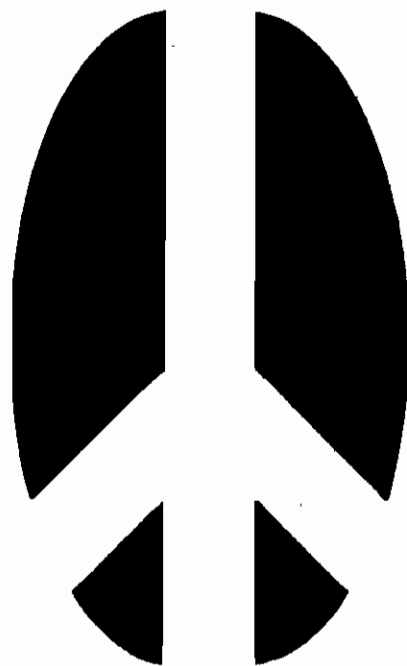
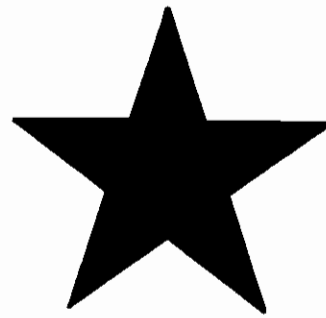
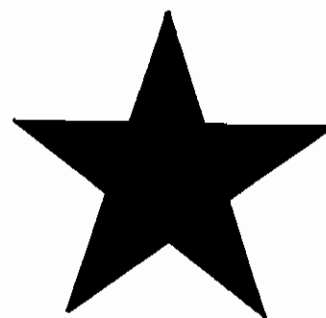
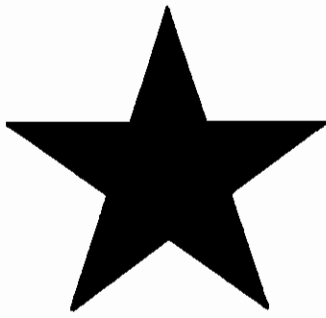


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PREAMBLE

What an organization does is the best indication of what it is. And the various activities described in this catalog give, perhaps, the clearest picture of what the Midpeninsula Free University is all about. Yet since what we are doing falls short of what we hope to do it has been felt that some statement of our intentions is necessary. We feel that the American educational establishment has proven incapable of meeting the needs of our society. It often discourages students from thinking critically, and does not afford them meaningful training to help them understand the crucial issues confronting mankind today. Bound to the existing power structure, and handicapped by modes of thought fostered by big business, by the military establishment, by consensus politics, and by the mass media, it is unable to consider freely and objectively the cultural, economic and political forces so rapidly transforming the modern world. The present educational system in fact defends the status quo, perpetuating its evils and perils. The system has become rigid; it is no longer receptive to meaningful change. A revolution in American education is required to meet today's needs, and a new type of education--a free university--must provide the impetus for change.

therefore we affirm:

That freedom of inquiry is the cornerstone of education.

That each individual must generate his own most vital questions and program his own education, free from central control by administrative bureaucracies and disciplinary oligarchies.

That the class character of age in our society subverts education, and that the young are not too young to teach, nor the old too old to learn.

That education is not a commodity, and should not be measured out in units, grade points and degrees.

That education aims at generality rather than specialization, and should supply the glue which cements together our fragmented lives.

That education is a process involving the total environment, which can only occur in a total community, in which each individual participates equally in making the decisions which importantly affect his life.

That education which has no consequences for social action or personal growth is empty.

That action which does not raise our level of consciousness is futile.

That the ultimate politics will be based on knowledge, liberty, and community, rather than on hate, fear, or guilt.

That the most revolutionary thing we can do is think for ourselves, and regain contact with our vital centers.

That the most important questions which confront us must be asked again and again and answered again and again, until the millenium comes.

That the natural state of man is ecstatic wonder.

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MIDPENINSULA FREE UNIV.
1061 EL CAMINO REAL
MENLO PARK, CALIF 94025

328 - 4941

THE FREE UNIVERSITY ☆ ☆

Education is not merely a period of time and space in which learning is expected to take place. It is a process, a continuum with no beginning or end, something which simply is. There may be many plateaus or down-ramps or steep ascents in the process, the continuum may take many forms, but essentially all rivers flow to the same ocean and all forms are inter-disciplinary since there is only one real process and that is life. The Midpeninsula Free University is a high flying vision, a modern translation of the Renaissance, a community, a family, a tribe in search of itself.

MEMBERSHIP ☆ ☆ ☆

Membership in the Free University is open to all people with no pre-requisites. The membership fee for the Winter Quarter is \$13.00. This one-time increase of \$3.00 was discussed and approved at a special General meeting held on December 11th. We are hoping the increased revenue brought in by this increase will clear up the print shop deficit built up over a number of quarters. Although the print shop is now doing well, it is not doing well enough to clear up the huge past deficit. Clearing up these old bills will permit greater growth within the print shop as well as freeing money which has been applied to clearing up this problem to be used in other areas. Members are also invited to contribute an additional \$2.00 to the general fund in order to expand the range and scope of community service programs offered during the coming quarter. Scholarships and arrangements for those who can afford only partial payment can be made through the registrar.

COURSES ☆ ☆ ☆

Any Free University member may offer a course on any subject in the manner he sees fit. The Free U exercises no screening, censoring or directing of any classes. In this way the community can assess its educational needs and fill those needs with experiences that are relevant and self-directed. Meaningful courses meet with success where poorly organized classes may collapse, though it is not unusual for students to become teachers and continue a jointly shared ideal. Since the Free U rejects the concept of grades, members take on the responsibility for directing their own education; the quality of that education is limited only by each participant's commitment and initiative.

FEE COURSES ☆ ☆ ☆

It is the policy of the Midpeninsula Free University that course leaders who have taught at least one Season in the MFU for free may charge a nominal fee for their classes. A 25% rebate on all fees collected by course leaders is to be paid to the Free University.

THE NEST ☆ ☆ ☆

The Nest is the crossroads of Free U energies. The Nest is our office, our communications center, our printed and verbal information center, informal gathering place, sometimes meeting place, classroom, political debate center and library of books and periodicals. What used to be the MFU store is now a comfortable room with coffee, tea, good music, shelves of books and magazines, posters, etc. This room is also the home of the job and housing books, catalogs, old newsletters, and bulletin boards listing more jobs and housing, things for sale, announcements of community services, gatherings, meetings and projects. The rear room contains the office proper. Here the central organization work goes on: compiling the Redbook, class lists, catalog, etc. The staff and volunteers are able to answer many questions and help with many problems. Responsibility for coordination rests with the office managers, the coordinator, the curriculum coordinators and the executive director. Newcomers and old hands come together here and share the work and their experiences. Spend a few hours a week in the Nest, learning, experiencing, talking and working.

POLITICAL ACTION ☆ ☆ ☆

The Free University makes the assumption that education which is divorced from political involvement is sterile and meaningless. Our political commitments are determined at open meetings by a participatory democracy. The MFU has taken a stand on a number of issues, including opposition to the draft and conscription laws, support for the legalization of marijuana, condemnation of imperialism by the U.S. and Russia, and demanding immediate cessation of U.S. involvement in the Vietnam war, support of the Peace and Freedom Party, the Black Panther's Ten Point Program and the Third World Liberation Front. During the past year we have supported the April 3rd Movement, People's Park in Berkeley and the Free People's Free Music Company in Palo Alto. The Free University is its politics: the action, interaction and growth of the free people who are involved in it--

--creating an alternative to the shallowness of American society
--creating social change in the quality of our lives...



MEETINGS

The Free University governs itself by means of a participatory democracy in which all members have an equal vote. As a non-profit organization the Free U holds regular weekly meetings. The General Council meets once a month to make the broad financial decisions and to set policy. The Coordinating Council meets the other Thursday evenings each month. All meetings are held at the Free U Nest, 1061 El Camino Real, Menlo Park; Coordinating Council meetings begin at 6:30 p.m.; date, time and agenda for General Council meetings are published in the Free You magazine and mailed to all members prior to meetings. All members are urged to attend and participate.

VOLUNTEER PROJECTS

The Free University was founded as, and continues to be, a vision of its members. Visions and dreams know no boundaries or limits, and neither does the Free University. It has grown tremendously since its conception. The future stretches before us, what is made of it depends on people to provide life and energy and direction. Presently six people are receiving salaries as staff members of the Free U. But the Free U vision could not begin to be realized without the aid and support of the many volunteers who believe the Free U sufficiently significant and important to warrant their time, energy and creativity. Such people are the foundation of the Free University. If you would like to share in building the community, please fill out the volunteer section of the registration card and call or stop by at the Nest and talk with Lesley or Bob.



PLEDGES

To sustain the Free University, its classes, its community functions and its staff demands money. The membership fee covers a large amount of the cost, but to build the Free U to its full potential requires more. If you feel that what the Free U does is valuable and you are able to make a contribution, either in the form of a donation or a monthly pledge, you are urged to contact Rob Gilmer at the Nest (328-4941).



CELEBRATIONS

During the past few years a tradition has grown up around the Midpeninsula, a movement of people and music centering in the parks and open spaces. The Free U is renowned for sponsoring these festivals and concerts, gathering the various segments of the community to sing and dance and feast in each other's company.



THE FREE YOU

The Free You newsletter is published monthly, with occasional extra issues as the need requires, and while it is principally intended to serve as an internal newsletter, it is sold widely on both coasts and has subscribers in all 50 states, and has achieved a national reputation as a creative form of "underground" journalism. The magazine explores personal and social issues important to the MFU and to all of us, and contains original fiction, poetry, art, photographs and commentary by members of the community. Its style is colorful, and its content is irreverent and unsteretyped. It does not credit out the style or content of its contributors, and all members are encouraged to contribute freely, or help with production. The Free You is free to members and available to non-members by subscription - \$5.00 per year, \$3.00 for six months.



PRINTSHOP

The Midpeninsula Free University Press and Resistance Print Shop is located at 337 Ramona St., Palo Alto. All Free U publications are produced and printed within its walls. Low cost printing is done for area movement organizations; below market price printing is offered to the general public. Contact Al Barclay at 327-5676 concerning posters, flyers, letterheads, business cards, newspapers, etc. If teachers wish to have material printed at cost or free for their Free U course, they should contact Al for an estimate and then present their request to the Coordinating Council for approval. Early in September, the Palo Alto Resistance merged an MGD 22 (A.B. Dick 385) press into the prevailing MFU Press facilities, giving us now two presses, two printers and the power to produce Newsletters and catalogs at over twice the past speed. Although conditions at the printshop have improved in the past year, a great deal of community support is needed to build it to an ongoing community business. Anyone interested in offering help in acquiring new customers, clean-up or general labor, please contact Al. The press belongs to the community and welcomes anyone who would like to stop by.

STAFF



Most Free University work is done by volunteers using donated materials. When necessary, materials are purchased and staff is paid. When making the decision as to create or not create a paid position, the Coordinating Council considers as its first priority the needs of the Free University. In making this decision as to who shall be hired, the Coordinating Council considers: length of time in the Free U, previous experience, performance in past Free U jobs and compatibility with the people with whom the staff member has close contact. It is the policy of the Free U to provide to its paid staff sufficient money and benefits to provide a decent standard of living and maximum freedom of personal direction consistent with the stated needs of the community (at present full time paid staff receive \$200/month plus \$100/month for each dependent. Each staff member is covered on the Kaiser Health Plan).

JOBS



1. All paid staff members spend 40 to 50 hours minimum per week doing their jobs.
2. All full time paid staff members attend all Coordinating Council meetings, General Council meetings, Staff meetings, and meetings regarding catalog and registration (obvious exceptions are technical jobs or conflicts with other necessary job duties).
3. Staff members irregularly submit reports of their activities to The Free You and to the Coordinating Council.

Specifics

The following descriptions attempt to clarify the areas of responsibility and duties of various staff members. In fact, many areas overlap and what people do changes constantly. The work necessary to accomplish the jobs is far in excess of any individuals capacity and many, many non-staff members volunteer their time and energy to make the whole organization work. If you are interested in helping in any area, let the person coordinating it know.

Descriptions

Coordinator

The Coordinator is responsible for integrating the general operation of the Free U: the financial status, the printshop, office, and other activities, including community relations and dealing with governmental agencies. He fills in for other staff members when they are sick, and works in the office perhaps half the day.

Curriculum Coordinator

The Curriculum Coordinator is responsible for all the aspects of the courses: collection of courses, teachers, locations, and communication between course leaders and members. He also oversees the course registration book and the Redbook.

Executive Director

The Executive Director is the Free U jack-of-all-trades. He pours energy into the projects of the moment-- benefits, registration, the catalog, and whatever there is.

Other Jobs Which Defy Description

Office Coordinators:

Recording Secretary:

Printshop Coordinator:

General Secretary:

Printer:

Treasurer:

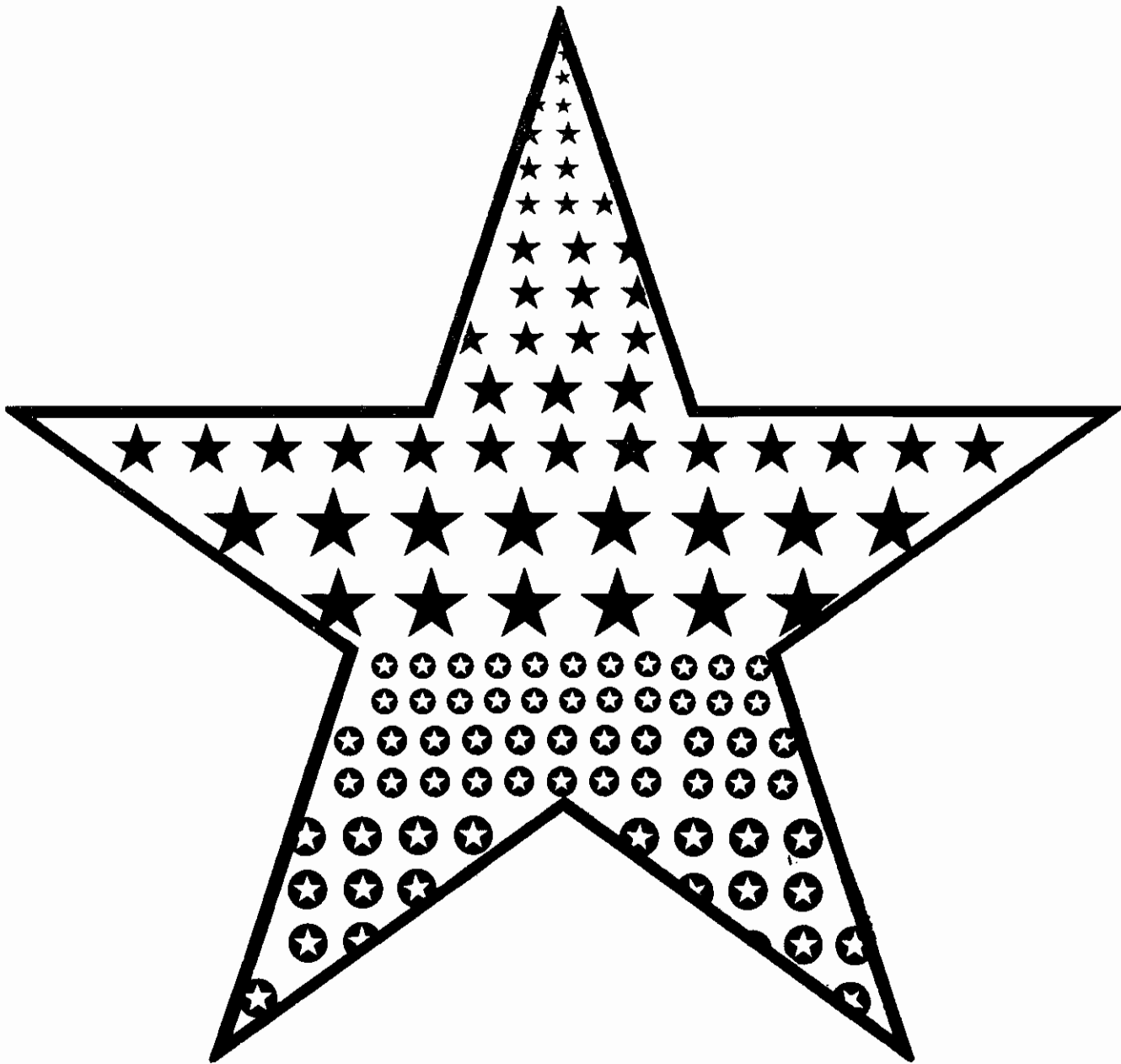
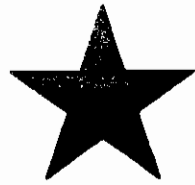
Newsletter Editor:

Attorney:

Newsletter Secretary:

Assistant Office Manager:

Registrar:



ARTS & CRAFTS



A-1 PAPER FLOWERS: Dotty Misischia

A one day course for beginners and experts alike. Instructor can make only four (4) styles, but would like to share knowledge and techniques with anyone interested. Experts (defined as anyone who can make a paper flower) please come and teach, too. Bring any or all of the following items to use and share: crepe paper, colored tissue paper, scotch tape, paper glue, scissors, flower wire or the equivalent, coat hangers, wire cutters, pipe cleaners, flower tape, and anything else you use to make paper flowers. Bring some samples of any you can already make.

Sunday, 2 p.m. January 18. East Palo Alto

A-2 SANDCASTING AT THE BEACH: John Milwitt, John Dolly

We will gather together at the Santa Cruz Free Beach and create sandcast candles. Children are especially welcome at this gathering. Wax and wicking provided at cost (which is \$1 or less).

Beach is: About 6 miles north of Santa Cruz on the Coast Highway. This is about 2 miles south of Davenport. The drive into the beach is marked by a red, white and blue mailbox and by a surveyors paddle. People with rides/or needing rides go to the rear alley of Free U and find each other by 10 a.m.

Sunday, January 25. 12 noon till dusk. THERE IS NO ADDITIONAL INFORMATION. For a repeat of the above information call the Nest and bug the staff, who will be only too happy to read this to you again.

A-3 PRIMITIVE BODY MOVEMENT: Anne-Lise Malter

Another quarter of inspiring exercises in how to move naturally by revitalizing neglected areas of the body -- staying slim and alive. The sessions end with improvised dancing to all kinds of beat. Wear comfortable clothes covering arms and legs.

Starting Monday, January 12. Palo Alto. A fee of \$10.00 for room. A morning class can be arranged if more than five (5) are interested.

A-4 RECORDER PLAYING: Beth Cosby

An evening of getting together and playing recorder music just for fun. Not for serious and devoted musicians, but for amateurs who can sight-read or fake simple baroque music. The first meeting we'll play Handel's Rodrigo-Overture, among other things, in case you feel like looking at it first. Bring recorders, music, music stands, if you have any. I have a soprano, alto and tenor. Anyone have a bass?

Monday, January 12. Palo Alto

A-5 PHOTOGRAPHY-FILM-MAKING: David Gillis

Meetings will hopefully bring together people doing different things and on different levels of still work and/or films. Technical assistance can thus be shared and work will be discussed to suit needs of each person in course. Cooperation of ideas, equipment, making films, showing work publicly, photographic projects, plus any of your own pet schemes will try to be developed. The course should make photographers aware of a photographic community, and of their potential contribution to it.

Monday, 7:30 to 9:30 or 10 p.m. Menlo Park

A-6 MODERN DANCE: Marion Moore

Techniques and conditioning. Modern dance is similar to ballet, but is much less rigid and stylized. There is lots of room for free movement and creativity. We will try dancing in groups of two or more, which begins to feel like non-verbal encounter. Class can be run at beginning or intermediate level, depending on experience of participants. There may be a fee for room rental. Sign up, and you will be contacted.

Monday, 8 - 9 p.m. Location to be announced.



ARTS

A-7 CHINESE COOKING: Lois Krensky

We cook, then eat Chinese foods. This continuing class is now open only to registrants from fall quarter. A fee of \$1.00 will be charged for expenses.

Monday, 8 p.m. Woodside

A-8 CHINESE COOKING: B. Chang

I would like to share some different ways of preparing fresh fish Chinese style. My kitchen is small, so please don't sign up unless you are really interested. There will be a \$1.00 per meeting charge to cover food cost. If too many people come first meeting, perhaps we can arrange a second section.

Mondays, January 12. 8 p.m. Sunnyvale

A-9 JAZZ AND BLUES: Kelly Wilson

Listening and discussing jazz, blues (and some rock) records from leader's extensive collection. (Bring your own, too). Usual jazz history approach won't be imposed, but some topic will be selected for each session. Please call 322-0531 before coming, since space is limited, and to rap about your interests. No particular background required.

Mondays, 8-10 p.m. Menlo Park

A-10 CREATIVE STITCHERY: Joanne, Suzanne, Lynne and Sylvia

We'd like to share some winter evenings with other women who have handwork they would like to do or learn to do. We'll have tea and bread and a fire. We know some about embroidery, crocheting, knitting and weaving.

Mondays, 8 p.m. Palo Alto

A-11 POETRY WORKSHOP AND ENCOUNTER: J. Spencer

The source of a bad poem is a poet out of touch with himself. Poets, let's go to the source...You. All growing poets encounter with themselves in private, and all teachers of creative writing encounter with their students surreptitiously. Let's bring it out in the open. Come to class with a dozen or fifteen of our best poems, or our most intimate poems, and read them. The class will try to decide what subjects or feelings we avoid or lack, what things we distort, what high-voltage subjects we treat coolly, what trivial subjects we treat passionately. We will look not only for the true and good, but for hollow spots, evasions, distortions. Then we will try to find the reasons. Expect strong emotions. We look to poets for insight. Evasions make us feel tricked and betrayed. Expect encounter, though sympathetic and supportive. We're all in the same bag. According to the needs of the class, we will sometimes revert to criticism of the poem itself. But this year let's worry less about making good poems, and more about making good poets.

Mondays, 8 p.m.

A-12 COOKING TAUGHT IN FRENCH: Babette Wills

A course taught in French about French cuisine, and all cuisine. Those who sign up should be interested in cooking and the French language, but there is no need of any previous experience with either. The course leader was born in France and is now an American citizen. The attitudes, art, and culture of France are explored along with the art of cooking. There is an \$8 fee for all who can afford it.

Tuesdays, 5-6 p.m.



CRAFTS



A-13 COOKING FOR NON-COOKS: Diane Ames

Cooking need not seem frightening. With modern cookbooks and cooking techniques, it isn't difficult to learn. All you need is sympathetic help and encouragement. Can you picture yourself cooking dinner? If not, would you like to be able to picture yourself cooking dinner? With any luck at all, you should be able to prepare a simple supper and eat it every week, starting the very first week. Because I consider a maximum of individual participation necessary for this course, enrollment will have to be limited. There will be a \$1.00 weekly fee for ingredients (if you can afford it).

Tuesdays, 6:30 p.m. Mountain View

A-14 COMPUTER ART: Dick Singleton

We will share ideas on artistic creation with the aid of computers, and experiment with new techniques. The emphasis will be on graphic work--drawings and movies--but, other areas will be explored if group members are interested. We will also consider composite techniques, possibly combining computer drawings with photographs and/or man-made drawings. The direction taken will depend on the interests and previous experience of the group.

Class will meet every other Tuesday, starting January 13.

Tuesdays, 7:30 p.m. Menlo Park

A-15 MAKING A CONGA DRUM: Vince Zager

One night only. Call before coming. A brief session acquainting you with the essentials for constructing a very cheap drum that can make groovy sounds.

Tuesday, January 13. 7:30 p.m. East Palo Alto

A-16 UP ON COYOTE CREEK: Irene Lenon

I am looking for a few people who are interested in helping me find, dig and use local clay to make pottery which is from this place, by us, now. We will use found natural objects as tools and develop simple glazes for the clay. If there is interest, we can build a raku kiln for our use. Previous experience with clay is not necessary since we'll be exploring and will try to be open to all the possibilities our materials offer us. This is not, however, intended as a general course in ceramics, and arrangements for beginning wheel work will have to be made separately. \$10.00 for materials and firing, if once a week 10 weeks, or \$20.00 for twice a week. Space limits enrollment to ten (10)

Tuesdays and Thursdays, 9 a.m. - 12 noon.

A-17 BEGINNING DARKROOM WORK: Donald Quinsland

This will be an introduction to black and white photographic printing, with some emphasis on setting up and equipping darkrooms. Class members should have their own 35 mm cameras. Cost will be about \$1.00 per session. Class will be limited to five (5) people. Sign up, and I will contact you, if there is space available. The first class will meet Tuesday, January 13.

Tuesdays, 7-10 p.m. Campbell

A-18 FOR ACETHEE HEADS, A TAPE WORKSHOP: Anthony Kast

A high level exploration into the never-never land of tape collage, or, what can happen when a Sony turns on and produces a multi-dimensional schizophrenic sculpture (in color). Anticipated production areas might include education and entertainment tape collages, radio essays, and documentaries, stereo soundtracks as part of mixed media production (music, poetry and photography) and sound track for experimental film. Possibility of broadcasting free lance results on local F.M. station.

Tuesdays, 7 p.m. Los Altos



ARTS



CRAFTS

A-19 WHAT'S YOUR MOVIE?: Terry Thompson and Tony Marsh

A workshop for those of you engaged in film-making at all levels, both 8 mm and 16 mm, who want to share your work and discuss mutual problems, ideas and perceptions of film. Opportunities for group or individual film production with emphasis on films as a tool of personal expression. Class limit is 15.

Tuesdays, 7:30 p.m. Palo Alto

A-20 OLD TIMEY STRING BAND: Duane Austin

This is a sometimes vain attempt to gather together for occasional evenings of pickin' and singin' in the old String Band Style. Tuesday evenings on the whim of whoever offers a location for us to meet.

Tuesdays.

A-21 A SEARCH FOR RARE JUNK: Joy Coschigano

Let your imagination run -- Join the group hunt for rare junk and turn it into our own rare gems. No boundaries to our quest or discoveries.

Wednesdays, 1:30 - ????? Palo Alto

A-22 THE ART OF GIVING AWAY BREAD: Walter E. Reynolds

It seems impossible that there is any person interested in this coffee can, Digger, Freedom bread that has not already baked with this class. But if there is, you are welcome any Wednesday evening at 7:30. No fee, no requirements. Bring good Vibrations. Somehow, we always manage to have hot bread, butter and honey.

First time attendees are urged, but not required, to purchase a take-home baking kit for \$1.75. Class is every Wednesday (except the last Wednesday of the month) at the instructor's home.

Wednesdays, (except the last Wednesday of the Month). 7:30

A-23 WRITING AGAIN, AGAIN: Ed McClanahan and Kelley

A somewhat organized, non-cerebral seminar by and for practicing writers. Some prerequisites.

Alternate Wednesdays, starting January 21

A-24 FREE U ARTISTS AND CRAFTSMEN: Larry Tesler

This meeting is limited to Free U members who are active artists and craftsmen (doing the kinds of things listed in this section of the catalog).

We have \$4000 left over from anonymous donation to our portion of the Community Center Project. The only active Free U crafts project is the Print Shop; we should decide whether to allocate any money to it. Plans for the Tangent-building community center include proposals for culinary and performing arts; we could donate money there, or try to buy a share of ownership and influence the plans for the benefit of artists and craftsmen. Further proposals are invited. Whatever money we vote must be approved by the Coordinating Council and disbursed by Fred Nelson.

Wednesday, January 7th 8:00 to 10:00 p.m.



A-25 ABOUT COMPUTERS AND THE PROGRAMMING THEREOF: Bruce Parsley

The course will attempt to teach enough about computers, programming, and programming languages to enable you to understand what's really going on in these. That should be enough of a base to go into learning specific programming languages and/or talking about what computers can or can't do.

Wednesdays, 7 p.m.

A-26 3D STEREO PHOTOGRAPHY: Bill Stockett

An introduction to the practice of stereo photography. We will learn by doing the kind of pictures we would like to have. All types of cameras can be used with simple attachments. We will concentrate on making pictures with various types of stereo cameras. Special emphasis will be placed on composition, lighting and modeling.

This course is for people who would like to get into photography but don't know where to start. Also art students and models may make pictures for reference or portfolio. Instructor has cameras for students to use. Students must purchase their own film. There will be a fee of \$1.00 per week.

Thursdays, 8 - 10 p.m. 127 Haight St., Menlo Park

A-27 WOMEN OF THE FREE U COMMUNITY: Phyllis Gilbert, Sue Schmit

If you would like help in learning to sew, alter a pattern, embroider, crochet, or if you know how and would dig practising these ancient crafts or any other in a "women of the village" group and sharing your knowledge, please join us.

Thursdays, 7:30 p.m. Ongoing course. Menlo Park

A-28 THE RAISING AND TRAINING OF THE WESTERN PLEASURE HORSE: Marge Lorton

Not a course in riding instruction. Designed primarily for the individuals who have just acquired their first horse, or who are planning to buy in the near future. Includes: How to buy, filling your needs, grooming, tack, care, veterinary needs, very early through advanced training, breeding and showing. Guest lecturers every third week to present varying points of view. Approximately 3 weekend field trips to ranches.

Thursdays, 7:30 - 9:30 p.m. Atherton

A-29 THE GREAT WINES OF BURGUNDY: Mike Menke, Rich Sajbel

We shall experience the great wines of the Burgundy region of France, paying particular attention to regional characteristics. This is a continuing course, but there are a few places for new members. To cover the cost of wines there is a \$15 charge (\$10 for students and women). Bring your own glasses, please.

Thursdays, 8 p.m. Los Altos Hills

A-30 ELEMENTARY FOLK GUITAR: Bill Blanchard

Basic chord progressions, strums, and finger picking for anyone with positive interest and negative knowledge of folk/blues guitar. We'll try to learn a few new songs each week: PP&M, Dylan, Judy Collins, or whatever you like. Bring your guitar and a notebook. Enrollment limited to 15.

Thursdays, 8 p.m. starting January 15. Location to be announced.

A-31 Wm. BLAKE: Tom Crystal

Concerning primarily the evolution of Blake's Prophetic Visions and dreams, the sources he drew upon, and our own parallel experiences. You will need only a sense of imagination; this is intended as an introduction to Blake and through him, to our Selves.

Fridays, 7:30 p.m. Menlo Park

A-32 METAL MOLD CANDLEMAKING: Pat Griscoin

Is there anyone out there who still doesn't know how to make candles? I'll give a demonstration or two of metal mold candlemaking, Friday, January 16th and Friday, January 23rd and give you information about equipment.

Friday, January 16 and Friday, January 23. 8 p.m. Atherton

A-33 UGLY ART: John Dolly

Ugliness infests our cities, highways and minds. But most of it is haphazard and unappreciated. Let's continue moving toilet bowls into art galleries and art into bathrooms.

Sunday, March 1. 7:30 p.m. Palo Alto

A-34 PAINTING WITH ACRYLICS: John Dolly

Acrylics surpass oil based paints in brightness, in quick drying, and in solubility in water. Let's get together some night and share our different techniques. This course is also open to those with no previous experience in painting. Bring your own paints and canvas.

Sunday, February 15. 7:30 p.m. Place to be announced

A-35 MACRAME: Stephan Stradtman

Alle ye men and ladies that wish knots, splicing and standard seamanship to know, gather with me. A yarn spinning time shall be set for learning, under the lee of the longboat. Many a useful thing concerning hemp shall be told. So, if you can dig a rope session, sign up. I'll find a place and time and announce it in the redbook. Please bring coin of the realm to cross my palm, so I may purchase enough hemp materials for all.

p.s. Please bring wine, a most useful catalyst in loosening the fingers and the tongue.

To be announced

A-36 SAY IT AGAIN, SAM: Liz Hecker

Bring a poem or two which turns you on which you or someone else has written. We will sit by the fire and read to each other. Bring wine and words. We will meet twice. The first and third Sunday in February.

Sundays, February 1st and 15th. 8 p.m. Menlo Park

A-37 PRINTING: Al Barclay, Jim Bowman, Cully, Lenny Anderson

The Free U runs a print shop at 927 Ramona St. in Palo Alto. We are equipped with an AB Dick 360 duplicating press, an MGD 880 press and automatic staple and folding devices. We have discovered that the best way to learn to print is the apprenticeship method. So, if you would like to learn to print, call Al Barclay at 327-5676.

A-38 BOAT BUILDING AND COMPUTER PROGRAMMING: Richard Heath

Help me convert a 30' lifeboat to a ketch-winged fantasy thing, while we rap about the vagaries of computer programming for a living and why a fantasy vessel is necessary in this wierd world. You may be able to pick up enough of the fundamentals to code a program for an IBM-360 or ready a vessel for an extended voyage.

Weekends as convenient to class members. On the boat.

A-39 TAKING YOUR MOTORCYCLE APART: Yale Braunstein and Tim CoBurn

We and other Motor cycle freaks will help take your bike apart and, if possible, put it back together. We have metric, Whitworth and other crazy tools, some manuals and possible some beer. Experts needed and invited. Sign up and we'll call you.

To be arranged.

A-40 THE ODYSSEY STONE ROCK OUTCROP (OPEN-STYLE) MUSIC GROUP.
COMPOSITION SEMINAR: S. Barrett Williams

This will be a formal sort of Oxford-style seminar, meet once per week, and delve into aesthetics and new music---experimental music, electronic music, computer generated sound, "Source" magazine, new wine and new bottles and the same old wine in the same old bottles. If you compose, decompose, write songs, or otherwise entertain yourself with notation or notation-free notions about music, this should excite you---We'll play the stuff we get into or arrange for performances. Recorder group available for "reading" many types of scores. \$5 for winter quarter materials. Scholarships available. Sign up and time will be arranged.

Menlo Park

A-41 BEGINNING GUITAR: Dave and Kitty

Individual lessons in classical, folk, rock or bass guitar. We can teach you the basics. Be popular! Win friends! Be invited to parties!

Palo Alto. Day and time to be announced

A-42 BEGINNING FOLK BANJO: Duane Austin

I will continue to teach what I can to anyone interested in learning banjo. Registered students must contact instructor to arrange for class time, usually one hour per week, arranged individually.

A-43 RIDICULOUS THEATRE PRODUCTION: Robert Diamond

I am looking at some fantastic scripts and hope to see some more amateur scripts involving high energy apocalyptic trips that can be presented meaningfully. When one or two are found, I will hold auditions and meetings for tech. people and actors/actresses to produce them. If you can offer something, get in touch!

Time and place to be announced

FEE COURSES

A-44 THEATRE OF EXPRESSION WORKSHOP: Steve Polinsky

A troubleshooting workshop in the art of dramatic expression. We will be using: mirror exercises, improvisations, acting techniques, theatre games and open critiques to hopefully attain a higher level of ease and freedom in performances and life.

I have recently conducted an experimental workshop, called "Dramathon", an attempt at making breakthroughs in dramatic expression via 12 and 24 hr. marathons. We will continue to explore these areas and others, seeking more effective ways of communication through the performing arts.

Partial scholarships will be available upon discussion to anyone genuinely interested in the course.

Mondays, 7:30-10:30 p.m. Menlo Park. Fee \$20.00 per month.

A-45 JEWELRY MAKING AND WELDING: Carl Peterson

This course will deal in metal work, such as the making of rings, medallions, pendants, etc., as well as larger things, such as metal sculpture. Course meets bi-weekly. January 13 and 27
February 3 and 17
March 3 and 10

Class limited to 13 people. Fee \$10.00.

Palo Alto. 8 p.m.

A-46 HOW TO PRODUCE THE VISION: Liz Hecker and Lee Reeves

This is an intensive four hour workshop which will meet one night only. We will cover the techniques of photography; setting up a darkroom, demonstrating usual and unusual printing methods, etc. for half of the evening. The other half will be given to the aesthetics of photography; how to previsualize the picture, and how to share your own personal visions via a photograph. Course will begin promptly at 6 p.m.

Friday, January 30. 6-10 p.m. Menlo Park. Fee \$7.50.

A-47 THE ODYSSEY STONE ROCK OUTCROP (OPEN-STYLE) MUSIC GROUP
THEORY OF PERFORMANCE WORKSHOP: S. Barrett Williams and Others

This winter edition of the O.S.R.O. (open-style) music group's Theory of Performance Workshop will be conducted as a kind of free-flowing encounter group which will concentrate on getting out some new group music at each Saturday session in addition to exploring individual resources and hang-ups as regards music making --- electronic and acoustic instruments; tape music, and synthesizer and computer music will be utilized and further developed. Light-show and Lazer people welcome. Food (\$1.00) at 6:30 p.m. This same sort of encounter is going on in Berkeley (Free U) and we will meet there from time to time.

Saturdays, 2 p.m. until ?? East Palo Alto. Fee. \$1.00 per session plus \$1.00 if you stay for food at 6:30.

A-48 BEGINNING CLASSICAL TECHNIQUE FOR THE GUITAR: Bob Noll

You will learn how to read music and relate it to the guitar; how to study, most effective practice methods, correct guitar, body and hand positions; Chromatic Scale; C Major Scale; six Arpeggios.

Requirements: 1. Half an hour of hard work EVERY day (7 days a week).
2. Access to a nylon string guitar, preferably Classical style, and full size.
3. Very short nails on left hand; medium or short on right.
4. Suggested text: Carcassi Classical Guitar Method, #0-762 (3.00) Adequate mimeo sheets will be supplied free.
5. No miniskirts. Full length skirt or slacks.

Duration of class: 10 weeks; one 45 minute class period per week; limited to 10.
Fee: First three 10 student classes each quarter are free; additional classes \$10.00 per student per quarter in advance.

Time and location to be arranged.

A-49 BEGINNING FOLK GUITAR: Bob Noll

This course is designed as a 10 week crash course (or cram session) to give you enough of the basics so that you can teach yourself the rest of your life if you wish. You are expected to try to understand the material presented so that you can pick it up and use it at any time in the future. Presented will be 10 songs (mimeo), 10 chord structures (left hand), and six to ten strum patterns (right hand), varying from simple to complex. If you also learn how to play the guitar in ten weeks that will be an incidental bonus.

Duration of class: 10 weeks; one 45 minute class period per week.

Fee: \$15.00 per student in advance

If a class room in Menlo Park area is donated, a minimum of 10 students and a maximum of how many are comfortable in the room.

Time and location to be arranged.

A-50 BALLET AND BODY MOVEMENT: Bobbye Wolf

Dance class teaching basic dance movements in classical ballet. At times class will also use modern dance, jazz and improvisatory techniques in exploring body movement. Tights and leotards - ballet shoes, if desired. Course will remain open.

Time and location to be announced. \$1.00 per class.

A-51 STONE MOVE ROCK & SOUL GROOVE, INVITATION TO THE ROLLER DERBY DANCE-CHARLESTON: Trina Jacobsen

Barbara Martin, Leslie Nassen and I will turn you on to interpretive, modern jazz, rock and roll or soul dancing; and some primitive African dancing (if desired). Wear loose or little clothing (leotards or pants). Bring drums or tamborines and music you dig.

The only fee might be for the rent of the room. The amount would be determined by the number of people and the rent.

Wednesdays, 7:15 p.m.

A-52 RAKU POTERY Joy Beeson

Traditionally Raku is a 16th century method of firing hand built pots. It can be done in a home-built kiln, and takes 15 to 30 minutes to glaze-fire a piece. No experience necessary. Because of the size of my studio, the class is limited to the first 15 who sign up. There will be (at the most) a 10\$ fee for materials; clay, molding tools, and kiln materials (we will be building our own kiln.)

Saturday January 10 1:00 pm (Will only meet afterwards for problem sessions and day long firing parties. The pots will mostly be done in your homes.)

A-53 WEAVING Joy Beeson

This class is for advanced weavers and the members of my last years class, who were bored when they continued from quarter to quarter and found that we had to spend all of the time teaching beginners. We will spend as little time as possible on technique unless something unknown to all comes up. We will meet to talk of our new ideas and problems as we encounter them. We will meet once a month on Sundays and perhaps on Saturdays for work sessions.

Sunday 7:30 pm Starting January 11

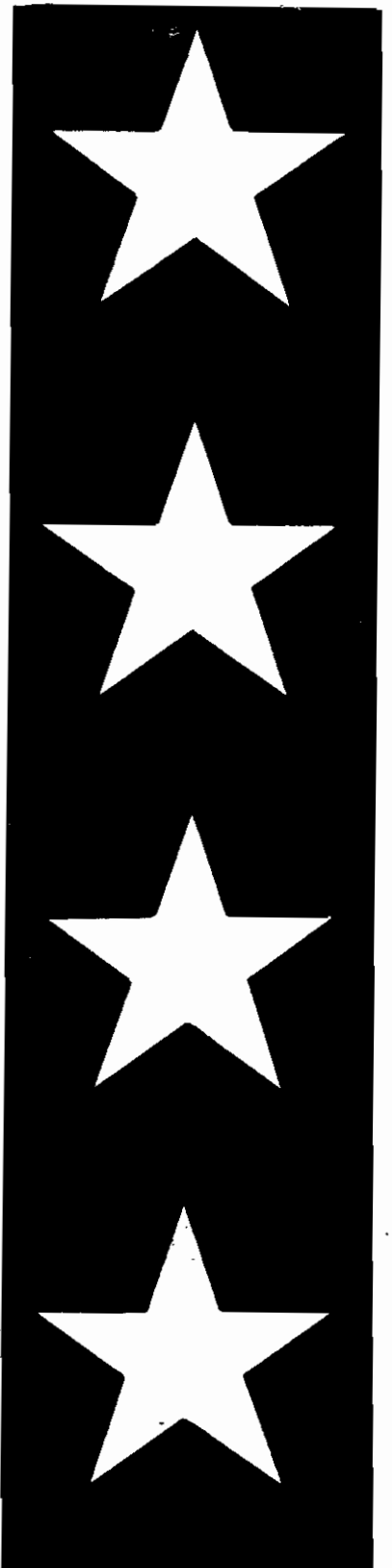
A-53a FOR BEGINING WEAVERS Joy Beeson

For begining weavers who are interested in the above kind of class, there will be a meeting January 22 at 7:30 at which I will give out ditto sheets for 50¢ from which it is possible to learn the basics. These you will study on your own, if in a month or so you feel qualified to join the above class, you will be most welcome.

A-54 SILK SCREEN AND WOODCUT Roz Stone

These are two cheap & easy techniques of printing, with vast possibilities of application. I am into traditional & experimental techniques of both. The first two classes will be lectures & demonstration; so bring a notebook and be prepared to write it all down for reference. Don't buy any materials until the class meets. I welcome both beginners and experienced artists.

Wednesday 7:30 Palo Alto



ENCOUNTER





ENCOUNTER



INTRODUCTION


More than ever before, man is asking the existential questions "Who am I? Why am I alive? Where am I going?" And as he looks around for answers to these intensely personal questions, he finds, more than ever before, traditional solutions void of significance and meaning. For many, God is dead or at least has suffered a debilitating stroke. Deprived of the religious panaceas once provided by church dogma and ceremony, man is increasingly aware that he must look elsewhere for personal fulfillment and spiritual salvation. Science, too, has failed to uncover the golden road to immortality and omnipotence, and instead offers the terrifying spectre and possibility of instantaneous and mass annihilation. Even capitalism, that once sacred cow of western civilization, is losing her gilded sheen. Amidst unequalled affluence and prosperity, man finds his life becoming more and more externalized and regimented; the result is a separation between one's self and one's socio-economic role and function that on one hand creates a sense of alienation, aimlessness and insignificance, and which on the other maintains and heightens this anxiety by creating a spiritual wasteland totally devoid of means with which man can overcome his emotional ennui.

More and more aware of the obvious bankruptcy of these time-tested solutions, people have begun to realize that it's necessary to look inward for new and meaningful answers, to embark upon an exploration into self-awareness, in order to combat the growing sense of unreality about themselves and their lives that characterizes our modern "schizoid" world. For those interested in this magical mystery tour, the "encounter" section provides an almost overwhelming number of starting points which, while heading toward the same goal, take the traveler along two different routes - encounter/confrontation and psychodrama.

Basically, encounter strives for awareness and growth through intense, honest and intimate interaction with one's self and with other people. Sometimes oriented around a particular issue, more often left wide open to follow the needs and interests of the individuals involved, an encounter group generally revolves around the need and the inability of people to deal honestly and openly with themselves and with others. To overcome the fear and hesitancy of revealing and expressing personal feelings, problems and emotions to other people, a variety of techniques such as touch and trust games, sensitivity awareness, gestalt exercises, or simply an emphasis on here and now interaction might be used to develop, over time, feelings of caring, trust and cohesion within the group, creating an environment where personal barriers and defenses can be dissolved and disposed of, and where people can finally begin to talk with rather than at, and react to instead of against, other people.

Psychodrama, in both the once-a-week meetings or the weekend long marathons, also deals with the personal problems and conflicts mentioned above, and often uses many of the same techniques as the encounter groups. In addition, however, the predominant emphasis is on the acting out of, rather than the rapping about, one's feelings and problems through scenes which may recreate a moment in the past, deal very specifically with the present, or jump ahead to some hypothetical time in the future. Within each scene the participant is forced to face the emotional and psychological realities of the moment being reenacted; unable to hide himself away behind his intellectual and rational defenses, he is open to experience the intensity and the depth of his own feelings, to break through the emotional blockage that isolates him - from himself and from others.





EN 1 - 5 ENTRY TO ENCOUNTER

For people with little or no group experience. We will explore new ways of being people together: discovering our own humanity--getting in touch with each other's --learning to touch, to trust, to feel. We will be as gentle as possible--consistent with honesty. Each group will be sexually balanced and limited to 20 people. Additional sections will be added as necessary. Sign up and we will contact you. Sign up for one section only.

Mon. - EN-1 Tues. - EN-2 Wed. - EN-3 Thurs - EN-4 Fri. - EN-5

EN-6 EXISTENTIAL ENCOUNTER: Della Belansky

Encountering--mostly verbal, but with some Gestalt, some psycho-drama. Emphasis on becoming aware of self and others and finding your own life-purpose and meaning. A chance to see how you act and interact in group exchange.

Mondays, 7:30 p.m. San Jose.

EN-7 THE SEXUAL COMPLAINT: Mohandas

Here's your chance to tell the opposite sex what's wrong with it! (And to learn from the opposite sex what's wrong with you.) The idea is to teach and learn, not scold and fight. The members of the opposite sex teach this course, not me. In the battle of the sexes, this course is fraternization with the enemy. Car pools arranged; call 861-2443 to offer or get a ride.

Mondays, 8:00 p.m. San Francisco.

EN-8 BEHIND THE MASK: John

Behind the studied mask each of us wears most of the time is a warm, feeling human being. Using a variety of techniques for increasing trust, awareness, and compassion - many of them non-verbal - we will try to shed that mask and learn to be the warm, feeling person we hide so well. You may feel joy, peace and love. You may cry uncried tears. You may discover you. An encounter group for those with no encounter experience and those who have had enough encounter experience, especially as it has involved hitting and yelling. Sign up and you will be contacted. (Group size will be limited.)

Mondays, 8:00 p.m. Portola Valley.

EN-9 COUPLE-WORLD ENCOUNTER: Dave & Ann Mills

Many of us have attained a good relationship as a couple, but are still searching for better relationships with the rest of the world. Both as individuals and as couples we interact with others and the resulting relationships can be supportive or destructive--or for worse, merely superficial. The focus of this encounter will be to develop and improve supportive, honest relationships. the role of each individual and each couple in their relationships will be examined critically and honestly. Participants must be couples with a good relationship who are not afraid of being challenged. This is a continuing course from last quarter, with a few openings. Please call as soon as possible to arrange an interview. 968-7047.

Mondays, 8:00 p.m. Mt. View.



ENCOUNTER

EN-10 HOW TO BREAK LOOSE IF YOU ARE OVER 30 AND UP TIGHT: Bill Bryner

The course title says it, man.

First meeting, Monday, January 12, 8:00 p.m. Location to be arranged.

EN-11 DREAM INTERPRETATION: Andy Smith

Learn to interpret your own dreams. A good source of information about yourself in your dreams. When you understand your dreams, then you have a better understanding of yourself. If you do not remember your dreams, you can learn the technique how to turn your dreams on again.

Mondays, 8:00 p.m. East Palo Alto.

EN-12 LIVING TOGETHER: Bill Bryner

If you dig a chick or a guy and you're afraid to live openly together, if you have a problem being out front with up tight society, come rap with us. We may not straighten your head out, but we'll tell you where we are.

First meeting, Monday, March 2, 8:00 p.m. Location to be arranged.

EN-13 BECOME A FAMILY: Tip & Gina Sprague

We have combined a variety of techniques ranging from Yoga postures to non-verbal communication into an encounter-sensitivity course. We would like to find a family to share it with. We will work toward becoming spiritually, physically and emotionally close to one another. Techniques will stress joy, gentleness and challenge. We will begin at an elementary level and advance at the family's discretion. We'll work toward honest intimacy with ourselves and one another. Admission by interview only. Call for information.

Tuesdays, 7:30 p.m. Cupertino.

EN-14 GESTALT ENCOUNTER: EXCITEMENT AND GROWTH IN THE HUMAN PERSONALITY:
Alex Perel

A combination encounter group and Gestalt workshop. I hope for a close, warm group. Nothing needed except a willingness to participate.

Tuesdays, 8:00 p.m. Los Altos.

EN-15 GET STRAIGHT: Jan

If you are a (male) homosexual and you are unhappy, maybe it's because you really want to be hetero- or bi-. You must want to change yourself. We will use some sensitive, groovy methods that are guaranteed to help you if you are serious. This is not for gay guys who are happy the way they are. Admission by consent of instructor--no drop-ins, please.

Tuesdays, 8:00 p.m. Palo Alto.

EN-16 BIOELECTRIC INSIGHT MASSAGE: Hugh MacDonald

Insight gained through another's touch. Energy centers. Pressure, pain and pleasure. (Need place for about 20 people to lie down comfortably.)

Tuesdays, 8:00 p.m. Location to be arranged.



ENCOUNTER

EN-17 ENCOUNTER: John Dolly, Jean Tarshis, Grace Olsen

Two Leo ladies and a male Gemini all experienced in encounter and psychodrama waiting to lead you through your first encounter class. What happens depends on YOU, our moods and how you move us. This is encounter--not psychodrama or touch, trust and tenderness. We will charge 25¢ per session to be donated to the Free U 'cause they need money!

Wednesdays, 8:00 p.m. Menlo Park.

EN-18 SELF-AWARENESS WORKSHOP: Lois Schleimer

Group techniques including dance movement, art forms, music & encounter are combined with individual Gestalt therapy to bring out the real self and to discover our distortions, hang-ups & beauty. The atmosphere is accepting & emotionally nourishing, although bringing out anger is an important part of our process. Group limited to 12. Call in advance.

Lois Schleimer, M.S.W., is a licensed clinical social worker with eight years of experience. She has had training under Drs. Frederick Perls & James Simkin and has attended workshops with Dr. William Schutz & Stan Keleman (the latter in bio-energetics.)

Wednesdays, 8:00 p.m. San Jose.

EN-19 STEP RIGHT UP: Steve & Marion

Continuing encounter for group that formed last quarter. Closed to additional sign-ups.

Pre-requisite: Participation in EN-22 during the Fall Quarter.

Wednesdays, 8:00 p.m. Sunnyvale.

EN-20 COMMUNICATION: TOWARD INCREASED UNDERSTANDING AND SHARED EXPERIENCES:
Fred Jewett

Would you like to avoid arguments, unwanted hostility & conflict, learn to feel more at ease in talking about certain subjects and/or to certain people, increase understanding?

Come and share your observations, experiences and difficulties and thru various exercises, feedback and discussion we will find out what is lacking and try to improve the situation. We will recreate difficult situations and practice communication of all sorts, trying to reduce unwanted emotional reactions and working toward understanding responses.

There will be little or no pressure to do anything not genuinely motivated, but people will be encouraged to make notes of reactions, comments and suggestions not made verbally and to turn them in for some form of constructive integration later. Please call or come if you have ideas or would like to help lead the group. I have many ideas, but can always use contributions & a chance to step out of the leader role at times.

Tuesdays, 7:30 p.m. Menlo Park. 323-1538

EN-21 CONTINUING NON-VERBAL ENCOUNTER: Glenn Cohen

This course is designed for those people who have been in at least one non-verbal encounter group and who wish to continue to explore ways of communicating non-verbally. This is strictly a positive feeling and relaxing type of encounter which emphasizes sensitivity, gentleness and sharing. The activities are non-threatening and there is a strict regard for personal choice. I have lead encounter courses for a year and a half and have patterned them from groups lead by Mike Young and Rosemary Hite.

Members will be interviewed in advance. Sign up early and you will be contacted.

Wednesdays, 8:00 p.m. Palo Alto.



ENCOUNTER

EN-22 IMAGINATIVE REALISM: Rudy

Reality can be a good trip, and imagination can help energy go in the right direction. We will develop trust and awareness by means of encounter, yoga, psychodrama, dance, music and hypnotism. We will try to stay at the growing tip of your awareness. No rough stuff, but we hope much excitement. Dress comfortably. Limited class size.

Thursdays, 7:30 Los Altos.

EN-23 A MARRIED COUPLE'S WORKSHOP: Pat and John Bradley

A laboratory experience to enable marrieds to relate to each other more creatively & honestly. Limited to six couples. Sign up & you will be contacted.

Thursdays, 7:30-10:30 Palo Alto.

EN-24 FRIDAY NIGHT MASSAGE: Bud and Kathy's Friends

Our approach to massage is an attempt to quiet the mind so that the participant can sensitively make contact with himself and with members of the group. Join us in a series of joyous sensory explorations designed to let you climb out of your head and into the open energy flow of your feeling body.

25¢ weekly charge for oil and scents. Group size will be limited; sign up, and you will be contacted.

Fridays, 7:45 p.m. Location to be announced.

EN-25 INTRODUCTION TO MASSAGE: Bud and Kathy's Friends

If you would like to learn massage, and can't make Friday Night Massage, we will organize several small introductory groups at times convenient to you. Sign up and you will be contacted.

Wednesday Evenings. Location to be announced.

EN-26 A GESTALT GROUP: Ed Garwin and Bill Kirk

If you're looking for some easy, magical way to get rid of your hangups, this course has nothing to offer you. But if you're willing to take a few risks--to open yourself up to the possibility of self-discovery and growth--then we'd like to work with you. We will depend heavily on the methods of Gestalt Therapy developed by Fritz Perls: increased sensory awareness; the use of dreams and fantasy to bring out the polarizations that exist between different parts of the personality; and working through these polarizations to more integrated behavior. Other group techniques, such as psychodrama, will also be used whenever they seem appropriate. The course will be limited to about 12 people.

Please sign up early.

Fridays, 8:00 p.m., starting January. Los Altos Hills.

EN-27 GROUP THING SAMPLER: Johnny Newcomb

A beginning encounter course for people over 30 who would like to experience the Free You scene. Sensory awareness, fantasy, confrontation, gestalt techniques and whatever our group thing becomes. Call for further information.

Fridays, 8:30. Palo Alto.



ENCOUNTER

EN-28 PSYCHODRAMA WITH LOVE: Bill Bryner

The intent of this course is to establish a warmth and trust among members through verbal and non-verbal encounter. As concern, trust and tenderness grow within the group we will move to psychodrama. This should make the psychodrama more a personal thing to the entire group. Compassion would be the emotional tenor of the psychodramatic action. Hopefully this would be true even in the violent scenes.

First meeting, Saturday, January 17, 11 a.m. Mt. View.

EN-29 THE ODYSSEY STONE ROCK OUTCROP (OPEN-STYLE) MUSIC GROUP O.S.R.O. ENCOUNTERS AND YOU: S. Barrett Williams, Ken Fox, & others

Once again, listen in! And watch out! Peacefully! The Odyssey Stone Rock Outcrop (open-style) Music Group of Berkeley and the Midpeninsula area is getting it on in the street, going out into the woods, down to the ocean, and into the depths of the city. No charge, generally. See Redbook for next listing--anytime now! Just listen!

Meets various times & places in California & other parts of the world.

EN-30 DATING & FRIENDSHIP MATCHING SERVICE: Scott, Kathy, & Ken

This is a continuation of last semester's course (PL-3)...If you missed getting in on it then, here's a second chance to meet some groovy people. We recognize that there are computer matching services around, but they somehow leave out the humanness in the process, or else they cost a lot of bread. What we offer is a screening and introduction service based on a personal interview and a questionnaire. The interviewers are experienced professionals. Unlike the computer services, this service allows you to continue meeting new people as long as you wish, if you're looking for a partner for your hobby, interests, etc., we can also help out there. There is no charge...all you need to do is call us to set up an interview. So if you want to make some new friends, meet some groovy people, or find someone to share with...call us.

The following two courses are out of order due to an error in the office. We offer our humble apologies to the teachers.

EN-44 ENCOUNTER FOR TEEN-AGERS: Dick Rees

This class will be exclusively for people in high school or of high school age, and will be loosely structured in order to meet whatever needs arise. We will be gentle and candid. "Techniques" will be laid aside as long as there is up-front honesty with oneself and with each other.

We will decide on a convenient meeting time and place at the first meeting.

First meeting Friday, Jan. 16, 4 pm. Palo Alto.

EN-45 BIOENERGETIC AND GESTALT ENCOUNTER: Hugh MacDonald

Lowen, Tasca, Brown, Perls, and Meher Baba. Stress, balance, and perspective; the emotion and intellect complex, and the space between.

Meets Thursdays, 8 pm.



ENCOUNTER

FEE COURSES

EN-31 PSYCHODRAMA AND SPIRITUAL GROWTH: Robb Christ

Is psychodrama a threat to spiritual development?

Many of those engaged in some type of inner discipline, be it Yoga, Zen, Subud, Scientology, or Gurdjieff, seem to think so. They frequently charge that psychodrama undermines their yogic poise, breaks their calm, and inundates them with undesirable negative emotions. In short, that it brings them down when they are trying so hard to get high and stay there.

In one sense they are right. Psychodrama does bring us down, to earth; it epitomizes the worldly and even intensifies it. Psychodrama is to ordinary life as an electric guitar is to an acoustical one. By amplifying problems it makes them impossible to evade.

In this group we will use directed meditations and guided fantasies to probe our inner consciousness, and we will use psychodrama to deal with the blocks, rigidities, and fears we encounter along the way; e.g., fears of total surrender, of loss of bodily identity, of rage, of homosexuality, delusions of omniscience, and other inflations of the personality.

Be on time. No one will be admitted after 6:15. Participants should not eat dinner before coming.

We need a place, a large guest room suitable for hatha yoga exercises, dancing, and the usual psychodramatic events. If you have such a place and would like to share it, leave a message at the Free U Nest.

Fee \$20.00. All proceeds will be given to the Free U Community Center Fund.

Mondays, 6:00 to 12:00 p.m. Location to be arranged.

EN-32 CHANGE AND GROW: Bob and Jeanne Strassner

Are you ready for change? Would you like to get in closer contact with your inner feelings in order to be more spontaneous and alive? If so, are you willing to expose yourself honestly to others to confront their responses? Will you share your job, pain and sorrow? Will you face and suffer your pain? This is what we seek and wish to share. A weekend together is hopeful. Sign up and we will contact you.

Mondays, coffee at 7:30 pm, meeting starts promptly at 8:00 pm. Palo Alto.
Fee \$2.00

EN-34 TURNING YOUR KIDS ON CREATIVELY: Groups for kids and their parents. Gary Blank, Ph.D. and Fran (Bell) Seligman, B. A.

These are ongoing, professionally-led group experiences for kids between the ages of 5-11, intended to allow them to utilize their creative potential maximally. We have three main goals for these groups: (1) to allow kids between the ages of 5-11 to express themselves in any and as many creative directions they feel comfortable in doing, (2) to provide similar experience for kids and their parents which facilitate openness, and in increasing intimacy in the parent-child relationship, and (3) to provide direct feedback to the parents of their children's behavior and discuss with the parents those difficulties which are blocking effective parent-child communication. Both verbal and non-verbal experiences are provided by Gary and Fran, utilizing a multi-media approach including art, body movement, music and drama, as well as sensitivity training techniques adapted for children.

There are two sections: Section I (ages 5-8); Section 2 (ages 8-11) The 8-11 year old group stresses experiences appropriate to the respective masculine or feminine developmental periods. At times the boys meet separately from the girls. Kids meet weekly alone. The parents meet alone every other week. Every five weeks, the parents and kids meet together.



ENCOUNTER

Fee: \$45-60 per month for each child and his or her parent(s), which includes expenses for materials as well as the group fee. Appropriate reductions in the fee are offered for additional children in the same family. A non-refundable deposit of \$7.50 is required before attending your first group meeting. Each group is limited to 10-12 kids. All interested parents must register their child or children with the Free-U, and call Gary in order to reserve a place for your child.

Tuesdays - 3:45 - 5:45 p.m. (Section I - ages 8-11)
Parents: every other Wednesday evening. Los Altos

EN-35 - Same as EN-34

Thursdays - 3:45 - 5:45 p.m. (Section 2 - ages 5-8)
Parents: every other Wednesday evening. Los Altos

EN-36 **HERE-AND-NOW ENCOUNTER:** Gary Blank, Ph.D. and Fran (Bell) Seligman, B.A.

Led by a professional psychologist and experienced group leader, this ongoing group, limited to 20 men and women, focuses on utilizing your emotional potential as completely as possible. The group provides an atmosphere where members may become more aware of and be able to experience a wide range of feelings, and thus reach toward a fuller, more vital existence. Emphasis is on feedback in the here-and-now relationship within the group. Appropriate verbal and non-verbal techniques which the leaders are skilled at are employed.

Fee: \$30 per month; regular attendance is required for this group. To be considered for the group, you must call Gary to arrange a screening interview.

Tuesday evenings, Los Altos.

EN-37 **TUESDAY NIGHT PSYCHODRAMA:** Vic Lovell, Ph.D.

This course will focus on working out conflict and ambivalence in here and now action and reaction, rather than by discussion and reflection. Techniques involved will utilize body contact to express affection and anger. Encounters between participants will be directed towards bringing them together, learning to perceive and express emotion, acting openly and spontaneously, and creating explosive personality integration. There will be a two dollar fee for each evening attended. This course will remain open all quarter.

Tuesdays, 7:30-11:30 p.m., starting January 13. Fee \$2/session. Palo Alto.

EN-38 **LET'S GET FUCKED UP AGAIN:** Remnants of Larry Tesler

I'm getting so tired of being straightened out by encounter classes that I don't know what to do with the rest of my life. I think it's time to get fucked up again and start over. In this class, we'll go out to Topless joints, move to the suburbs, throw cocktail parties, bitch about our mates, buy suits, bras, makeup, and the Ladies Home Journal, take diet pills, and get into alcoholism, insensitivity training, and how to be up tight, bourgeois, fascist, frigid, and uninvolved. Before coming to class, tell a hippie to get a haircut, and buy Savings Bonds or Freedom Shares. European descent only, please.

Friday: 8:00 p.m. Chuck's Steak House, Los Altos.
Fee: \$19.95. Charge for expenses: \$4.85 a fifth.



ENCOUNTER



EN-39 GESTALT THERAPY MARATHON: Lois Schleimer

We will begin at 8:00 p.m. Friday and continue until late afternoon Sunday with approximately eight hours of sleep for the weekend. The emphasis is on individual Gestalt Therapy, but will include some Schutz type group activities and encountering. Fee includes food and lodging. Please pay at least one week in advance. Will meet at a cabin near Russian River, limited to 12. Lois Schleimer, M.S.W., is licensed clinical social worker with eight years of experience. She has had training under Drs. Frederick Perls and James Simkin and has attended workshops with Dr. William Schutz and Stanley Keleman (the latter in bio-energetics).

January 16-18. 8:00 p.m. Russian River area.
Fee: \$10.00

EN-40 ENCOUNTER MARATHON: RELATING TO THE OPPOSITE SEX: Vic Lovell, Ph.D.

Plato tells us that man and woman were once a single organism with a single body. The gods divided us in two so that we would be too busy looking for our other half to challenge their power. Though the two sexes potentially complete each other, they approach each other with fear, hostility, and envy. This 36 hour marathon will focus on male-female encounter, including beginning, re-opening, developing, and deepening relationships. Both single people and couples are welcome. Techniques involved will include psychodrama, confrontation, gestalt, and sensory awareness, and will involve the use of body contact to express affection and anger. There will be a \$25 fee, which will include food and refreshments. All participants should be in good physical health, since the marathon experience may be quite strenuous. Participants should bring sleeping bags, and wear tennis shoes and old clothes.

Friday: 12:00 midnight-Sunday 12:00 noon. Fee \$25. Palo Alto.
January 23 to January 25.

EN-41 ENCOUNTER MARATHON: RELATING TO THE OPPOSITE SEX: Vic Lovell, Ph.D.

Same as EN-40.

Friday: 12:00 midnight-Sunday 12:00 noon. Fee \$25. Palo Alto.
February 20 to February 22.

EN-42 ENCOUNTER MARATHON: INNER FREEDOM: Vic Lovell, Ph.D.

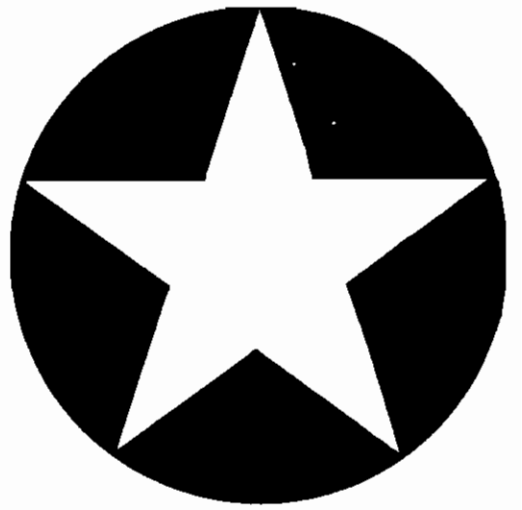
Most of us go through life divided against ourselves, and driven by a sense of compulsion. We feel ourselves to be in a kind of inner prison, frantic with restless discontent. We rebel, and struggle against the barriers which hold us back, but we have no concept of liberation, and we seem to be incapable of acting freely and openly, even in the safest and most lively environments. This 36 hour marathon will focus on human spontaneity. Techniques involved will include psychodrama, confrontation, gestalt, and sensory awareness, and will involve the use of body contact to express affection and anger. All participants should be in good physical health, since the marathon experience may be quite strenuous. Participants should bring sleeping bags, and wear tennis shoes and old clothes.

Friday: 12:00 midnight-Sunday 12:00 noon. Fee \$25. Palo Alto.
February 6 to February 8.

EN-43 ENCOUNTER MARATHON: INNER FREEDOM: Vic Lovell, Ph.D.

Same as EN-42.

Friday: 12:00 midnight-Sunday 12:00 noon. Fee \$25. Palo Alto.
March 6 to March 8.



EDUCATION & PHILOSOPHY



EDUCATION



PHILOSOPHY



EP-1 IN THE DEPTHS OF THE ABYSS: Bob Brownstein

"Man is perishable. That may be; but let us perish resisting, and if it is nothingness that awaits us, do not let us so act that it shall be a just fate."

Sénancour

In the face of meaninglessness and the recognition of their own mortality, men often reexamine their condition and seek to find within themselves those values and that purpose which an indifferent universe has consistently failed to provide. This is an effort which can never achieve success. It leads to a succession of furious climbs in to the mist--yielding occasional discoveries of ledges and caverns--but never any certain indication of a summit.

This course offers nothing more than the opportunity to participate in such a quest. It will employ dialectic and discussion as well as philosophical writings (Sartre, Dostoyevsky, Miguel de Unamuno, Camus) when applicable.

Mondays, 8:00 p.m. Palo Alto

EP-2 THE INTOLERANCE OF THE SCIENTIFIC ATTITUDE: David McNeil & Jay Siegel

The "objectivity" of western science has, according to some critics, taken man away from his basic needs and feelings; the mystical liberating flight of Icarus has become the sterile, controlled, mechanized Apollonian moon shot. Traditional science has taken us on other bad trips, for example in its ostracism and persecution of unorthodox thinkers. We shall look into some of these cases, especially those of psycho-therapist Wilhelm Reich and cosmologist Immanuel Velikovsky. They have put traditional scientists uptight; their work questions and attacks accepted views of the Scientific Method and historical analysis. Are cosmic disasters to be considered in historical analysis? Is the whole revealed in the particular? Can we decide to what extent these men are naive, charlatans, or prophets? The course could also discuss (if there is interest) Gurdjieff, dianetics, astrology, parapsychology. We will explore some aspects of the "cultural revolution." There will be some reading involved, for example Reich and Velikovsky, and Ted Roszak's The Making of a Counter Culture.

Tuesdays, 7:30 p.m. Call for course location.

EP-3 AMERICAN STUDIES: MARK TWAIN: Norman Haynes

We will read and analyse some of Twain's works, focussing on his contribution to the novel and on him as representative of American culture. We'll probably start with Huckleberry Finn and Leslie Fiedler's Love and Death in the American Novel (paperback).

Tentatively Tuesdays, 7:30 p.m. Menlo Park

EP-4 HI SCI FI: Erik

Fun reading and rapping on sundry science fiction novels. May include Stranger in a Strange Land, Dune, Foundation Trilogy or any others that drift into my head. I am a sci fi freak from way back and welcome anyone to come and turn on to the "future".

Tuesdays, 8:00 p.m. Palo Alto.



EDUCATION



PHILOSOPHY



EP-5 HOW TO READ A BOOK: Terry Nihil

This course is for people who already think they know how to read and in fact, think they know how to read reasonably well. We will together read a book called How to Read a Book by Mortimer J. Adler. In this book Adler defends and explains reading as a basic tool in the living of a good life. Through reading you have access to the stores of man's knowledge and can educate and help yourself and others. People usually go to a teacher to learn something, but if that something is not an original discovery made by that teacher it exists somewhere in a book. As leader of this course I'm not going to teach you how to read, the book is. Please try to get a copy of How to Read a Book for the first meeting. If you can't, we'll make arrangements.

Wednesdays, 7:00 to 8:00 p.m.

EP-6 SO YOU'RE GETTING A PH.D.?: Arthur Jonath

What will you do next? Is there a special use you can make of this accomplishment? Some people are trying to seek beyond normal employment channels and put their degrees to work for the mutual benefit of mankind and themselves. Does this sound impossible? Let's talk about it--maybe we'll even do something.

Wednesdays, 7:30 p.m. Palo Alto

EP-7 SCIENCE FICTION SEMINAR: Thomas Whitmore

Basically this class is going to start out as a discussion group. It will turn into anything the class wants to make it. I'm going to have to limit this to around ten cars, so if you can get in with someone else, you're welcome to try the class. This course will start with the Greek and Roman myths, and if we get through those, we'll hopscotch over all sorts of myths, from Beowulf to Tolkien.

Wednesdays, 7:30 p.m. Los Altos Hills

EP-8 MAN IN HARMONY WITH HIMSELF AND WITH HIS WORLD: Frederick Unger

A unique lecture-discussion course in more ways than one! For one, we will draw heavily from a text that I have named, but not yet completed. It is to be named Blueprints from a Transcendental Experience. For another, we will make use of that latest fad - lateral thinking, so that while awaiting scientific confirmation of my theories, we will apply a newly discovered law. I call it the Law of a Constant Factor. This law gives us pragmatic answers that the disciplines of Philosophy, Psychology and Religion profess not to have. Additionally, this course will offer unlimited non-violent ammunition so necessary for the success of the on-going social revolution.

It is a course for priests, presidents and professors. It is a course for just plain people.

This is the course that will tell you who you are, what you are and where you are going!

Wednesdays, 8:00 p.m. Mt. View

EP-9 EXISTENTIAL PHILOSOPHY: Raymond B. Vespe

An introduction to the principal thinkers, central themes, and personal applications of existential philosophy. Selected writings of Berdyaev, Buber, Heidegger, Jaspers, Kierkegaard, Marcel, Nietzsche, Ortega Y Gasset, Sartre, Tillich, and Unamuno will be discussed. This is not a straight academic course and the material will be used as a take off point for directly attempting to facilitate personal awareness, encounter, and growth. By consent of instructor; call before going.

Wednesdays, 8:00 p.m. Palo Alto



EDUCATION



PHILOSOPHY



EP-10 SCIENCE FICTION: John Bremner

Primarily from literary viewpoint. Some philosophy. Whether we do survey or concentration up to people in class. I will give reading list at first class if enough people are interested. For first class read Stranger in a Strange Land by Robert Heinlein to provide a common take-off ground.

Wednesdays, 8:00 to 10:00 p.m. Menlo Park

EP-11 SOCIETY: David B. Chorlian

Thinking about how we live, how we could live, and how we came to where we are. We shall read Paul & Percival Goodman Communitas, Hannah Arendt The Human Condition, Herbert Marcuse Eros and Civilization.

Thursdays, 8:00 to 10:00 p.m. Palo Alto

EP-12 SCIENTOLOGY & DIANETICS, OR HOW YOU CAN BE TOTALLY FREE: Myron Ruderman

"A civilization without insanity, without criminals and without war, where the able can prosper and honest beings can have rights, and where Man is free to rise to greater heights are the aims of Scientology."

- L. Ron Hubbard

Scientology means the study of knowing in its fullest sense. It is an applied philosophy developed by American author, engineer and philosopher L. Ron Hubbard from many sources of wisdom, eastern and western, old and new. Its goal is the total spiritual liberation of human beings, and thereby the creation on earth of a peaceful and life-oriented civilization.

It is important to realize that there are at least three things that are ordinarily referred to when the term Scientology is used. These are, (1) a religious philosophy whose purpose is to help man achieve his highest goals and live in harmony both with himself and others, (2) a "technology" or set of exact and known procedures whereby people can be raised to higher levels of awareness and ability to handle life, and (3) an organized religion, The Church of Scientology, whose purpose is to see that the technical procedures of Dianetics and Scientology are made available to the people of the world without alteration or distortion.

Dianetics (from the Greek for "through mind") is that branch of Scientology that deals with the workings of the human mind, and how to erase psychosomatic illnesses and unwanted emotions. Dianetics is the technology of pastoral counseling and produces a well and happy human being. Scientology is the road from there to total spiritual freedom.

Fridays, 8:00 p.m. San Francisco

EP-13 BOKONON: Bill Bryner

An irreligious religion invented by Kurt Vonnegut in his book "Cat's Cradle". This course is meant to be fun. If you expect to learn any deep truths about philosophy, religion or anything else, go elsewhere. If we find time we may discuss Kurt Vonnegut's writing. The course has one prerequisite. You must read "Cat's Cradle" so you may enter the course with the true Bokonon attitude.

Course continued on next page ...





EDUCATION



PHILOSOPHY



"Oh, a sleeping drunkard
 Up in Central Park,
 And a lion-hunter
 In the jungle dark,
 And a Chinese dentist,
 And a British queen--
 All fit together
 In the same machine.
 Nice, nice, very nice;
 Nice, nice, very nice;
 Nice, nice, very nice--
 So many different people
 In the same device."

First meeting, Saturday, January 17, 11:00 a.m. Location to be arranged

EP-14 SILENCE: Dick Rees

The habit of talking aloud produces one of sub-vocal talking in your head. The result is that your thoughts take the form of speech. Ultimately, there is, with mouth and mind combined, a constant chatter going on within you.

From midnight Friday to noon Sunday, we will not speak aloud and will concentrate on silencing that incessant babbling in our heads. Bring sleeping bags, drawing and art materials and records (instrumentals only); no literature or writing materials. Please bring food or \$2.00 for its purchase. Meals will be arranged at the beginning of the weekend. If no food or donations are brought, we will fast.

January 30 to February 1, midnight Friday to noon Sunday. Location to be arranged.

EP-15 BOB DYLAN & THE INNER SELF: Bill Cane

The course will trace Dylan's journey towards self-actualization as it is reflected in a generally chronological selection of his songs. There will be one planned course meeting which should take 3 to 4 hours.

Palo Alto. Day & time to be announced.

EP-16 AMERICAN ROMANTIC MYTHOLOGY: Bob McNeil

Illustrative of the false assumptions upon which American youth ground their romantic aspirations--mental, physical & emotional dilemmas so engendered--enlightened and viable alternatives to untenable expectations under this mythological sponsorship--human fulfillment as a loving being.

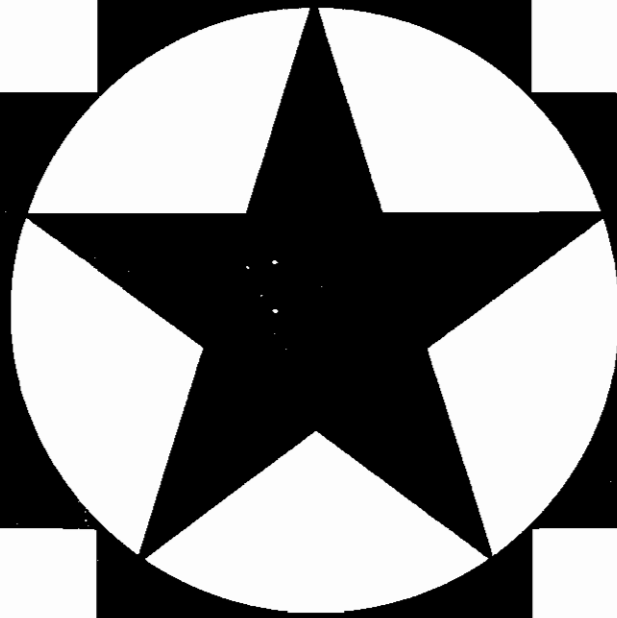
"A loving soul hath many lovers..."

(Note: This course came in with incomplete information and we have been unable to contact Bob. It may or may not take place.) Probably Saturdays, prob. San Francisco.

EP-17 LAST YEAR'S TRIP: C. W. Noble

This course will meet once for as long as the members wish to continue. Anyone who has or has not yet done last year's trip is invited. I will have prepared a format that will allow us to experience the concept of last year's trip. Happy new year.

Late in the quarter. Time and location to be announced.



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IP-1 AN INVESTIGATION OF SYNCHRONICITY: Bill Mohr

"Dr. Jung put forward a new concept he called synchronicity. This term means a meaningful coincidence of outer and inner events that are not themselves causally connected." In this class we will penetrate more deeply into the meaning of the I Ching, Tarot, Astrology, Numerology, and other synchronitic phenomena. Persons knowledgeable in these subjects will be invited to speak and lead the discussion.

Meets Sundays, 8 pm. Foster City.

IP-2 CHRISTIAN PARAPSYCHOLOGY: Bruce Moorman

We will try to develop direct consciousness of God. The purpose of this class is to make us a channel for the will of God alone, and also to effect the will of God upon the Earth. The teacher is not a guru, and will welcome group suggestions and natural leadership in whatever aspect an individual feels qualified. In the words of Pope Paul VI: "True humanism points the way toward God and acknowledges the task to which we are called, the task which offers us the real meaning of human life."

Sundays, 8 pm. Menlo Park

IP-3 MEDITATION: Gia-Fu

to be silent is to love
to be still is to understand
the futility of striving
wei wu wei;
 doing, non-doing
 action of non-action
be still and know I am thy God.

Monday thru Friday, ½ hour before sunrise. At the Stillpoint of the Turning World, Los Gatos.

IP-4 COITUS RESERVATUS: Gia-Fu

Taoists speak of the sperm which had descended from the encephalon to the bladder (but had not been ejaculated) as returning to its source. This was called "huan-ling" or "returning the essence." Whatever doubt we may have as to the reality of this return, it remains none the less true that the Taoists conceived a cerebral mastery of the basic instincts...

Couples only.

Saturday and Sunday mornings, ½ hour before sunrise. At the Stillpoint of the Turning World, Los Gatos.

IP-5 RAP SESSION: Richard T. Merk

REICH, LOWEN, PIERRAKOS, PERLS, GURDJIEFF, DeROPP.
What do these names mean to you? me? to everyone who's not satisfied with the Now?
I'd like to talk about these people with others who know or have read.

Meets Mondays, 7:30 pm. Palo Alto.



IP-6 THE TAROT: Nancy Hendrick

We will study the history and practical modern application of the Tarot. Extensive knowledge of the Tarot is not necessary; the only prerequisite is the ability to suspend disbelief. If you have cards or know how to read them, bring them along. This course will be directed by what we decide we want to study.

Meets alternate Mondays, beginning Jan. 12, 7:30 pm. Stanford.

IP-7 REVELATIONS FROM AWARENESS: Dan Spivey

Those of you who dig Edgar Cayce will be pleased to know that readings of a very similar nature are being given today. The group which publishes the readings is known as Servants of Awareness. The source of the readings refers to itself as "Cosmic Awareness". We will study and discuss some of the information which has come through the interpreter in these trance readings, such as the Law of Love (previously known as the Law of One), the Law of Mercy, New Being, Life after Death, etc. Awareness has also indicated 12 development classes which enhance the 5 senses and open the 7 chakras (psychic centers). These classes will be held next fall if there is interest. Information regarding these classes will also be discussed.

Meets Tuesdays, 7:15 pm. Menlo Park.

IP-8 ASTROLOGY: Jon Tenney and Etta Green

Dig astrology? So do we. Let's get together and share--pool--and learn---.

Meets Wednesdays, 7:30 pm. Menlo Park.

IP-9 INTRODUCTION TO HATHA YOGA: Bill Sprietsma

Hatha Yoga is the science of physical well being. With a healthy body the mind can achieve a greater degree of Self Awareness. We will experience Asanas (Yoga Postures), Pranayama (Breathing), Deep Relaxation and Meditations together. Please bring a blanket, large towel or animal skin to sit on. Do not eat at least two hours prior to classtime. Wear loose clothing suitable for free movement. There will be eight meetings. Please be on time.

Meets Thursdays, 8:30-10:00 pm. Palo Alto.

IP-10 SEX EDUCATION FOR YOUNG PEOPLE: Bob (#25)

This is a course in sex education for young people 16-19 and their parents (if they wish to attend). This will be a group in which open, honest discussion from all participants is desired. I hope to have speakers at some meetings to tell about their thing--problems (solutions) and/or specialties. This is to "learn what it's all about!"

I hope to be able to rotate around among the participants' homes.

Meets Thursdays.



IP-11 THE PATH OF SHIN: Marc Le Brun, Shirley Styles

This is an expansion and extension of last quarter's "Magick in Theory and Practice" where we explored together the Path of Tau, or Awakening. The path of Shin is Aspiration, and this course is open to those who can say they are awake. Attendance of the previous class is not a pre-requisite, but due to the large amount of material that we covered new-comers will have to do some outside reading to be able to communicate effectively. Dr. Styles operates a lending library, and we have most of the material covered in highly condensed (about 10 pages) form. As covering all the paths from Tau to Aleph on a quarter-by-quarter basis would take seven years, and most people develop at different rates, we do not in any way wish to restrict attendance, and everyone from Neophyte to Master (and beyond) is welcome. We are practicing White Magicians who use and teach the Qabalah, but we recognise that this may not be your particular Way and do not necessarily limit ourselves to a single system. Copies of material used are available at six cents a page. (Last quarter this amounted to about 50¢). Otherwise there is no charge.
KHABS AM PEKHT - KNOX OM PAX - LIGHT IN MOTION

Meets Saturdays, 12 noon. Menlo Park.

IP-12 BAHAI FIRESIDE: The Carrs & others

Easygoing rap sessions aimed at learning about the world-unifying religion established by Baha'u'llah. No evangelism involved.

Meets Saturdays, 8:30 pm. Palo Alto.

IP-13 ASTROLOGY & YOU - ONE DAY WORKSHOP: Harriet & Bill Mohr

A depth-psychology approach to the practical, philosophical and scientific aspects of astrology. Participants will learn how to cast their charts. If possible bring your birth time. No previous experience is necessary. Skeptics most welcome. Recommended reading: The Pulse of Life by Rudhyar and Astrology by Davison. Bring food for potluck dinner. If you cannot attend this workshop but would attend one in February, please contact the instructor.

Meets Saturday, January 31, 1:00 to 9:00 pm. Please be prompt. Foster City.

FEE COURSES

IP-14 SELF-HYPNOSIS: Staff of Hypnosis Workshop

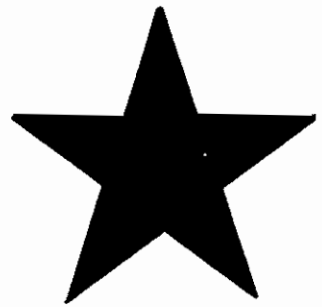
We give a seven-week course (one hour instruction a week) in self-hypnosis, teaching you how to hypnotize yourself, showing you how to do various hypnotic phenomena, such as: deep relaxation, time distortion, pain removal, memory of past experiences, changes in consciousness, useful post-hypnotic suggestions, etc. We will be giving a free lecture and demonstration at 7:30 every night from January 5th to the 10th at our office. Come to one of our lectures and see if you're interested. If so, you sign up for the course as well as arrange your schedule at the end of the lecture. We will hypnotize you at the lecture, incidentally, but the decision to take the course will always be totally yours.

Meets Monday through Friday (your choice of day and time), 6:45, 8 and 9:15 pm. Menlo Park. Fee \$25.

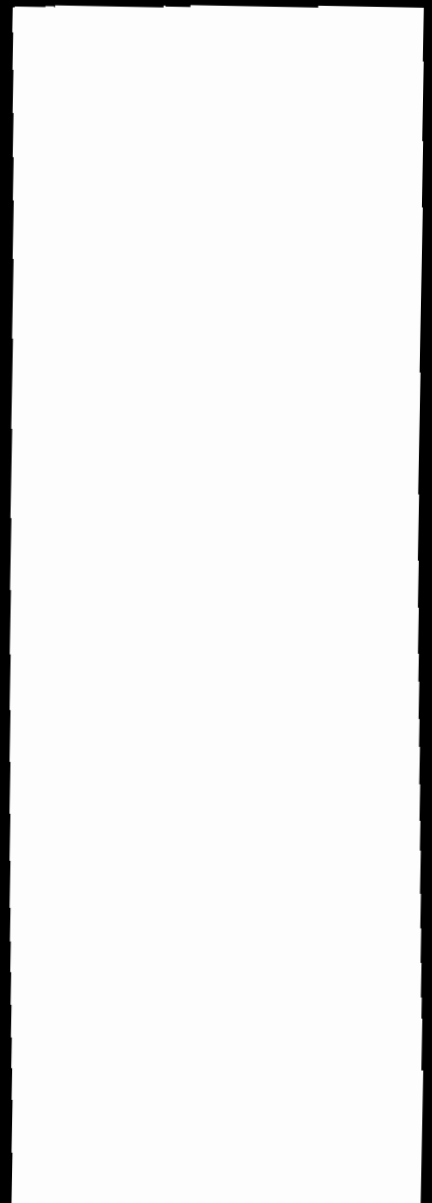
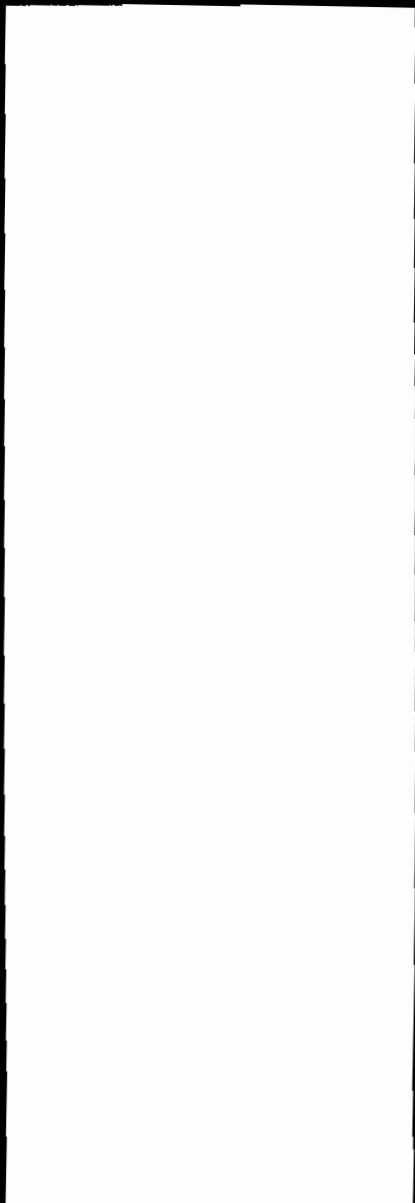
IP-15 PSYCHODRAMA AND SPIRITUAL GROWTH: Robb Crist

See Encounter 31.

Meets Mondays, 6-12 pm. Fee \$20.



PLAY



PL-1 NEW YEAR'S EVE AT STRASSNER'S: Bob & Jeanne Strassner

We'd like to see any of the people who have been in our groups if they could make it for part or all of New Year's Eve at our home.

December 31, 1969, 8:00 p.m. on

PL-2 BEGINNING - INTERMEDIATE SKIING: John Bremner

I will teach skiers basic skiing techniques and could possibly, under different arrangement, go into advanced skiing, but this course will be primarily for people up for the first few times. Group would pay my lift ticket for the day. Must contact me in advance.

Saturdays & Sundays, 9:30 to 11:30 a.m. Squaw Valley & Heavenly Valley

PL-3 BEGINNING SKIING: Jon Sands

This course is being offered for those who have no experience or little experience in the thrills of snow skiing. Basic snow plow and stem christy will be taught. So if you like to ski or would like to learn how come and join M.F.U. Ski Club.

Saturdays & Sundays, all day. Any ski area

PL-4 CO-ED GRABASS FOOTBALL: Lee Rhoades

What I had in mind was getting some people together and having some fun. The class is open to the wishes of the class as far as what we do and how we do it. I personally would like to see a lot of girls participate. If you like to play football or if you want to learn or just watch lets get together. We might even get David Burt to play.

Sundays, 12:00 noon. Palo Alto

PL-5 MAH JONGG: Dotty Misischia

Contrary to popular opinion, this game was not originated by middle-aged Jewish women living on Long Island! Mah Jongg is an old Chinese game. I am a little out of practice, but I would like to teach anyone interested. If you already know how to play and/or own a set of tiles or cards you would like to share, contact me in advance. Course will meet once, maybe more if group is interested.

Sunday, January 25, 2:00 p.m. East Palo Alto

PL-6 AROUND THE FIREPLACE:

A gathering for 17 to 23 year-old new-age people. We can rap, encounter, listen to music, write, act, read poetry, and cook dinner together.

Sundays, 4:00 to 7:00 p.m. Foster City

PL-7 GAMES, GAMES, GAMES: Roger Schank & Bob Litvak

Scrabble, monopoly, bridge, pounce, chess, dominoes, go, checkers & whatever other games people want to play. Bring along something to drink and assorted noshery.

Sundays, 8:00 p.m. Barron Park

PL-8 SWEDISH MASSAGE: Rob Shepard (The Kid)

Class limited to five men and five women. For those not living in the Woodside or Portola Valley area car pools can be set up. Expenses \$5 per person per quarter.

Wednesdays, 8:00 p.m. Woodside

PL-9 BODY PAINTING: Ray Chamberlin

Open to any souls inhabiting bodies, preferably human (fur will be covered in an advanced course), either standard configuration or variations therefrom or therebetween acceptable. Some artistic sense desirable. Bodies without souls will be admitted on trial basis. Souls without bodies need not apply. Call leader to be admitted. Sexes to be reasonably balanced. Materials, 50¢-\$1 per session.

Wednesdays, 8:00 p.m. Location to be arranged.

PL-10 SWEDISH MASSAGE: Bob (#25)

A beginning massage class of probably only 12 to 15 people depending on how big a place can be found. We will use scented oils for the massage and, if possible, a place with a shower would be nice so the oil can be taken off after the massage. Since there is always an excess of guys and few girls, preference will be given to couples. Expenses 50¢ per session. This usually takes about 3 to 3½ hours so it should start by 8:30 at the latest.

Warm place needed. Day to be announced.

PL-11 CHESS FOR FUN & CHESS FOR BLOOD: Barrett & Rose

Chess nuts, come and get roasted once a week. Chess for fun as suitable diversion from unsuitable diversions. Chess for blood--come and prepare your game for U.S.C.F tournament play. We can get cars together to travel to various tournaments and maybe form a MFU chess team, etc.

Once a week; best time to be arranged by phone. East Palo Alto.

PL-12 WAY BEYOND COMPUTER DATING: Carol & Paul

The success of this course depends upon a large number of people from the Free U community calling us. Everyone who is hesitant, shy or just doesn't think this is the way to meet people should come anyway. Particularly, we need women. Come on over, sit in front of the fireplace with us, and maybe we'll be able to find someone you like.

Time to be arranged individually; call us. Menlo Park

PL-13 VOLLEYBALL: Bob Litvak

If you enjoy playing volleyball, sign up. If enough (ten or more) people are interested I'll make arrangements for a local gym. If you sign up, call me at the Free U (328-4941) and let me know what nights you have free.

Time and location to be arranged.

PL-14 CONGO DRUM SESSIONS: Steve Fitch

Anybody who wants to jam while working on their playing. Interested most in congo drums, and in raising the blood count level with them. Looking for people who want to share their skill as well as their energy. Call Steve if you have a place or can teach congos. I'm trying to coordinate this thing, but I don't look at myself as the leader.

Sign up and you will be contacted about time and place. We may do it in the road.

Time and Location to be announced.

PL-15 HIKING: Michael Butterworth, Norman Brown, & John Roger

We will take some one-day hikes nearby, usually on weekends, but possibly during the week. We will also take some weekend trips farther away. We choose our own route when that seems more interesting than the trails.

Call Redbook or instructors for details.

PL-16 GRAFFITI ON THE WALL: Joe Allireug

This course will be a come-together with beer & pizza to share all the jokes we know, all the nice one-liners we've seen. After this enjoyable evening we will then go to spread our word on every bathroom wall in the land.

Friday, January 9, 8:00 p.m. Menlo Park

PL-17 PAPER AIRPLANES: John Milwitt

Of all the habits people have (smoking, fingernail biting, thumb-twiddling, whistling, etc.) there is none more creative than paper airplane flying. The first paper airplanes were produced by Madison Avenue businessmen at their desks and those sitting on the New York Stock Exchange. In today's modern world reference books on paper airplanes can be acquired through the Whole Earth Catalog. We will get together on February 22 with a lot of paper and the Scientific American article on paper airplanes, and we will share our aerodynamic knowledge and have a far-out Sunday afternoon flying planes and telling "paper airplane fish stories".

Sunday, February 22, 12:00 noon. 1601 El Camino Real, Menlo Park.

PL-18 CROSS-COUNTRY CARAVAN: Carol Turner

Group travel across the U.S., Canada, Europe, Around the World or somewhere. Now, Spring or Summer. Pool resources, travel cheap. VW busses, camping, whatever. This class is offered in conjunction with Heliotrope.

Call Carol for time and location of first meeting.

PL-19 THE FREE U MOTORCYCLE GANG: John, Jean and the Psychodrama Meanies

Grab your chickie and meet at the Nest to ride together across the mountains and to the beach for a happening. Will be near the end of the quarter. Sign-ups will be contacted.

Day and time to be arranged.

FEE COURSES

PL-20 PLEASURE WEEKEND: Bob Cullenbine, B. Chang, John Milwitt, Dick Rees,
Rob Gilmer, Rob Crist, Vic Lovell, Bob Litvak &
Lesley Tabor

We will spend a weekend together at the incredible Brookdale Lodge, Brookdale, California. Among the redwoods, with a stream running thru the vaulted ceiling dining room, motel accomodations, encounter, dance, crafts, games--a family thing. Walks in the woods. Saturday night a banquet followed by Sunbear. Price includes room and banquet. Other meals can be purchases at dining room or prepared in rooms (many have refrigerators and hot plates). For additional information, call the office, where a sign-up list will be kept. Brochures on Brookdale Lodge are also available in the office.

Friday through Sunday, February 27 to March 1.

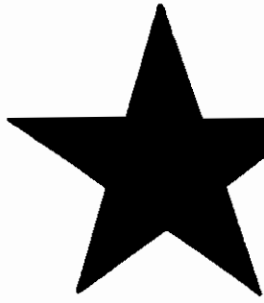
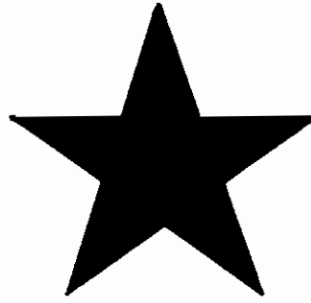
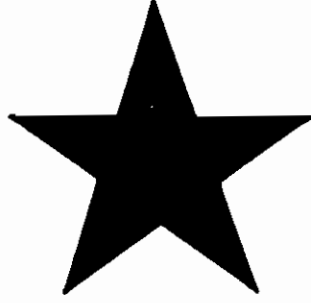
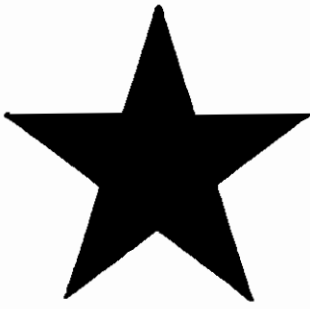
Fee: \$20.00/person 2 to a room

\$17.50/person 4 to a room

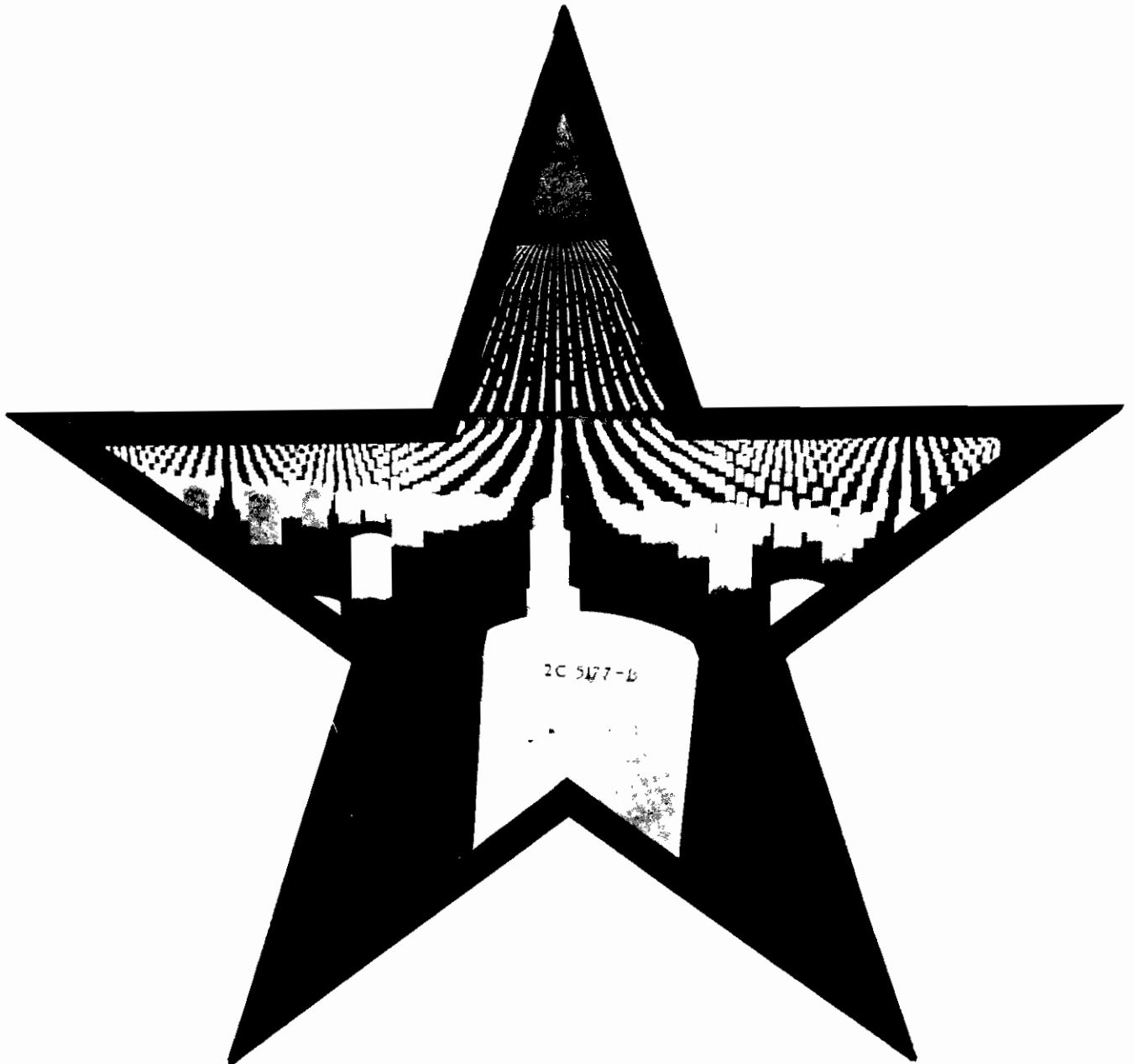
Kids are free

Deposit: \$6.00/adult





POLITICS





POLITICS

P-1 INTENTIONAL COMMUNITY: The People

Our group, about a dozen, is in the initial stage of a long-term plan. We need more individuals currently to research and implement our ideas regarding the creation of a total community. We are interested in discussing with you such topics as: social relationships, equality sexes, individual therapy, radical education, rotation of duties, technology and community values. Please read the article on pages 33-38 in the October '69 Free You.

Note: the people involved are leading the discussion. The first two meetings or so will be at the address in the course locations book. The class will involve a potluck dinner.

Sundays, 6 pm. East Palo Alto

P-2 THE COMMUNITY MOVEMENT: Norm Brown, John Milwitt, Bob Willeg, Paul Wyatt, others

This is an open forum with the twofold purpose of: Acquainting you with the scope of the movement in the United states, past and present; allowing those individuals wishing to explain their concept of implementing the community life style to do so.

Meets Mondays, 7:30 pm. East Palo Alto

P-3 PEACE GAMES REPORT: Roy Kepler

During the fall session we worked our way through the tapes and journals of two peace games, and have now begun a write-up. This is an appeal to any peace game participants of the last year to contact us now to supply us with any journal or other report of your participation. We especially need subjective reports: how you felt, behaved, and why. Leave information at the Free U office or phone 328-4941.

Meets Tuesdays, 7:30 pm. Menlo Park

P-4 ANARCHY: Rod Manis

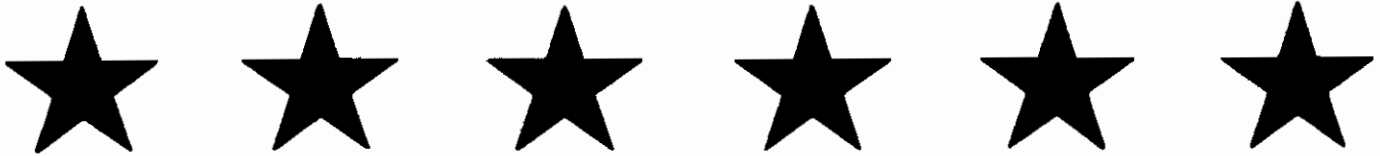
Ideas on why and how we should abolish the central government and return power to the community level. Anarchy is the political goal of the counter culture; will give Black power to Black people, Brown power to Brown people, etc.; will allow the maximum individual freedom and the minimum authority; will not lead to chaos (governments produce that). Black flags are unfurling across the nation; find out what it is all about.

Meets 2nd & 4th Tuesday of each month, 7:30 pm. Palo Alto

P-5 PIG PRESS: Kent MacDougall

A look at Establishment newspapers and magazines and their role in supporting the System. We'll discuss how the press distorts and ignores the truth, perpetuates myths and helps brain-wash the public. Both Government and self-imposed censorship will be covered, along with media monopoly trends and rising unrest among reporters. We'll analyze the New York Times, Wall Street Journal, Christian Science Monitor, Reader's Digest, Life, Time, Newsweek and Playboy. One session will be devoted to women's magazines and their efforts to convince readers to subordinate themselves to husband, home and children. Class discussion will be led by a reporter for the nation's second largest daily whose beat for seven years has been the press.

Meets Tuesdays, 7:45 pm. Palo Alto



POLITICS

P-6 MEDICAL CONFRONTATION: Ray Chamberlin

Local medical facilities do not function in the interest of the patients. Various tactics are required to grossly improve both humanistic and technological aspects. This would be an opportunity for intelligent, educated, aware laity, medical and paramedical persons to discuss such tactics. Both those under and over 30 welcome.

Meets Tuesdays, 8 pm. Woodside.

P-7 CITY GOVERNMENT: John Milwitt

Let's turn our city government back to the people. Some of the things we plan to do is have people at the city council meetings and other important municipal meetings to see how our representatives vote so we can post the rest of the community when something important is coming up so we can all be there.

Important meetings:

Palo Alto City Council Monday, 7:30, Middlefield & Newell

Menlo Park City Council Tuesday, 8:00, Laurel & Ravenswood

Sequoia Union High School District Wednesday, 8:00, 940 James Ave., Redwood City

Palo Alto Unified School District, 1st & 3rd Mondays; call Redbook for location

There are also important elections coming up--on April 14 in Menlo Park, and on June 2nd the Primary and Russell V. Lee Hospital Referendum election. We'll be researching these elections and educating the people as to where it's at as far as elections go.

Organizational meeting Monday, Jan. 19, 8 pm, at the Nest, 1061 El Camino, Menlo Park.

P-8 THE KENNEDY ASSASSINATION: (Do you believe the Warren report?) William Turner

William Turner has written articles on the Kennedy assassination in Ramparts magazine. This class will be a rap session about the Kennedys, with Turner and others who have researched the report.

February 3 and 10, 8 pm, 845 Seale Street, Palo Alto

P-9 GUERRILLA THEATER WORKSHOP: Joe Allireug

This course is for those people with a sense of humor and the will to be a sneaky godfly to society. We will get together in the Free U nest at 1061 El Camino and plan our socio-dramatic acting techniques. Then we will go out and do guerilla theater in the streets of Babylon.

February 17, 2:00 pm. Menlo Park

P-10 STOCK MARKET: Jim Rea

Section 1: General introduction to the Stock Market (why it exists).

Meets February 24, March 3, 10.

Section 2: Personal investment techniques.

Meets March 17, 24, 31.

Attend one or both sections.

Tuesdays, 8:00 pm. Palo Alto



POLITICS

P-11 NEW WORLD COMMUNITY: Bruce Moorman

I want to help build a coherent new social and political philosophy, and would like to help actually produce an integrated practical movement toward a new American community. I have a few ideas, and, if anybody wants to talk, I will try to set up "headquarters" next year in the Nest in the community lounge.

P-12 HISTORY HERE AND NOW

Socrates didn't rely on written material and classroom situations when he taught; he and his students wandered about the town looking at what was happening and trying to understand. Plato records him telling it like it was, as, and just because, he was there, and he was involved.

We all have a rendezvous with history, and our grandchildren won't dig us if we don't keep it (assuming we survive to have any). We will meet irregularly, and travel together to see the critical events of Winter, 1970, in the Bay Area. In past quarters class members have witnessed Stop the Draft Week, Huey Newton's trial, the Decline and Fall of the Haight Ashbury, Lytton Plaza concerts and trials, the April Third Movement (AEL sit-in, Encina sit-in and SRI Hanover demonstration). Afterwards we gather together and talk about what happened and what it means to us. Sign up and you will be contacted.

Day: Any. Time: Any. Address: Where it's happening.

P-13 POLITICS OF THE CULTURE OF POVERTY: Higgins

A report (2 lectures) on a study of politics in a Mexican lower-class community. An attempt will be made to relate this study to problems in the U. S. new left and in organizing the poor.

January 19 & 26, 8:00 pm.

P-14 PAPUA: THE INDONESIAN/AUSTRALIAN SQUEEZE: Harry Cleaver, staff member Pacific Studies Center

In June 1969, the Indonesian government held a mock election under UN auspices in the Western half of the island of New Guinea. About 1000 Indonesian picked "representatives" voted to attach that demi-country to Indonesia. This election came several years after the Indonesians took over control from the Dutch and several months after they began a reign of terror in which apparently thousands of native papuans (the people of New Guinea) were massacred. Against this oppression the papuans have formed the OPM, the Free Papua Movement. At the same time the Australians, who control the Eastern half of the island, have reportedly been jailing sympathetic local papuans and refugees in concentration camps. This course will survey the available information on this struggle and do further research on background and the current situation.

P-15 COUNTERINSURGENCY IN THAILAND: Harry Cleaver, et al.

Last year the April 3 Movement at Stanford did considerable research into the counterinsurgency activities of the Stanford Research Institute in Thailand. Continuing inquiry into this "next Vietnam" has revealed that a number of other universities and private research corporations have been helping the U. S. and the Thai military. This course will concentrate on identifying these institutions and the particular aspect of Thai counterinsurgency in which they are involved.



POLITICS

P-16 MICRONESIA: THE LITTLE-KNOWN AMERICAN COLONY IN THE PACIFIC: Harry Cleaver, et al.

Tropical isles, white sands and palm trees. Semi-nude beautiful girls slipping among giant flowers and combing their dark tresses under white water falls. Is this your image of the South Pacific? Or is it the clash of battle in the Marianas and the Marshalls? Or how about the horror of hydrogen holocaust over Eniwetok and Bikini? Well, there's truth in each, but the reality of Micronesia today is its neglected, underdeveloped status as a U. S. colony. Neglected, that is, except for the U. S. military and a few business men. The former desire to expand their bases to make the island a U. S. strategic stronghold in the Pacific; the latter are poised with plans for hotels and golf courses to turn the islands into a Pacific Miami Beach with the islanders as busboys. The only force resisting the encroachment of these groups and crying for real economic development for the islands has been a growing number of peace corps volunteers--and they are soon to be removed at the behest of the military and business interests. This course will do research on this shame of American colonialism with a view to publication.

P-17 REVOLUTION FOR THE HELL OF IT: Joe Allireug

On the busiest Christmas we will meet in Be-in Park at 10:00 am with our children, beads, bells, long hair, congo drums and other bizarre features. We will then cross El Camino Real and go into Stanford Shopping Center. We will go through all plastic establishments and freak out the people just for the Hell of it!

Saturday, Dec. 20, 10:00 am.

P-18 WORKING WITHIN THE SYSTEM: Jane Bogle and Barry Storm

This course is basicly about the two U.S. Government ways of changing the world! the Peace Corps and Vista.

Febuary 16: Vista - This talk will be made by a vista worker who has served with Vista in Mississippi and also worked in the San Mateo County Jail.

Febuary 23: Peace Corps - A question and answer peroid with a former Peace Corps Volunteer.

Febuary 16 and 23 8:00

Call 365-5464 or 854-3717 for further information



WHOLE

EARTH

STUDIES





WHOLE

WE-1 RADICAL VOCATIONS: Josh Swenson and Pat Griscom

To investigate the need for radical vocations and the possibility of locating and/or creating radical vocations with an eye towards bringing into existence the radical vocation of radical vocation counseling. We feel there are people dissatisfied with the system who would be glad to cease being a part were they to see a viable alternative. This is what we wish to offer. Formation of a hi-fi and TV repair co-op is one of our projects. Refer to Course of same.

Sunday, January 11, 4:00 p.m. Atherton

EARTH

WE-2 HI-FI AND TV REPAIRING:

A hi-fi and TV repairing co-op is being organized. It would provide low cost repair work, train people to do their own repair work, train people to be able to make a living doing repair work, and provide bread for a trained instructor willing to teach others to do electronics repairing. A fully equipped shop is available evenings. All it takes to make this co-op work is finding an interested and qualified instructor. Potential students and instructors get in touch with Pat Griscom.

Monday through Friday, 5:00-9:00 p.m.



WE-3 SPECULATION FOR FUN AND PROFIT: Suzanne Kwist

Discussions governing highly speculative investments. The commodity futures markets * warrants and new issues in the stock market * the second mortgage market and high risk real estate ventures. The potential profit and risk will be explored by three brokers who are specialists in their own areas.

Monday, 7:30 p.m. Palo Alto

WE-4 SPEAKING RUSSIAN AND UNDERSTANDING RUSSIANS: Dick Homick

To really learn a language you need to have things you dig saying in it and people you want to say them to. I want to find people who want to learn and teach how to swear, laugh, bullshit, sing, rap light/heavy, feel sad, become enraged, etc. in Russian and be able to put it across to Russians. The object is to get deeply into the people--their feelings and culture--and compare and relate this to ourselves. There will probably be a 5.00 charge for expenses.

Monday and Thursday, 8:00 p.m. Mountain View



WE-5 USING COMPUTERS: Ted Syrett

I have knowledge and experience in computer programming to share with anyone who is interested in learning how to use these tools (toys?). No guarantees that we will actually get access to a computer, but we'll see what we can do.

Tuesday, 8:00 p.m. Menlo Park

WE-6 DOOMSDAY: Howard Junker

The world has been coming to an end for a long time. Our sense of the approaching apocalypse may be urgent, but it's not new, not unrelated to the way others have expressed their sense of an ultimate catastrophe. One way to beat back the gloom of doom is to learn more about it. How this course does that depends--partly on your own interests. I like to explore false metaphors.

First meeting January 14, 8:00 p.m. Menlo Park





WHOLE

EARTH



WE-7 PEOPLE'S GARDEN: Judy Nathenson

I have a big, nearly barren back-yard. It needs a garden, vegetable, preferably. About 8 people to come weekly, on a week day afternoon or Sunday, to dig, plant, mulch, battle snails, and, if we are lucky, feast. I don't know too much about gardens yet, but will communicate what I've learned from my two attempts so far. Gardeners can share knowledge, gardening books, shovels, seeds, (water bills), etc. Come more often than weekly for informal cultivating--a lot can happen in a week that you wouldn't want to miss (including fast weed growth).

First meeting Wednesday, February 4, 8:00 p.m. Palo Alto

WE-8 STARTING A COUNTRY COMMUNE: Paul Wyatt

We are planning to buy land in the spring in Northern California, and are looking for people to join us in a communal thing. We want to meet responsible, life-loving people who are willing to give in a communal situation founded on respect for the individual. We meet on Wednesday nights for a potluck and rap.

Sunnyvale

WE-9 COMPUTER PROGRAMMING: Richard Libitzky

What do you want to know? I can't teach you enough so that you can go out and get a job, but if you have some specific problems, or if you want to know something about computers in general, I might be able to help. Get in touch with me.

Thursday, 8:00 p.m. Menlo Park

WE-10 LIVING WITH THE SAN ANDREAS FAULT: Rowland Tabor

To live on the earth we must live with it, and although it seems passive to man in his short time, the earth is really active. Especially in California, man must learn to live with a changing planet. This course will 1) present some of the foundations of geology so that we can 2) talk about faults and earthquakes, 3) examine the San Andreas Fault and associated faults and 4) discuss what man can do with urban planning and laws to prevent earthquake disasters. Meet three or four times plus a field trip.

First meeting Friday, January 16, 8:00 to 10:00 p.m. Portola Valley

WE-11 HOW TO PLAY THE ESTABLISHMENT GAME IN ORDER TO GET THE LOWEST POSSIBLE RATE ON YOUR AUTO INSURANCE: Bill Sprietsma

This class is planned for a one meeting question and answer session on how to get the best auto insurance protection at the lowest possible cost. We will review how the underwriter looks at a new customer, what factors go into rate making, how the underwriting rules and rate making procedures differ by company, when you should (or should not) consider changing insurance companies. You are encouraged to bring your policies and problems. I worked for one of the larger Mutual Insurance Companies for 15 years, am now a broker and run my own one man independent insurance agency. Hope I can help you save a little.

Only meeting Saturday, January 17, 10:00 a.m.



WE-12 MEXICO SUMMER: Gordon Howe

We're rolling south to Mexico for about a month this summer. Sample a different life style, different traditions, a different culture. Mazatlan, ferry across the Sea of Cortez to La Paz and Cabo San Lucas, Mexico City, Yucatan and where would you like to go? Dive in the Sea of Cortez and climb the Popocatepetl Volcano, prowl the Mayan ruins, and whatever else comes our way. Let's begin now. Sign up and you will be contacted.

WHOLE

WE-13 WHAT IT'S LIKE DOWN THERE: Jan Siren

With the aid of slides, films, maybe other media, I'll try to explain how Antarctica can entice a man back for a second stay. (In answer to the questions and eyebrows raised by my friends.) Time and place to be announced.

EARTH

WE-14 FARMING: D. Williams

How to plant, raise and care for vegetables and herbs the organic way for good results. To start in early March.



WE-15 AN ALTERNATIVE--REPLACING SUBURBIA WITH COMMUNITY: Norman Brown & Fred Jewett

We want to get together with people who are seriously interested in working toward an alternative community to replace "suburban sprawl" with a more satisfying, human, organic style of life and environment. We will all combine and discuss our ideas on social organization and interaction, communal living, land use, architecture, community services and support, etc., and consider feasibility, financing and the dynamics of social change. We will then move toward building and living in a working model of the suburban community of the future--one that will be inclusive of variety, responsive, flexible, free, and through cooperative action, will provide more time and energy for contributing to social changes and improvement, both in the community and outside it. We are also planning to participate in the Monday night open forum on community (see Politics section). Please call 323-3711 or 323-1538 for further information, or contributions of ideas or research work.

Meets Wednesdays, 7:30. Menlo Park.

