



The Voice

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Vox populi numquam confutabitur.

The *Voice* is published monthly by clients of Helping Ourselves Pursue Enrichment (HOPE, Inc.), a mental health service provider in Tucson, Arizona, USA, as an organ of the membership of HOPE and the behavioral health community.

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Things are looking up—again

Okay, things are looking up, again. I was late getting the newsletter out last month, but it did turn out better than the March issue; I got a success story in, along with a few last-minute submissions. We will be continuing our success stories of HOPE members finding recovery, and the Member Council of HOPE is looking into making this a member-run affair. As I said last month, I still accept any personal stories; it doesn't have to be in this format if you wish to submit a personal testimonial of your recovery.

—Scott J., editor.

HOPE at Tucson Palooza

If anyone in the Tucson community is interested in what HOPE, Inc. is all about, we will be present at Tucson Palooza, on May 20, at Himmel Park, 1000 N. Treat Avenue. Come join us there.
—SJ.



Fun Facts

- You always have your own personal rainbow; a rainbow is light refracted through drops of water, and reflected back at an angle of 42° —no two people see the same rainbow.
- The red color of the surface of Mars comes mainly from nanophase ferric oxides, almost all of which is on the order of millimeters from the surface.
- Quasar CTA 102 in 2016 flared to ~250 times its normal brightness, making it briefly the most luminous object in the observable universe.
- George Orwell expected to sell about ten thousand copies of *Nineteen Eighty-Four*; to date it has sold about 25 million copies.
- The total sales of the *Harry Potter* series (including five supplements) amount to over 500 million copies. Author J. K. Rowling's net worth as of 2016 was estimated at £600 million according to the *Sunday Times Rich List*.
- Winston Churchill consulted astrologers, not for the astrology itself, but to know what Hitler's astrologers were telling Hitler.



May in History

- 26 May 17 CE (2000th anniversary): Germanicus returns to Rome as a conquering hero and celebrates a triumph for victories over various Germanic tribes.
- 20 May 325: Council of Nicaea.
- 11 May 868: The *Diamond Sutra* is printed.
- 27 May 1267 (750th anniversary): Treaty of Viterbo between Baldwin II of Constantinople and Charles I of Sicily.
- 24 May 1844: First official telegraph message, "What hath God wrought", sent by Samuel Morse himself.
- 11 May 1888: Birth of Irving Berlin.
- 29 May 1867 (150th anniversary): British North America Act signed by Queen Victoria, creating the Dominion of Canada effective 1 July.
- 4 May 1886: The Haymarket Riot in Chicago.
- 21 May 1942 (75th anniversary): Mexico declares war on Germany after the sinking of the *Faja de Oro* by a German submarine.
- 22 May 1960: The 1960 Valdivia earthquake, the most powerful earthquake on record (magnitude 9.5 ± 0.1) strikes in southern Chile, sending tsunamis as far as Japan and Sakhalin.
- 10 May 1969: Start of the Battle of Hamburger Hill.
- 6 May 1992 (25th anniversary): Death of Marlene Dietrich, at the age of 90.
- 11 May 1997 (20th anniversary): Last game of the rematch between Deep Blue and Garry Kasparov, making Deep Blue the first chess-playing computer to defeat a world champion in a match.
- 11 May 2001: Death of Douglas Adams.
- 2 May 2012 (5th anniversary): A pastel version of *The Scream* by Edvard Munch sells for \$120 million in New York City; this is the highest sum ever given for a piece of art sold at auction.

My Story

By Shauna S.

On any given day there is someone who is needing some kind of help here at HOPE. Well, I had the opportunity to help someone. The person I got to help was a girl whose name is Alexa.

Alexa is deaf and cannot read lips. The only way you could communicate with her was you had to write down what you wanted to say to her. So anyway on April 11th or 12th I happened to be out by the front desk. The staff asked if there was anyone who could help Alexa with the bus.

I said "I can help." So Pam the staff couldn't tell from the map; Alexa had to figure out what bus she needed. So I made the suggestion for Pam to call Sun Tran and they could tell her the bus.

So Pam called, talked for a few minutes and then told me what was said. I proceeded to escort Alexa to the busstop, stayed with her till the bus came, and Alexa got on the bus. Then I told the bus driver that Alexa is deaf and that she was trying to get to 5011 E. 29th St.* That shows you that there is someone around HOPE willing to help out. That's what HOPE is all about.

[This is not a residential address. It would have been redacted if it were. —Editor.]*

Der Panther

By Rainer Maria Rilke

Im Jardin des Plantes, Paris

Sein Blick ist vom Vorübergehn der Stäbe
so müd geworden, dass er nichts mehr hält.
Ihm ist, als ob es tausend Stäbe gäbe
und hinter tausend Stäben keine Welt.

Der weiche Gang geschmeidig starker Schritte,
der sich im allerkleinsten Kreise dreht,
ist wie ein Tanz von Kraft um eine Mitte,
in der betäubt ein großer Wille steht.

Nur manchmal schiebt der Vorhang der Pupille
sich lautlos auf -. Dann geht ein Bild hinein,
geht durch der Glieder angespannte Stille -
und hört im Herzen auf zu sein.

[One of my favorite poems, dated 6 November 1902. --SJ]





Of My Lifetime

By Shauna S.

The sounds of life has been misplaced in my mind
 For I'm sitting spellbound thru out time
 That I hope that I will remember what I find, I will put it down that I'm thinking but will take up
 a long and distant search, when all is right.
 I take for granted that I can't look down for I'm no worse.

The countless visions that are drifting
 The silver dreams we hate to lose.
 For there's no harm. We've all been waiting, so just keep the faith and do
 What you choose for that is of my lifetime.

In the Morning Day

By Shauna S.

Everybody's got the blues
 In the Morning Day
 If you find the answer
 And you wonder: let's find a way
 To give everyone happiness just like the sun gives too the day
 We want to make them ours

I'd like to make us theirs
 Just like a blinding dream
 Yes, you're gonna be with me
 Strolling through the summer's breeze.
 And we'll find it's not the rain
 Leaving wrong behind you
 All your fantasies so very plain.

The Wings of Words

By Sweet P

Millions of ideas race through my mind. I can tell the good from the bad. Trouble is it is a constant force of positive & negative. Mediation helps calm the race.

You need by try & be as positive as you allow it. Take the information as a tool. You should have a tool box in your mind, that allows you to use any given tool. Don't let the battle bring you down; ie Mondays are manic—don't go out, trouble for you, turn it positive, a group would do me good after a 4 day weekend.

The Negative Nellys pop up when you least expect it—punch it with a positive knockout ie a bad hair—leave it be, someone might like it although don't forget to carry a hairtie just in case LOL.

When people see fear they feed off it so show courage & strength to get a surprising reaction.

You also can kill someone with honey faster than vinegar. So the old fashioned saying goes but it's true, always smile & be kind; let them look like the fool!

Don't give your power up by giving someone the chance to change your mood!

Keep your faith because that will get you by.

Know in your ♥ of ♥s you are never alone!

I am here Sweet P. to give you my unconditional love thru my words.

Sweet P

Culture Corner



By Scott J.

What, anarchism, anarchy?

brandishing a bomb **ANARKAAAAAY!! MUAHAHAHAHAHAHA!**

Um, well, yes. But without the bomb. The evil laugh is optional.

Well, what then is meant by anarchy? Anarchy is the condition of a society or group that rejects hierarchy. It is a condition of leaderlessness. *An* (without) + *archi* (ruler) = anarchy. Anarchism is a philosophy of abolition of traditional forms of government and the organization of society into self-governing organization based on voluntary associations of cooperative society, to be governed horizontally with all given equal voice.

The pierced punk with the spiky mohawk, the hippie driving an ancient bus, the spear-wielding primitivist, the commune-dwelling survivalist, the bomb-chucking terrorist, these are the images that are usually evoked by the thought of anarchic philosophy. Okay, some are punks, hippies or primitivists. A few are survivalists, but the vice-versa certainly doesn't apply here. The terrorist, though, contrary to common perception, is very much the exception and not the rule, and no, the typical anarchist is no more likely to organize a pitchfork-wielding mob than any other citizen.



Here I should note that this article is written from an inside perspective—I will endeavor to make it as neutral as possible, but forgive me if it is biased.

History: There have been schools of thought that can be called anarchic dating from the ancient era. Zeno of Citium, for one, has been cited by many modern anarchists as himself an anarchist. The same has been said of Diogenes. Going a little further back, Laozi (or Lao-Tzu), founder of Taoism, has been called an anarchist. Some scholars go so far as to call Jesus an anarchist.

Early modern anarchists: The first person to call himself an anarchist is the founder of modern anarchist theory, Pierre-Joseph Proudhon, who, in his work *What is Property?* (or *Qu'est ce que la propriété ?*) in which he describes the “mental enslavement” that exists within the establishment. It is in this work that the adage “property is theft” (usually translated “robbery” from the original text) originates. (It should be noted, though, that he went on to say “Property is liberty” as used against state power.) His philosophy laid the foundation for much later anarchistic thinking. Other influential thinkers in the same era and the decades following include Max Stirner, Mikhail Bakunin and Johann Most. The Russian-born Bakunin himself had met Proudhon and Karl Marx, and was particularly instrumental in the formation of collectivist anarchism. His work *Statism and Anarchy* (*Государственность и анархия* literally “Statehood and Anarchy”), written in 1873, expressed his distrust of the Marxist system of thought and his pessimism over European politics at the time. It is the only one of his works written originally in

Russian for a Russian audience, and was smuggled into Russia from Switzerland. Others of the era include Jean-Jacques Rousseau and Peter Kropotkin.

The late 19th century also saw the rise of feminist anarchism, with such anarchists as Emma Goldman and Lucy Parsons becoming prominent in the cause of feminism, and often with conflicts with more mainline feminists.

Haymarket: Okay, this discussion was inevitable, eh? One of the major turning points in the history of anarchism, and a moment of crystallization, was the Haymarket Affair, also called the Haymarket Riot or the Haymarket Massacre, in Chicago, May 1886.

This event came at during the second of three waves of economic depression that came during the latter 19th century. Labor strikes were increasingly common during that time and the eight-hour movement (“eight hours of work, eight hours of rest, eight hours of what we want”), was gaining ground in the United States, inspired by the institution of an eight hour workday in Australia. The typical work schedule in the United States at the time was a ten hours per day, six days per week, or 60 hours per week. A labor organization called the Federation of Organized Trades and Labor Unions had in 1884 set 1 May 1886 as a goal for the standardization of an eight-hour day. When the day came, strikes broke out across the US, with at least 300,000 workers turning out across the country, with possibly as many as 40,000 in Chicago alone. Their slogan was “Eight-hour day with no cut in pay.” Tensions escalated, leading to a riot triggered by a crude dynamite bomb being thrown into a police phalanx, and culminating in the trial and very wrongful conviction of eight anarchists in a kangaroo court. Those who were not executed (in November 1887) were later pardoned by Illinois Governor John P. Altgeld, knowing it would ruin his rapidly rising political career but believing that he would be doing a grave injustice by granting anything less than a full pardon. A memorial now stands at the graves of the Haymarket martyrs.

To describe this particular event would require the space of a whole separate article. I include it here because it is can be expected to be cited by anarchists as a prime example of the kind of miscarriage of justice that can arise out of misunderstanding (all too often rooted in willful ignorance), and as the major reason that we have Labor Day in September in the United States and Canada, rather than in May, as in much of the rest of the world.

20th Century: The Industrial Workers of the World (IWW, aka the Wobblies), a labor union that still exists now (though with nowhere near its former strength), with ties to anarchism and itself considered by some to be an anarchistic organization, was an early proponent of “One big union” of the working class. Their philosophy quite often put them at odds with some or the more mainline unions, including the American Federation of Labor (AFL).

This and other more radical unions underwent a decline during the First Red Scare in the early 20th century. In other parts of the world anarchism itself was under attack with the rise of fascist governments. This did not prevent outbreaks in Spain, where the Spanish Revolution of 1936 (also called the Spanish Civil War) was undertaken by anarchosyndicalist groups (including the Confederación Nacional del Trabajo [CNT; “National Confederation of Labour”] and the Federación Anarquista Ibérica [FAI; “Iberian Anarchist Federation”]) against the Franco government. Franco would win this one, when assistance came from Germany under the Hitler Nazi government.

After the war, anarchism reorganized in Europe with such groups as the Federazione Anarchica Italiana (FAI [not to be confused with the Spanish FAI previously mentioned]) in Italy, basing its principles on the ideas of anarchist Errico Malatesta, and the Fédération

Anarchiste in France, with principles combining individualist, communist and syndicalist theories. Around the same time the Nihon Anakisuto Renmei (“Japanese Anarchist Federation”) was emerging in Japan, and in its formation consciously sought to avert the old antagonism between socialist and syndicalist factions of anarchism, but the rift was eventually renewed, particularly after the rise of the Nihon Anakisuto Kurabu (“Japanese Anarchist Club”) in 1951.

Many of the countercultural movements of the later 20th century, including the Provos, arising in the 1950s and the punk movement, arising in the 1970s, are based in anarchism—yes, this includes punk music (and yes, this in turn includes such punk rock bands as the Sex Pistols.) Anarchists of all stripes have always used the medium of music and song as a means of expression, and the punk movement had found an outlet in the genre of rock and roll. An anarchistic style of governing the group is evident in other countercultures, including the original hippies in the 1960s, and the second and third wave of hippiedom (especially as existing in the Rainbow Family of Living Light), planning things and resolving issues in a tribal-convocation style even into the 21st century.

Schools of thought: There are various of these, and this list is not comprehensive.

Anarchosyndicalism: Anarchosyndicalism is rooted in the struggles of the working class, and works through the philosophy of syndicalism as a replacement for capitalism. In syndicalism, industry is managed by the workers instead of a corporate elite. Anarchosyndicalism is organized mainly through labor unions.

Anarcho-communism: Anarcho-communism embraces communistic principles, including abolition of the state, wage labor, capitalism, and private property, but maintains the right to personal property. Such anarchic values as horizontal democracy are of particular importance.

Mutualism: This school of thought is rooted in Prudhonian principles, asserting that trade equals a fair amount of labor, with each person possessing a means of production that can factor into the system mutually.

Anarchafeminism: Feminism has been combined with anarchistic principles since the first wave of feminism. Anarchafeminism (or feminist anarchy) seeks to liberate society from patriarchic hierarchy (and by extension coercive hierarchy in general) and establish free association in its stead.

Social anarchism: Social anarchism (or anarcho-socialism) is a nonstate form of socialism that seeks to establish community and social equality. Like anarcho-communism, it opposes private property (seeking to convert it into social property) but respects personal property.

Green anarchy: Green anarchy (or eco-anarchism) is a school of thought (including such subschools as vegananarchy and anarchoprimitivism) is an anarchistic critique of the progress of human civilization and environmental issues. It is older than one might think, going back to some of the earlier issues raised (then called anarcho-naturism) in the 19th century.

Anarcho-capitalism: Anarcho-capitalism (unlike most other schools of thought) asserts that anarchism and capitalism are not mutually exclusive and can work together in the right circumstances in a fair-market system. This school is the target of much disdain from both mainline capitalists and anarchists of other schools.

“Anarchy without adjectives”: Some anarchists adhere to no particular school of thought, or draw significantly from multiple schools; this is anarchy without adjectives, or unhyphenated

anarchy. The core principles of horizontal democracy and free association are emphasized as the key values, the rest is just style.

Coda: So there you have it, Anarchism 101. I hope that this article has helped to dispel some of the misconceptions.

