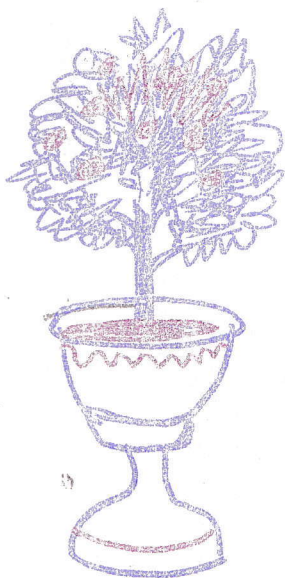
Aspect. - The four main divisions are full sun <sup>19</sup>  
partial shade and half shade and full shade

the first and last are self-explanatory and plantings suitable for these exposures must be selected.

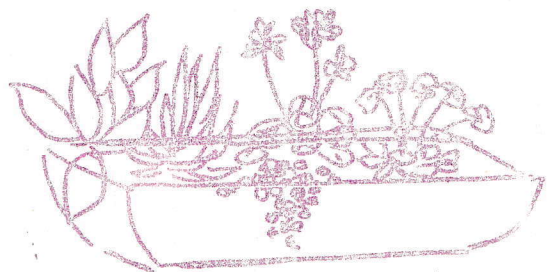
Containers - There are a number of containers that are popular for balconys. remember to keep in mind the size of your balcony when choosing containers

Plants - Azaleas are very popular for this type of ~~gardens~~ gardening they are ideal for small or medium pots and have blooms for many months of the year. Ferns, Bamboo, climbers and spillers are just a few that can be used.

Also you can use hanging baskets for very small balconies. Well I must go, so until next time happy gardening



Choose shapely pots  
Types like this can be  
planted with Samquat camellariae



When using planter boxes  
Vary the leaf shapes and  
flowering annuals for a bright  
affect