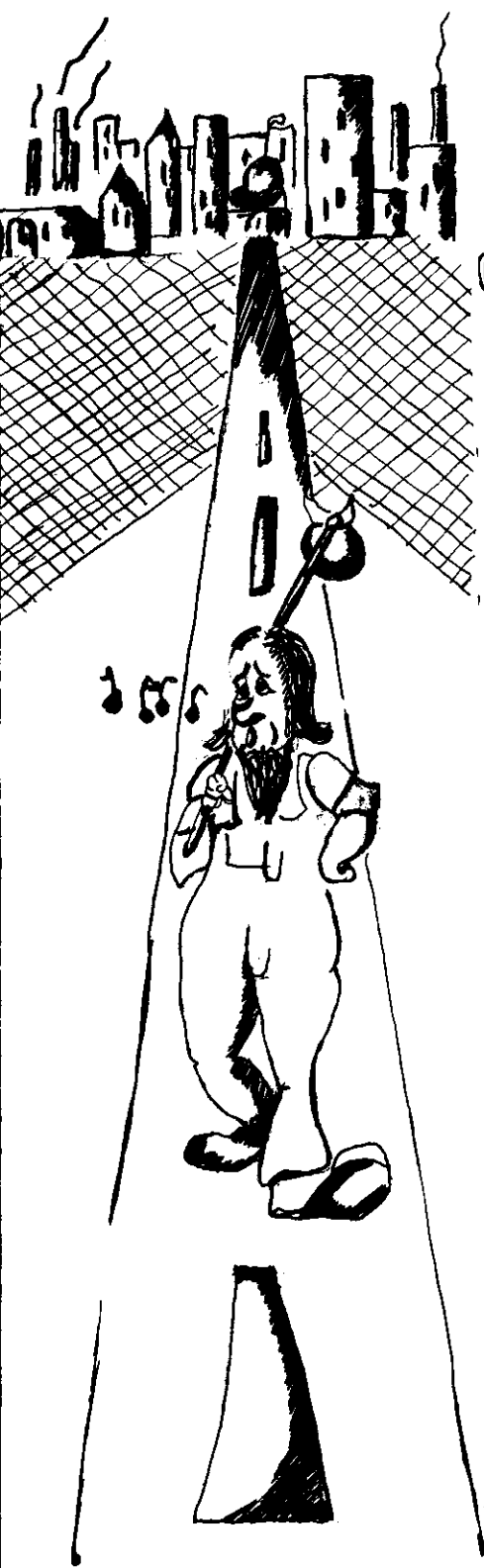


NW-N-UV-MC



Institute Mt. West

2096 Emerson

Denver Colo.

80205

573-6394

brown-gold leaves cover the ground now. there's a hint of snow in the air. fall - a natural time for seeking our roots, reflecting quietly on what has been. critical points in the history of the institute begin to emerge:

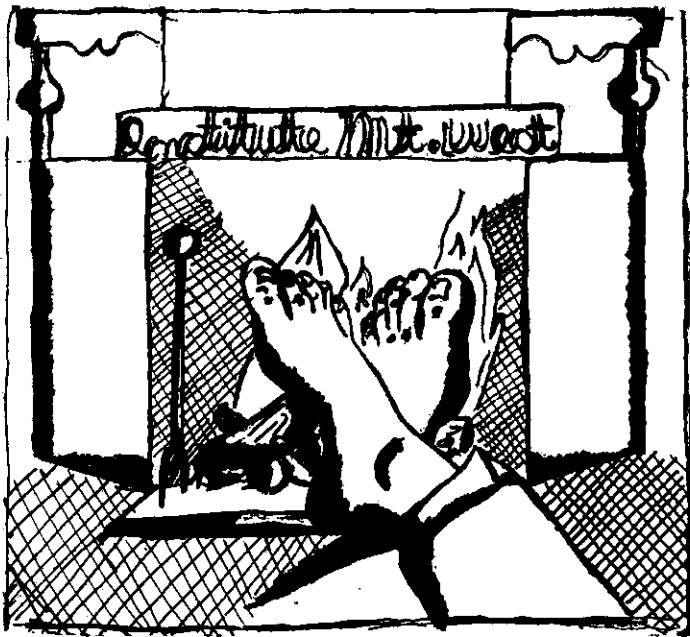
the time 3 years ago when we first saw ourselves as a community, not as isolated individuals each "doing our own thing." we consciously distributed responsibility, eliminating the need for charismatic leaders. as part of this process an outside facilitator led us in group encounters which eventually became the evening "ten o'clock" house meetings - times set aside to deal more openly with our feelings and needs.

a year and a half ago when we formed a land trust and bought a house in the city. this move seems to have stabilized the institute. although we still want to be a place for people who are in transition from old lifestyles to new ones, we seem to be slowly evolving toward a more permanent community.

last year when we began to put a lot of energy into personal growth, recognizing this as an important part of the revolution we envision. although therapy can be disruptive to community, taking turns supporting one another seems to be our solution to the problem of maintaining community while emphasizing personal growth.

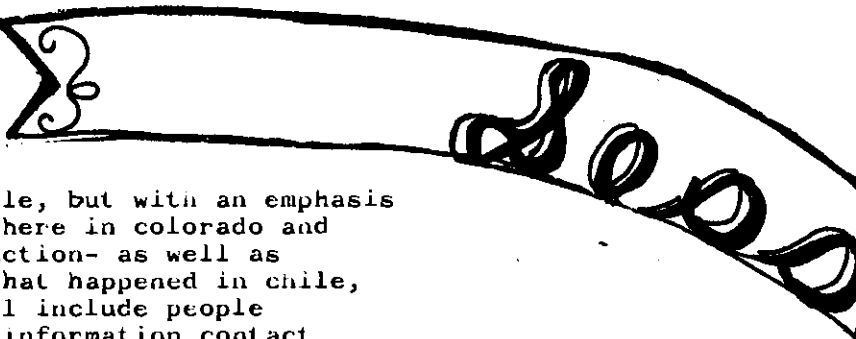
we seem to be getting a better sense of ourselves as a group now. because we're starting to recognize our own rhythm of work, we're hassling ourselves less, knowing although it may take a while, we'll do what needs to be done. we've also discovered that our meetings are for more than making decisions. they provide us with a structure for being together, time for sharing as a group. of course, we still have our highs and lows, although they've shifted to a deeper level.

we've finally taken the step and bought land in the country. we've been feeling a contradiction in simple living and city life, but social change and country life may also be a contradiction. we're hoping to resolve these conflicts by having a base in both places.



things seem to be coming together ... our energy h
 the zucchini are pickled, the winter wood is gather
 we're feeling pretty good.

the garden this year was a success. the failure o
 watermelon and spinach was amply complemented by t
 greens and carrots we ate last night (in november!
 work in the garden was satisfying and further expan
 reality of simple living as part of significant ch
 this country. we are experimenting with a number
 niques to extend the life of our garden, and hope
 the greens alive throughout the winter. the garden
 attracted the interest of our neighbors, especially
 little people. rather regularly serious whispering
 would steal into the garden around dinnertime to r
 with a zucchini, some corn, or the grand prize, a
 maybe next year there will be more lot gardens in
 hood, maybe not.



chile

a weekend seminar dec. 7-9 focussing on chile, but with an emphasis
 on the interrelations between what happens here in colorado and
 what happens abroad. the weekend will be action- as well as
 education-oriented, dealing not only with what happened in chile,
 but what we can do about it. resources will include people
 recently returned from chile. for further information contact
 judy danielson 388-7831; 321-8402.

women and anger- thurs, dec. 13

*(after our regularly
 scheduled potlucks)*

it's hard to separate being angry from being a woman. we'd
 like to share our common experiences and feelings and
 explore constructive ways of dealing with anger. it could
 be a potential revolutionary tool.

making christmas presents- dec. 14-16

crowded stores, plastic trees, electric l
 gifts - we're trying to find some meaning
 and confusion. making our christmas gift
 this session we want to exchange ideas an
 we have to offer are stained glass, spinn
 batiking, and beadwork. we'll have mater
 bring your crafts and join us. we'll hav
 the fire. fee for materials.



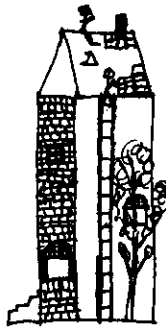
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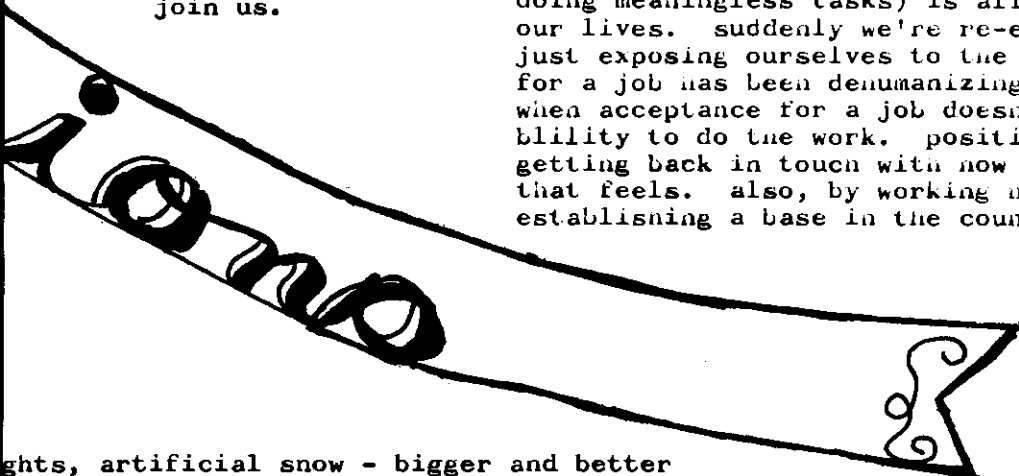


our house has a new roof on its leaky south side. bruce and iris started working on it this summer, and as people returned from their travels all of us took a turn nailing shingles. it was harder than we had expected, working on that steep pitch thirty feet off the ground; for a while we came close to giving up and calling in the professionals. still, part of the land trust idea is to take responsibility for our own housing. it was a very satisfying feeling to work out safety procedures, find that we could master the skills involved, and eventually get our house tucked in snugly against the coming winter.

as we move toward a permanent community, our attitudes toward children have been changing. none of us living here now has ever been a parent or taken full responsibility for children. we hadn't even seriously considered having them in our community. recently several of us have been taking care of children. micah, 9 months, and nat, 12 months, have spent a lot of time here, giving us a better sense of what is involved in living with little people. although we need to do more thinking and talking about children living here, most of us feel ready to consider that as a possibility.

every thursday night at
6:00 we have potluck
dinners. come and
join us.

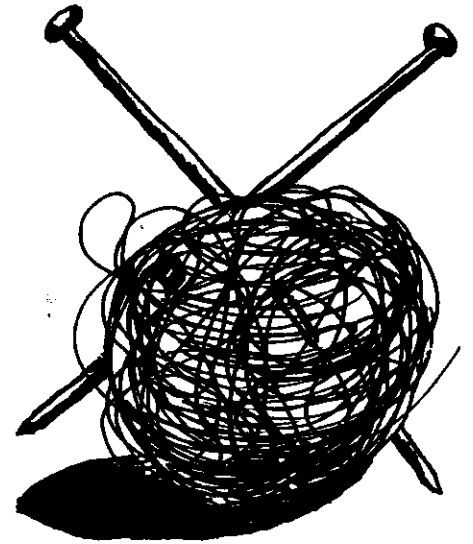
most of us are getting full-time jobs to pay for the land. part of our rhetoric has been that working for money (often doing meaningless tasks) is alienating and tends to fragment our lives. suddenly we're re-experiencing how true this is. just exposing ourselves to the heirarchy involved in applying for a job has been dehumanizing and frustrating, especially when acceptance for a job doesn't necessarily depend on our ability to do the work. positive points are that we're getting back in touch with how many americans live and how that feels. also, by working now we're one step closer to establishing a base in the country.



ghts, artificial snow - bigger and better
ul christmas rituals in all of this noise
by hand is one way of doing this. in
skills for making presents. some things
ng and weaving, natural dyeing, carving,
als on hand for you to practice with so
a warm hearty dinner and music around

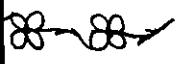
WNEH jan. 25-27

ple today see our society disintegrating. from ecological
to economic depression to the circus in washington, everything
lead to a crunch. in this session we will examine the nature
probable crisis and what individuals and communities can do
re and grow during this period. tuition requested.



snowshoeing feb. 17 & 24

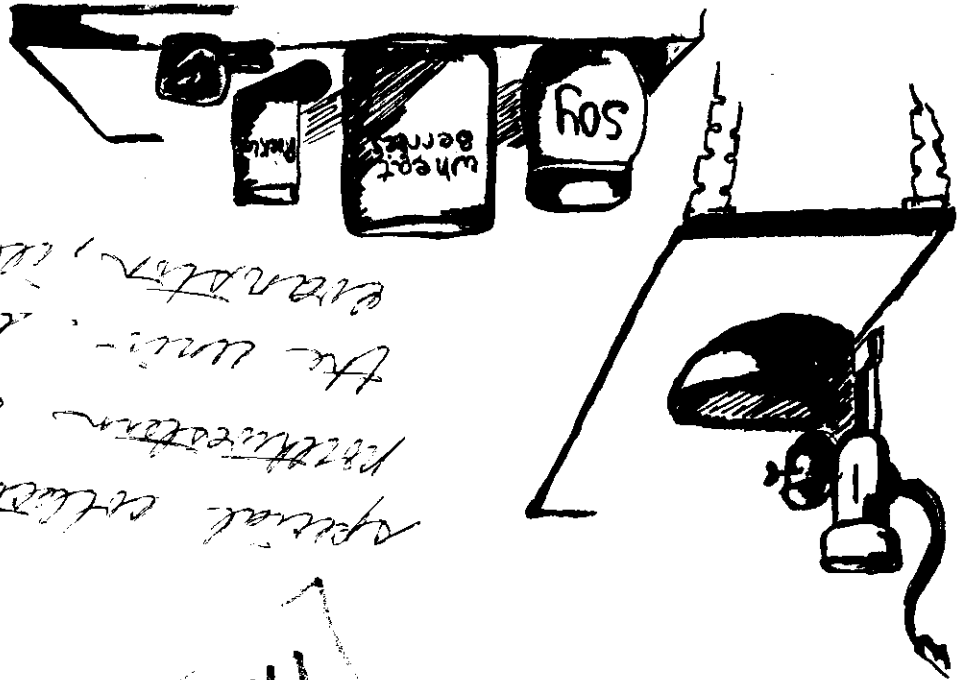
in this session we will learn how to make a pair of snowshoes, and how to use them. the session will cover two consecutive sundays. the first get-together will be to make the snowshoes and learn about snowshoeing and winter safety. the following sunday we will go on a one day snowshoeing trip into the mountains. tuition requested.



fall-winter 1973

60821

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Institute for West
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mulling over memories of all the people - they come
and go, return and leave again, learn a
little more about themselves, come closer to
the essence of being, and then go on.
but not until they've planted
something of themselves within the
community.

i feel rich for having contact with so
many assorted souls and give them part of
me to take with them as they go. maybe
one day we'll all become each other. meet you
in the garden by the peas... bring a hoe.

