

INTERNATIONAL PRIMAL ASSOCIATION, INC.

186 West 4th Street

Room #603

New York, NY 10014

Phone: (212) 989-2302

1976

NEWSLETTER - September/October, '76

NOTES ON THE IPA CONVENTION
ON SAYING HELLO, ON SAYING GOODBYE
You said hello
and loved me-
Now you say goodbye.
Why???
It's not fair
I don't understand
You can't leave me now.
It hurts too much

As I walked in the door to the eating hall where you were all sitting, I was vaguely aware of my chest being in its "fortress" posture. My breathing had diminished noticeably, and I was ready to turn my beautiful smile on to anyone who looked at me. Moments later Victor Zeines announced there would be peer groups, where we could have whatever we needed, and get support from one another. I just melted, the fortress began tumbling, I could feel you all around me, and how scared I was; How I'm really not all that strong and powerful and smiley inside.

This is the first convention I could really feel what I do to myself when I'm with large groups of people. It didn't even matter what happened at the peer groups; just knowing that you were there for me was a source of inner strength for me...

On the last day there was only one workshop scheduled, that of my fellow actor, Vernon Dorfman. And Vernon was very sensitive to the group's needs. The Conference Was Ending, and we needed time to share our feelings of having to leave. I always make believe that these separations don't really happen, which anesthetizes me until I get to some other surroundings. But here I was given time to bathe in those feelings of separation. It exposed my heart-break and my need for all you wonderful people not to leave me.

I really appreciate the evolution that IPA is going through. The warmth, sensitivity and sharing I found this year was so different from what I experienced last year. I'd like to volunteer to do an opening or closing workshop next year.

JACK JOHNSON

PRESIDENT'S LETTER

Back from the convention and back from my travels, I relish this opportunity to address this letter to you, the most beautiful group of people I know.

And what a convention it was for me. Those of us who clearly had decided to concentrate our efforts on reconnecting with our natural selves through the primal process were getting the payoff. How absolutely beautiful to share our growth, our feelings, thoughts, bodies and spirits, our todays, our yesterdays, and our hopes for tomorrow.

The focus on pain, so obvious two years ago, had for many, developed into a focus on joy --- not the hysterical, can't-sit-still "joy" that fills most gatherings, but rather that smile-like quiet sparkle of internal peace and the willingness to share it.

I also really enjoyed meeting the new members of IPA. You brought a vital energy to the convention this year. The harmony between "new" and "old" members seemed automatic. The basic difference between ours and other organizations is clearly the emphasis on being real and that doesn't mean only showing smiles or only showing pain but trying to be whatever we are whenever we are it.

Another striking difference in the convention this year was the nature of our interpersonal contacts. People confronted each other about their differences. They talked straight. There was very little of the back-stabbing, complaining, or sarcasm that is so familiar at most conventions. This, I think, is one of the strongest evidences of the ego development that follows the re-birth of the child. (In other words, we're growin' up.)

As you must see, I felt really good being there. I feel especially proud for the unexpected distinction of being nominated and elected president. As a Lower-east-side-New-York-City-slum kid I learned how to reach for the stars by closing off my feelings as much as possible. Through endless years of fighting others and developing my brain, through years of education and myriad experiences, I finally realized that I had buried a big piece of me, my heart and my soul. Through the primal process I found ways of reliving terrors and reclaiming some of those missing pieces. I'm still working at it (and probably will always).

I have the greatest respect for anyone who dares to face a similar challenge and that's what I feel IPA is all about. We are a group of warriors involved in man's greatest battle - to be as honest with ourselves as we can be. So when I was asked if I would accept the nomination for president, I was surprised. Yes, I can get outside things done very effectively, but I'm so aware of the inside work yet to come. Am I therefore a good "representative" of primal ideology?

I smiled as I asked myself the question and gladly accepted the nomination. Thanks to all of you, who thought so too.

I was also very pleased with the selection of the officers, the board, the committees, and the magazine staff. My hope this year

is that we focus our energies on our group and developing a communication network to share our thoughts and feelings. Mostly I think this can be done by developing regional divisions of IPA both in this country and abroad, with the regional sections concentrating on the creation of smaller, local conventions held in various places throughout the year.

This, I think, would provide an opportunity for a more active and creative mutual development which would emerge and grow out of sharing our experiences with each other. I would like to hear from any of you interested in developing such a project, and would like to hear your feelings, both pro and con, about it.

Finally, for now, I want to thank all the past administrators and members of International Primal Association who have helped us develop to the place we are now. We are a vital, growing organization which did not get lost in structures and politics.

IPA was conceived and developed on the most real and most basic human quality -- the feeling self. No matter how big and complex we become, that aspect must and will always take precedence.

ARMAND F. DIMELE
President - IPA

Armand will be conducting Workshop Training Seminars and is arranging for student-rate discounts for IPA members. The travel schedule so far is:-

Langhorn, Pennsylvania	October 29th and 30th
Carrollton, Georgia	November 12th and 13th
Toronto, Ontario, Canada	November 20th
Los Angeles, CA	December 3rd and 4th
New York City	January 11th

For further information, contact Armand at 15 East 40th Street, New York, NY 10016.

INTERNATIONAL PRIMAL ASSOCIATION, INC.
MINUTES OF ANNUAL GENERAL MEMBERSHIP MEETING
Held at 10:00 a.m., on Wednesday, August 25,
1976, at the Appel Farm, Elmer, New Jersey.

1. Magazine Report

The Editorial Board reported that the Fourth issue of "Primal Community" was being distributed at the Convention and would be mailed to those not attending the Convention within the next two or three weeks. Material for the magazine is always needed. Material can come from anyone, members, non-members, etc., and should be forwarded to:

"Primal Community"
P.O. Box 383
127 W. 83rd Street
New York, NY 10024

With the completion of the fourth issue in Volume 1, renewals of subscriptions are now due.

2. Ethics Committee Report

The Ethics Committee reported that during the year, two complaints had been handled, one cleared up by a 'phone call and one by a letter.

In addition, the Ethics Committee proposed an addition to the Rules of Professional Conduct of the I.P.A. regarding sexual activity, which would be voted on later in the Membership Meeting.

3. A Motion was made and unanimously passed that two alternate Board Members be elected, beginning at this election, to serve in the place of any Board Members not able to attend a Meeting.

4. Election

The following Officers were elected:

President: Armand DiMele
Vice President: Charlotte Saunders
Secretary/Treasurer: Tom Rose

Directors: Florine Snider
Victor Zeines
Constance Corey
William Swartley
Joseph Sanders
Diane Timon

Alternates: Kathy Novak
Alec Rubin

Directors serving 2nd year of term:
Alice Rose
Susan Cohn
Barbara Markovits
Ninalee May

Ethics & Standards Committee:
Ninalee May
Jeremy Robinson
Kathleen Novak
William Smukler

Committee Members serving 2nd year:
Alice Rose
Victor Zeines

5. Appointed to Committees were:

Convention Site: Barbara Valassis

NOTE: It was recommended by the membership that the site of the next Convention be the upper Michigan Peninsula.

Convention Program

Committee: Charlotte Saunders
Victor Zeines
Alec Rubin
Stephanie Callas
Arthur Totman

6. Ethics

The proposed Rule of Professional Conduct worded "It is unethical for a therapist (or facilitator or leader) to sexually exploit his or her patient (or client or group member)." was adopted by the membership for addition to the official Ethics of the I.P.A., effective immediately.

7. A Motion was made and unanimously passed that the fiscal year of the corporation end on July 31st.

GENERAL NEWS:

1. An updated Membership List, in alphabetical order and in book form, is being prepared and will be mailed to members shortly.
2. You should have received or be receiving within the next few days, your copy of PRIMAL COMMUNITY, Volume 1, No. 4. If you don't receive it or hear of anyone who has not received their copy, please notify us. We always have a number of returns on our mailings so please notify us of any change of address as soon as possible.
3. We have received a letter from Florence Birchansky, 8265 S.W. 41st Street, Miami, Florida 33155, a Primal Community Subscriber, requesting anyone in her area who might be interested in setting up a group to advance gentle birthing to please contact her for information.
4. We have now received a letter from Barbara Valassis who has found a possible location for the 1977 Convention. She says "We have found a beautiful spot north of Marquette at Big Bay on Lake Superior, (Editor's Note: As opposed to Lake Inferior) it is a health camp for retarded children. There is an enclosed heated pool, a short path to a lovely sand beach on the big lake.... this is the most likely possibility in the upper Peninsula."
5. Anyone wishing to contact Tom Rose, Secretary/Treasurer, directly, please write: I.P.A., P.O. Box 1653, Key West, Florida 33040.

(For more General News, see Page 6)

BOARD OF DIRECTORS MEETING OF THE
INTERNATIONAL PRIMAL ASSOCIATION, INC.,
held at 4:00 p.m. on Wednesday,
August 25, 1976, at the Appel Farm,
Elmer, New Jersey.

Present were:

Alec Rubin
Florine Snider
Victor Zeines
Constance Corey
William Swartley
Joseph Sanders
Diane Timon
Susan Cohn
Ninalee May
Armand DiMele
Charlotte Saunders
Tom Rose

1. It was moved that the Board of Directors' next meeting be in New York City, at the home of Victor Zeines, 298 St. Marks Place, Staten Island, New York, at 1:00 p.m. on November 6th, 1976. The Convention Program Committee and the Ethics & Standards Committee to meet at 10:30 a.m., at the same location, on the same date. As always, all members are encouraged to attend.

2. Workshops:

The following Workshops will be held in New York City the weekend of November 6th, 1976.

Friday night, November 5, 1976-Florine Snider, Victor Zeines and Diane Timon will lead a Workshop from 7 - 10:00 p.m.

Sunday, November 7, 1976 -Alec Rubin will lead a Workshop from 10:00 a.m. - 1:00 p.m. on "Buddying".

Sunday, November 7, 1976 -Bill Swartley will lead a Workshop from 2:00 p.m. - 5:00 p.m. dealing with the transpersonal and primal.

The fee for each of these Workshops will be \$20.00, or \$50.00 for all three.

3. It was unanimously agreed that the second Board Meeting would be held on February 19th, 1977, in Key West, Florida.
4. A Regional Meeting Committee was appointed, consisting of Florine Snider, Armand DiMele, Charlotte Saunders, Victor Zeines and David Newman, to put together a Northeast Regional Meeting and Mini-Conference.
5. It was moved and unanimously passed that the International Primal Association, Inc., establish information offices in other countries, to serve as liaison with the Board of Directors and provide information in the form of written information to interested people.

These are as follows:

England: The Churchill Centre
22 Montague
London, W.1.
(01) 4029475

Germany: Vereinigung fur Primarbehandlung
D-8091
Soyen-St. Colomann 2
bei Wasserburg a. Inn

The phone number in
Germany is: GARS (0-80-73) 7-28

Italy: Centro Studi Umanologia
Via Anassagora 135
Casal Palocco
Rome 00124
(06) 60-90-829

MORE GENERAL NEWS:

6. The following from Gary Eller, 200 W. 20th Street, #604, New York, NY 10011, Phone: (212) 989-5657

"I am selling a large primal box 8' long by 6' wide by 4' high, built by Peter Goldwell, lined with 6" and 4" vinyl-covered foam on floor and walls. Portable - bolts together. Has speakers in ceiling and double light switch."

7. This from Marion Barbour, Salisbury, Md. 21801, Phone: (301) 749-3829. (Not a member of the I.P.A.)

"I need a Buddy who will sit with me when I primal. In return I'll sit with him (or her). I will get a place for this here. Please call. If interested, would prefer someone who's been in primal therapy or at least individual psychotherapy of some kind, but not necessary."

8. This from Lillian R. Renaud, a Primal Community Subscriber.

"Dear Primal Community,

I want to say I am delighted with the journal - Primal Community. For three and a half years I have been a self-primaler. I am 64 years old and I feel great!

We, here in Thunder Bay are doing all we can to help each other in small groups and we are still hoping to have our own center someday. We need trained therapists, but there just aren't any available here. So we sit with each other and just "be there" to listen and encourage those who are working their way through their pains and problems, and we learn from each other. I have no doubt you will be hearing from some of our self-primalers in the future, once the "Primal Community" gets circulating among the groups.

To all my beautiful people at the Center for the Whole Person at 801 College Street, Toronto, Ontario - Greetings and warmest love and affection. I have never forgotten. That was the most joyful experience of my life.

To the Primal Community, best wishes, you will be hearing from us.

Lillian R. Renaud, 135 N. Selkirk Ave., Thunder Bay, Ontario P7C 4K1.

Faint, mirrored text from the reverse side of the page, appearing as bleed-through. The text is mostly illegible due to its low contrast and orientation.

INTERNATIONAL PRIMAL ASSOCIATION, INC.
186 West 4th Street, Rm. 603
New York, NY 10014

Return postage guaranteed.

BULK RATE
U. S. POSTAGE
7.7¢ PAID
Decatur, Ga. 30030
PERMIT NO 394

PRINTED MATTER

Jean Getoff
251 W. 89th Street
New York, NY 10024