

**BULLETIN**      Volume      75  
Number      4  
May      2013

**May Program**

Wednesday, May 22, 2013, 6:30 p.m.

**THE ANNUAL BUSINESS MEETING**

*See page 6 for more information*

**May New Directions Program**

Saturday, May 11, 2013, 10 a.m. to 4:00 p.m.

**POETRY FOR FUN AND INSIGHT**

A Workshop led by Katherine Mylenki, Poet and Actress

*See page 7 for more information*

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## PROGRAM CALENDAR - Spring 2013

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**Wednesday, May 22, 2013, 6:30 p.m.**

### ***THE ANNUAL BUSINESS MEETING***

*See page 6 for more information*



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## **NEW DIRECTIONS PROGRAM CALENDAR**

New Directions Programs meet at the Center unless noted.

**Program Fees: \$45 for APC members, \$50 for non-members,  
\$35 for over age 55, Students with valid ID are \$25.**

**General Inquiries: 212 557 1502**

**Program Inquiries, email: [apcnewdirections@aol.com](mailto:apcnewdirections@aol.com)**

**Saturday, May 11, 2013, 10:00 a.m. – 4:00 p.m.**

### ***POETRY FOR FUN AND INSIGHT***

A Workshop with Katherine Mylenki, Poet and Actor

*See page 7 for more information*

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## **Centerpoint Group Discussions**

For more information,  
call Mollie Morse at 212-496-6938.



### **Exploring Dreams**

with Francoise Richards, Jungian Analyst.

Call her at 212-586-7510



### **The Book Discussion Group**

Meets every Tuesday from 5:30 pm to 7 pm in the Members Room

For more information call Bob McCullough at 212-532-8379



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### KML NEWS



#### **New Dimensions Honors Students from Ohio Visit Jung Center and KML**

On March 12 the Library, ARAS, Institute and Jung Foundation hosted a visit with the New Dimensions Humanities Class from Hudson High School in Ohio. The class is chosen from an honors pool of 80 students. Those accepted demonstrate intellectual curiosity, dedication to learning and exploring, as well as resilience in intellectual challenges. Their curriculum focuses on philosophy, psychology, anthropology, literature, sociology, critical analysis and advanced thinking skills. They were in New York City for a week-long immersion in multicultural experience. It was a very enjoyable experience for all of us here at the KML.

#### **Wise Women/Elders Meet-Up Group**

On Thursday, March 21 a group of 12 Elder Women ranging in age from late 50s to mid 80s gathered in the Kristine Mann Library with Chief Librarian Lorna Peachin for the first of what is hoped to be an ongoing group whose purpose is to reclaim the archetype of Wise Woman/Elder.

Each woman told something of her experiences and journey thus far, and where it might lead her in the future. All enthusiastically agreed that an ongoing group providing mutual support is an excellent step forward in reclaiming our archetype.

A second meeting was held on Thursday, April 11. The group then chose topics to discuss in the future: Our Diverse Experiences; Spirituality and Soul Work; Fatigue; Survival and Sacrifice; Letting Go of Non-Essentials; Setting Limits and Saying No; Preparing for the End of Life (Living Wills etc). Lorna says this group is evolving into a dynamic and empowering experience for all.

The next meeting is scheduled for Thursday, May 16 at 3:30pm, again in the Library. Please RSVP if you will be new to the group. Phone (212) 697 7877 during the Library's open hours, Mon 10am to 8pm; Tues, Wed, Thurs 10am to 7pm, or email [info@junglibrary.org](mailto:info@junglibrary.org).

### PRESIDENT'S REFLECTIONS

by Jane Bloomer, LCSW, Licensed Psychoanalyst

Last month I wrote about how the arts offer us humans a creative outlet during times of major crisis as is happening worldwide today. The creative impulse may be lived out in music, literature or art works, including handiwork. In writing this column, I was magnetically drawn back to revisit the Katonah Museum's Quilting Exhibit because the compelling programs offered there excited my imagination. Quilts and quilting remind me of psyche and how we knit parts of ourselves together, including the scraps of experience that life brings our way.

Before describing two of their appealing programs, it seems fitting to define a quilt, for those who have never gone to dreamland under a cozy quilt. A quilt is a coverlet for a bed made of two layers of fabric with some soft substance such as wool or down sandwiched between the layers and stitched in patterns to prevent the filling from shifting. So it is three dimensional and layered, which provides air pockets to retain warmth. Quilts were once made by hand but today are more often made on sewing machines. They are often designed by the quilter who uses bright, appealing colors and brings together intriguing snippets of fabric for dramatic effect to make into a whole quilt, one scrap at a time.

I returned to the Museum to meet Denise Allen, who disclosed her surprise at becoming an artist. In following in her mother's footsteps and taking up needlework after her mother died, she was guided to become a quilter. This occurred after she had a vision of her mother leading her to do this work. Another transformational event occurred for Denise due to 9/11. When she lost her son during 9/11, she decided to move to an Amish community upstate. She feels more at home in an Amish environment, so it is not surprising that many of her unique quilts and artworks tell stories of life in the 18<sup>th</sup> Century.

The Museum is holding a Book Club meeting soon that will tie together the quilting theme along with *In Love and In Trouble: Stories of Black Women*, a 1967 book by Alice Walker. In this book, Walker tells excruciatingly painful stories with heartfelt depth. I remember hearing an interview of Alice Walker in which she describes visiting the scene of a tragic period in history. The realization came to her that she needed to endure humanity's deep pain in order to be able to appreciate joy in life.

The April 10<sup>th</sup> Getting to Know You APC event envisioned and hosted by Francoise Richards was special. Those present shared personal experiences that contributed to being drawn to C.G. Jung. I imagine that this is what Jean Shinoda Bolen has in mind in the Millionth Circle, or what it's like to be in a Quilting Bee.

## **BULLETIN BOARD**

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### **EDITORIAL NOTES**

by Katherine Mylenki, Bulletin Editor

Our program year ends in this month of May, with one last workshop in the offing—the long-awaited (at least by me) "Poetry for Fun and Insight" on May 11. I'll make a case for formal poetry (or whatever works for you really, poems have a way of telling you how they want to be written) and give tips for tapping into your creative vocabulary, literally. I'll share some of the tools of the trade, including Roget's Thesaurus (accept no substitutes) and my favorite rhyming dictionary.

And May, along with Spring (we hope) and Mother's Day, brings our Annual Business Meeting, on the 22nd this year, with officers' and chairpersons' annual reports and the announcement of the results of this year's election. Please join us to hear the various accounts of the year gone by and celebrate the slate, and give us your much-valued suggestions for the future.

The next Bulletin will be in September, when we'll announce our programs for the 2013-2014 season. We'd love to have your suggestions and submissions of ideas for programs you'd like to present or see presented, or topics you'd like us to consider. Come tell us in person at the meeting or email [apcofny@aol.com](mailto:apcofny@aol.com). You can send Bulletin submissions directly to me at [kmylenki@gmail.com](mailto:kmylenki@gmail.com).

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### **DIRECTORY CHANGES**

Andrea Underwood Jones  
154 West 75 Street Apt. 4B  
New York, NY 10023-1975

## BULLETIN BOARD

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*The Analytical Psychology Club of New York, Inc. Presents:*

### **THE ANNUAL BUSINESS MEETING**

Wednesday, May 22, 2013, 6:30 p.m.  
at the C.G. Jung Center, 28 East 39th St., NYC  
apcofny@aol.com / 212-557-1502

We're requesting the pleasure of your company at the Annual APC Business Meeting on Wednesday, May 22 at 6:30 p.m. Please join us in the Bertine Auditorium, where we will announce the results of this year's election, our Executive Officers and Board Chairpersons will give their annual reports and we'll discuss plans for the future.

This is your opportunity to give us your thoughts on topics of concern to you and feedback on our website, [www.apcny.org](http://www.apcny.org), which went online in February of this year. Your suggestions for the website, programs and the Bulletin are always most welcome. This is our chance to come together in person to discuss the future of the Club.

It's your Club, we'd really like you to tell us what we can do to provide you with greater edification and enjoyment.

Enjoy your



## BULLETIN BOARD

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*The New Directions Committee of the APC, Inc. presents :*

### **POETRY FOR FUN AND INSIGHT**

A Workshop led by Katherine Mylenki, Poet and Actress

Saturday, May 11, 2013 from 10 a.m. – 4:00 p.m.

At the C.G. Jung Center, 28 East 39th St. NYC

apcofny@aol.com / 212-557-1502

Old-fashioned, formal poetry gets a bad rap these days, with its strict meter and rhyme schemes. But the pleasures and challenges of finding the right word with the right number of syllables is the work that teases out the symbols and meanings in your writing, very like working on dreams. Working within the limitations of the form can enhance rather than restrict creativity. Learn the rules, *then* feel free break them. That's what the first writers of "free verse" did, after all.



You'll have a chance to get acquainted with the four standard metrical feet—three in addition to pentameter, in vogue in Shakespeare's day and immortalized along with him. If you write "free verse" you may discover you use more meter than you realize. I'll teach you how to find out. We'll look at some of the poetic forms, villanelles, sestinas, and sonnets.

As a sidebar I'll introduce you to Mr. Roget's Thesaurus, a marvelous compendium of words, words, words with their subtle shades of meaning methodically set out. It comes in very useful when you need extra syllables or have to lose of a few. That's where the real fun is, especially if you love polysyllabic words as I do.

Bring poems you have written or that are meaningful to you and be prepared to experiment with this challenging medium.

**Fees for the workshop: APC members \$45, non-APC members \$50, age 55+ \$35, college students with ID \$25**

**For further information or to make a reservation**

**call 212-557-1502 or email apcofny@aol.com**

*Katherine Mylenki has a B.A. in English Literature and Theatre. She has written poetry for many years. Her muse stubbornly insists on metered, rhymed poetry, current fashion be damned, though of late more free verse slips in. Perverse, but the poem dictates its form and the poet writes it down.*

## DILEMMA

by Katherine Mylenki

“If you write one about him,” I said, “write it in free verse. Rhyming’s too easy.”  
I said that now, and p’raps it’s true. Then meter’s out the window, too.  
But there I go again.

There’s something too complicated about this to fit my easy poesy of past.  
Or do I want it so?  
The drama of ditching rhyme at this particular time.  
But there I go again.

And so how shall I free up my verse,  
Though I’ve often said I could do worse.  
I’m sorry, they just come out that way, I really can’t help it.

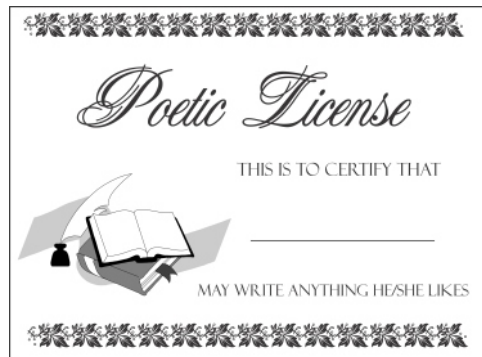
They told me, when I was a child,  
That poems had meter and rhyme, and I believed them.  
And you need a Poetic License if you wanna break the rules,  
Two dollars at City Hall.

Literal brat, I believed that, too,  
Though they didn’t say that  
Exactly.

Give me a consistent anapestic trimeter  
And I’ll show you how to rule the world.  
Or a small part thereof.  
Very small, but a part’s a part.  
There are no small parts, only small poets –  
Minor poets, most of whom couldn’t rhyme a blind mouse.

To throw away a natural bent  
'Cause that’s the way the world has went!  
For sure it keeps me out of print,  
But it’s what makes me . . . different.

Mother always said, “Try to be more like the others!”  
If you ask me, this “free verse” is awfully expensive.





**GETTING TO KNOW YOU:  
A GATHERING FOR MUTUAL SELF DISCOVERY**

Hosted by Francoise Richards, APC Vice President

Report by Katherine Mylenki, Bulletin Editor



Our informal get-together on Wednesday, April 10 had an encouraging attendance of 18. We sat in a rather wide circle in the Kristine Mann Library and to start our conversation our hostess, Francoise Richards, told us it is most important to find out why we are here and how we got

here. Francoise found herself in front of the Jung Institute in Zurich at a crisis in her life, walked inside and found her life's work.

By turns we spoke of what had drawn us to Jung's teachings and/or the APC. Some came through the need for therapy, some through art or writing. One woman was reading the Gnostics and found a reference to Jung in the codex and followed it up. My own entree was mythology, which has been part of my life since childhood.

Each story was very different yet there we were, on common ground, discussing our journeys to that place and where we plan or wish or want them to go in the future.

We want to continue meeting on a regular basis, every four to six weeks. For most of the attendees Wednesday was most convenient. This way we can truly get to know each other, and together design the future of our Club. We've long said we need members' and friends' input to guide us. This group is our best chance of achieving that.

We will be contacting those who attended soon to plan our next meeting. Others who are interested are most welcome; please call Francoise at 212-586-7510 to be added to our list.

## TO GRAVITY

by Inez Martinez

Gravity—  
lightbender,  
blackhole mother—

Heavy, heavy,  
somber  
we have named you.

Though you cannot hear  
I cannot help  
but sing you praise.

Colossal strength,  
tender,  
you hold us surface-firm  
just  
far  
enough  
from sunfire  
to live and not ignite.

Yet your  
pressing us  
to precious earth  
sags us  
with age.  
We fall, shocked  
by snapped bone.



Eventually  
we die  
(released entirely to your sway)  
then you rest us  
deepstill  
in our graves.

In life,  
in death  
you limit,  
contain,  
sustain us—

You the earthly parent  
we search for in the heavens,  
yours the constant care  
we dream of,  
receive,  
and never see.

**Analytical Psychology Club of New York, Inc.**

**28 East 39 St**

**New York NY 10016**