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AMERICANS DON'T QUIT

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UNITED STATES MARINES

Marine Corps Fathers
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COMMUNITY

PROJECTS



from dream to reality

CP-1 CREATIVE DISORGANIZATION FOR LITTLE KIDS: Suzanne Couture & Lynne Gilmer

We are two ladies (a mother and a credentialed teacher) who really dig little kids and have lots of good ideas to share. We want to be as spontaneous as possible, with activities and outings developing out of whatever the kids are interested in. The atmosphere will be non-directed. All types of creative materials and nature projects will be out to be used all the time. Our home, a commune in an old house on two acres, includes swings and climbing trees and dogs and cats and hamsters, a vegetable garden and resident philosopher, and should be exciting in itself. Bring your kids any or all mornings. Some regularity would be nice so that we can know your child and be able to plan to do the things he likes when he's here. We'll have snacks. Lunch if you wish, too.

Weekdays, 8:30 a.m. to 1:00 p.m. Palo Alto
Charge for expenses: \$2.00 per morning

CP-2 INNER THEATRE: Steve Polinsky

Inner theatre is a newly conceived workshop of the performing arts. It is a way of communicating and expressing our fantasies, desires, drama and frustrations in a constructive, artistic manner. "To be or not to be, that is the question!" If you have a desire to perform, i.e., sing, dance, recite, play music(?), we are encouraging you to join us and be! We are currently looking for a home place to perform original material and helpers. Our immediate goal is an evening of original drama by local talent. If you're interested and have unexpressed talent, please sign up and be contacted!

Time and location to be announced

CP-3 COMMUNITY LIVING IN THE BAY AREA: George Martin & Norman Brown

We will share our knowledge about cooperatives and various forms of living groups happening here and now in the Bay Area. How do these new groups differ from the traditional large rural family, the modern small urban family, condominiums for retired persons, or expensive apartment-clubs for singles? Where do you choose to fit in? We may try to match you with a group or help you start your own. Our trip will be small living groups of the enlarged family type which can fit in with the straight world as an accepted (or tolerated) sub-culture. A wider scope of attitudes will be covered on Mondays (see course P-2).

Wednesdays, 8:00 p.m. Palo Alto

CP-4 MOVEMENT BOOKING AGENCY: Lee Herzenberg

If you have booked rock bands, have connections with rock bands, or are interested in booking or making connections, you are invited to help us form the Movement Booking Agency. The course leader is a member of the Free People's Free Music Company, which organized rock concerts in Palo Alto last summer.

Monday, January 19, 8:00 p.m. Stanford

CP-5 THE ODYSSEY STONE ROCK OUTCROP (OPEN-STYLE) MUSIC GROUP MUSIC FOR THE MASSES: S. Barrett Williams, Andy Moorner & others

Music, theater, light-show, food & dance people (lots of high-energy types, hopefully) will get together to plan things to do for Spring & Summer be-ins and concerts--we will hopefully develop some mind & body blowing new things to turn the people on, and on, and on, and...

January 24, February 21, March 21, 2:00 p.m. East Palo Alto



CP-6 COOPERATION PRESS: Bruce Moorman

I have a small amount of money, with which I may finance a few short manuscripts of poetry, short stories, political, social, philosophical or literary essays, or black and white art. My standard is that they are of quite high quality - very high. They would be printed in stapled form by the Free U Print Shop. The Press will take a reasonable amount for its needs, try to operate as simply and economically as possible, and will try to make as much profit for the author as possible, consistent with his merit and the quality of the printing and format. At the end of the year, whatever profits remain will be divided equally among the contributors for that calendar year. This is not a fixed percentage, but will be as high as possible. There will be a simple, standard contract for everyone which will give the author a personal copyright. This is a cooperative concept, and the more artists and writers help one another and the Press, the larger our profits are likely to be.

Please leave messages at the Free U Nest.

CP-7 TOWARDS A COLLECTION OF AFRICAN RECIPES: Diane Ames

Does anybody anywhere have some good African recipes? If you do, please call me at 969-2298 or write me at 842 Independence, Mountain View, Calif. 94040. At the end of the quarter I will be glad to share whatever recipes I have accumulated with anyone who is interested. I want to thank people who helped me on this last quarter. The project is being continued this quarter in the hopes that continuing it will be fruitful and because it did not get into the #%"& catalog last quarter.

CP-8 THE FREE COOK (BOOK): Diane Ames

Having taken some inspiring Free U cooking courses, I am interested in compiling a sort of Free U cookbook. I am especially interested in collecting recipes from people who have offered cooking courses; however, anyone is welcome to contribute recipes, especially unusual ones. This project is being continued this quarter because that seems like a good idea and because it did not get into the #%"& catalog last quarter. Please call me at 969-2298 or write to me at 842 Independence #4, Mountain View, Calif. 94040 if you would like to contribute recipes. You can dictate a recipe over the phone, if you wish. If you have a number of recipes to contribute, I can arrange an appointment with you at your home or mine.

CP-9 EVERYMAN: Tim Coburn, Len & Lee Herzenberg, Marc Jensen, Larry Tesler,

On October 30, the Midpeninsula Free University voted to join the Everyman coalition and pledged \$1500.00 to revitalize the quest for a community center. At this time there is no place in the Palo Alto area where free people can meet. The coalition of Everyman has decided to try to acquire the old Tangent building and create a community gathering place, cultural kitchen, community center, etc. Negotiations are now in progress.

Everyman will be a democratic organization run by the membership (open to anyone who contributes time, money, love or themselves to make the community center work). If you are interested in the next meeting of Everyman, sign up for this class and you will be contacted. If you would like to make a donation and or work with Everyman, contact the Free University office at 328-4941.

CP-10 INFORMATION & SUPPORT FOR BREASTFEEDING: Lois Krensky

I nursed my adopted son for a year and am happy to share my knowledge with any woman interested in breastfeeding. Call Lois at 851-8200.



community projects & services

CP-11 THE FREE YOU: Fred Nelson

And we grow and extend. As a voice of the Free University and a creative outlet for our community, our prominence has become national. For one year, our growth was fostered by one editor. During the past year, the magazine has required the best efforts of four co-equal editors. On the brink of our third year of publication, our structure is changing again, with the hope of having editorial and managerial responsibilities shared by a wider portion of the community. The precise structure is still being worked out, but generally, this authority will be vested in the Monday night group, whose membership will be self-selecting. If you join us, the responsibilities will be heavy, but the rewards will be commensurate. This course may be taken concurrent with or independent of CP-12. The first weekly meeting will be in early January; sign up, as we always say, and you'll be called. If you have any questions, contact the course leader at 328-4941.

Mondays, 7:30 p.m. Palo Alto

CP-12 YOU, TOO, CAN BE A MILD-MANNERED REPORTER FOR A SMALL BUT FEARED METROPOLITAN MONTHLY: The editors of the Free You

The Free You, the Free University's newsletter-cum-magazine, has grown to a position of influence and success grudgingly acknowledged even by Alexander Bodi of the Palo Alto Times, who ought to know. We're free, we're open and we're serious, but we need help. There is nothing more critical to an open society than good journalism, and nothing does more to limit the flow of good reporting than intelligent people who want to write, who really can write, but who have conditioned themselves to think they can't. We want to assemble a group consisting of anyone with even the vaguest aspirations in this direction, to talk about what they're interested in reporting on, and how they might go about it.

Each of the course leaders has extensive experience in this field, utterly different styles and approaches, and the shared conviction that anyone who wants to can do good, creative reporting with little effort. We can promise you a new kind of self-satisfaction from your work, and the knowledge that a diverse and growing readership will profit from what you see and pass on to them. What you report on will be tailored to whatever particular interests you may have. We began this project last quarter, working rather ineptly with ten people. With them as a nucleus, we plan to extend the reach of the course and do, one might hope, a far better job of organizing than we did in the fall. CP-12 may be taken concurrent with, or separate from, CP-11, whatever your fancy may be. Sign up and you will be definitely and enthusiastically called.

Day and time to be arranged. Menlo Park

CP-13 ANNUAL FREE U AUCTION

Sometime this quarter, we're going to hold a benefit auction for the MFU which we hope will become a yearly event. We'll bring all the things that are too nice to part with when the Goodwill truck comes around, but that make us wonder if our possessions possess us. Bring things you've made that you'd dig having people bid for. Bring your favorite carrot cake or home-made fudge. It'll be a lot of fun & we may even make some money.

Watch for the announcement in the Newsletter soon. Call Janelle at 328-6145 if you want to help make it happen.

CP-14 FREE U BENEFIT CONCERTS: John Dolly

With the experience of Woodstock, the Rolling Stones, and last year's Free U benefit concerts behind us, let's get together and plan for the Spring and Summer. And let's ask ourselves what creates good or bad vibes at these community gatherings.

Sunday, January 11, 7:30 p.m. At the Nest



CP-15 A LITTLE HELP FROM MY FRIENDS

Generation Gap Mediation, Drug Crisis Intervention, Loneliness, Alienation, Couple Problems. Anything else? If you feel you need a little help from your friends, call one of us:

Dick Rees	328-4941	John Dolly	328-6130
Pat Griscom	365-1329	Jean Tarshis	328-6130
Judy Cosgrove	854-4315	Bob Cullenbine	326-8104
Robb Crist	854-4315	Rob Gilmer	325-0371

nest services & projects

CP-16 TEACHING & ORGANIZING COURSES

In the Free University, Monday's student is Tuesday's teacher. The course deadline for Spring Quarter will probably fall during the first week in March. If you are considering offering a course during the coming quarter and/or have any questions concerning catalogs or courses, please call Bob or Lesley at the Nest.

CP-17 THE BROWN BOOK

The Brown Book contains a listing of dwellings for lease or rent, people in need of a place to rent, commune information (construction, maintenance, expansion, land deals), people offering rides locally or interstate, people in need of rides, lost & found information.

If you need such information, feel free to come to the Nest and browse through the Brown Book. There are many homeless applicants; any information or leads, however remote, pertaining to places for rent are greatly appreciated.

CP-18 THE BLUE BOOK

The Blue Book, located in the Free U Nest, contains listings of jobs offered, jobs needed, babysitting jobs, babysitters, etc.

If you need such information, please feel free to come in and browse through the Blue Book. If you have jobs to offer, please call the Free U Nest or come in and make an entry.

CP-19 COMMUNITY REFERRALS

In our new community there is always a need for doctors, lawyers, plumbers, locksmiths, dentists, electricians, rabbis, etc. We are continuing our system of referrals. So, if you out there ever need someone to perform one of these tasks, call 328-4941. Or, if you are the holder of one of the above professions or another that might be useful to our community, please call us at the same number.

CP-20 MFU LEGAL DEFENSE BAIL FUND

A well-used contingency fund for use in various political arrests and legal harrassment by local law enforcement agencies. Financial and legal assistance is needed to assist Free U members, staff, and innocent bystanders; direct all contributions to Bail Fund, c/o MFU Nest, 1061 El Camino Real, Menlo Park, Ca. 94025

CP-21 FREE U LEGAL DEFENSE GUILD

The MFU Community needs lawyers willing to volunteer their services for free consultation; set your own restrictions and call us. If you have a legal problem and need advice or consultation, we have a limited list of lawyers available for free advice and some free help. If you have a little money, or are interested simply in supporting MFU community lawyers, please get in touch with Bob Litvak or Lesley Tabor at the Nest.

CP-22 BABYSITTING EXCHANGE

An informal, non-organized babysitter's exchange (trading hours of babysitting or mouey, whichever you have more of). Sign up if interested; make your own arrangements with other parents on the list. Copies of the revised list will be available in the Nest as soon as they are ready.



CP-23 ABORTION INFORMATION SERVICE

If you are pregnant by mistake rather than by choice, and have already definitely decided that you do not want to continue your pregnancy, but would rather terminate it through a therapeutic abortion, we will give you information about the following:

Free pregnancy test clinic

Counselling services which will advise you on sympathetic doctors and hospitals

Call 328-4941 and ask for a Free U staff member.

CP-24 FREE U MEDICAL REFERRAL SERVICE

Doctors, dentists, psychiatrists, all aspects of general medicine. We keep an up-to-date file of sympathetic medical men for use of Free U members. Any additions that you may know of will be gratefully received and added to the list.

CP-25 FREE U SPEAKERS BUREAU

We can send people to meet with any group that wishes to know more about the Free U or community problems like drug abuse, racism, the generation gap, etc.

If you need a speaker or if you are planning a seminar or convention, give us a call at 328-4941.

CP-26 SPEND A DAY WITH A FREE U STAFF MEMBER

Do you ever wonder what that elusive staff member does, how is he spending his time? Here is your chance to find out. The staff (paid or not) has agreed to let individuals follow them around for any pre-arranged day, and see for themselves. No guarantee is made that they will have the time to teach you any of their duties or spend an enormous amount of time on rapping, that would depend on what day you happened to choose. So call the office and arrange a day and staff member and find out what happens during a Free U day. Be prepared to race around, listen to a lot of phone calls and perhaps even go through that fun process of bailing someone out of jail.

friends

CP-27 THE CENTER

The Center is a voyage into our interior universe where, like Theseus, we are allowed to slay unwanted beasts, are assisted in the animation of our fantasies, and encouraged to grow and share. We meet each weekend and collect our energies to examine ourselves through meditation, clairvoyance, parapsychology, movement, art, bio-energetics, gestalt, and interpersonal encounter. Journey to the Center...it is at the root of things.

(Note: The Center will be in hibernation during the winter quarter. Watch for resurrection in the Spring.)

CP-28 ECOLOGY ACTION

Ecology Action now has a Peninsula chapter and will soon have an office (in the Plowshare bookstore). For information, call 854-3522.

CP-29 HYPNOSIS WORKSHOP

We exist for the purpose of teaching self-hypnosis to people. For further information, check course IP-14 in the Inner Paths section. Our address: 1010 Doyle St., Menlo Park. Our phone: 322-2992.



CP-30 INSTITUTE FOR THE DEVELOPMENT OF CREATIVE POTENTIAL IN CHILDREN AND ADOLESCENTS: Gary Blank, Ph.D. & Fran Bell, B.A.

Gary Blank is a licensed clinical psychologist in private practice in Menlo Park, consultant to schools, and committed to the development of creativity in young people. Fran Bell is a credentialed school teacher, co-leader of children's and adolescent's groups, and teacher of creative expressions classes in public and private schools.

We are in the process of developing a new institute geared towards the expression of creativity by kids and adolescents; i.e., an Esalen-type growth institute for kids and adolescents. We have begun having groups for kids between the ages of 5 and 11, entitled "Turning Your Kids On Creatively", descriptions of which are listed under "Encounter" in this catalog.

We would like to work together with people trained and experienced in working with children and adolescents --such as teachers, pediatricians, psychiatrists, social workers, psychologists, creative arts specialists, etc., who may have attempted more traditional ways of working with young people in schools and elsewhere, have been dissatisfied with these ways and feel, like we do, that they have some alternatives.

We are also looking for a permanent home (presently operating out of Gary's home) such as a small house or cottage in the Palo Alto, Menlo Park, Los Altos area. Any leads on this would be appreciated. If interested in pursuing ideas like this together with us, please call Gary at 961-8563 or Fran at 321-6641.

CP-31 INSTITUTE FOR THE STUDY OF NONVIOLENCE

The Institute for the Study of Nonviolence is a working community that is attempting to explore deeply-rooted social problems and to transform repressive institutions through an open-ended educational process in which human experience is shared and integrated, and by which men are allowed to grow.

Our long range goal is to move closer, through the dynamics of socially organized nonviolence, to the elusive yet imperative brotherhood of man, undivided by nation, race, or ideology. Our immediate goal is to experience and build this brotherhood in our own lives and in those lives we are able to reach in our daily work, and to become a self-sustaining radical community.

We are trying to create a balanced environment: enough quiet and peace to clarify our dialogue; enough involvement and serious action to live out that dialogue in the realities of our torn and fragmented world. The Institute will be offering several sessions this Winter. The core of the sessions are informal yet disciplined seminars that are kept small enough to allow continuous personal dialogue. Open to all people, the seminars are filled and space is reserved as we receive a letter of intent to be part of a particular session.

For more information, write to the Institute for the Study of Nonviolence, P.O. Box 1001, Palo Alto, Calif. 94302, or call 941-5400.

CP-32 NEW EXPERIMENTAL COLLEGE IN DENMARK

If you were a co-founder of a World University, what would you do?

NEC, now seven years old, is a residential experiment in education and honesty. It is located in the rugged countryside of Jutland, Denmark, free of the ordinary distractions that allow people to cop out on the present and their visions. The cost is that necessary to keep everyone participating free. Governed democratically, what happens is you. Write NEC, Skyum Bjerger, 7753 Hordum, Thy, Denmark. Telephone: (0791) Kolby 234, or contact Kathy Kirby through the Free University.

CP-33 NEW PRIORITIES PORTFOLIO/PEACE-ORIENTED

Thomas O'Connell Management & Research Corporation offers professional money management to those who, because of their philosophical, theological, or moral beliefs, prefer not to invest in companies that contribute to the military-industrial complex. Contact Jim Rea, 421-2248.

CP-34 PALO ALTO RESISTANCE

We are trying to build a movement of resistance to the draft, academic warfare, and the militarism of the Palo Alto area. We are primarily involved in a full-time draft counselling program. We are also continuing our work in nonregistration as an alternative to the draft, publishing Together, the high school magazine, and trying to set up an experimental free high school for the Palo Alto community. One of our new projects is researching into the use of land for military and military-related expansion.

For information and literature, or if you would like to help, call the Resistance at 327-3108, or come to our office at 424 Lytton Avenue, Palo Alto. We have a pot luck dinner every Sunday evening at the Friends' Meeting House, 957 Colorado Avenue, Palo Alto, at 6:00 p.m.



CP-36 SWITCHBOARD

The Palo Alto Exchange, PAX, or Switchboard is the sum total of all its parts. Its parts consist of all the people who spend a part of their lives there; we are a referral system trying to find alternatives for people. PAX is a place where questions on medical aid, abortions, legal aid, draft referral, rap calls, local activities, runaways, etc. can be answered. We are at 457 Kingsley, Palo Alto. The phone number is 327-9008.

CP-37 VOCATIONS FOR SOCIAL CHANGE

We believe that alternatives are available to people who no longer wish to support the political, economic, and social institutions in our society. We gather information about self-supporting groups that are involved in changing these institutions. When these groups need staff members, we write up this need in our newsletter which also contains such articles as "How to Start a Free School", "The People's Grocery", as well as articles on subsistence living, proposals for implementing new ideas for social change, etc. Also included is a list of resource groups and individuals who are involved in social change activities. We hope that through our newsletter organizations will be contacted by people who want to work with them. We also hope that individuals will be stimulated by the efforts and ideas of others, and will actively utilize them in their own lives and communities.

Copies may be seen at Resistance, 424 Lytton, Palo Alto; Stanford Volunteer Service Center Clubhouse, Stanford University; Institute for the Study of Nonviolence; Stanford School of Law, Palo Alto; Placement Office, Stanford School of Law, Palo Alto; National Service Foundation, 437 California Ave., Palo Alto; Midpeninsula Free University, 1061 El Camino Real, Menlo Park.

Donations are welcome. Vocations for Social Change, Canyon, Calif. 94516. Phone (415) 376-7743.

CP-38 WHOLE EARTH CATALOG

"We are gods" and might as well get good at it. So far, remotely done power and glory--as via government, big business, formal education, church--has succeeded to the point where gross defects obscure actual gains. In response to this dilemma and to these gains a realm of intimate, personal power is developing--power of the individual to conduct his own education, find his own inspiration, shape his own environment, and share his adventure with whoever is interested. Tools that aid this process are sought and promoted by the Whole Earth Catalog, Portola Institute, 558 Santa Cruz Avenue, Menlo Park, Calif. 94025. Phone (415) 323-0313.

CP-35 RELEASE ON RECOGNIZANCE

The R.O.R. Bail Project is sponsored by the Legal Aid Society of San Mateo County and is run by Vista Volunteers. The project petitions the court to release on their own recognizance those who cannot afford to make bail. The objective criteria are non-discriminatory as to race, creed or charge. If you are arrested or expect to be arrested, phone us at 365-0350 or stop into our office across the street from the County Courthouse in Redwood City. The address is 2221 Broadway, Redwood City.



ORGANIZATIONS

ACLU-----328-0732
All Saints Episcopal Church----322-4528
Artifactory-----327-9815

Berkeley Barb-----849-1041
Black Panthers-----922-6322
Bridge Mountain Foundation-408-336-5787

The Center (Esalen at Stanford)327-8340
Chelsea Shop Handcrafts-----322-9659
Concerned Citizens-----325-3765
Crisis Intervention Center-----327-9242

Damien House-----327-9242
Dirt Cheap Productions-----408-287-0798
Draft Counselling
 Foothill College-----948-8590
 Resistance-----327-3108

East Palo Alto Medical Clinic--325-6141
East-West Books-----325-5709
Ecology Action
 Peninsula-----854-3522
 Berkeley-----843-1820
Esalen, Big Sur-----thru operator 5671
Esalen, Stanford-----327-8340

Family Circus-----626-9618
Family Dog-----752-8664
Free Clinic, Berkeley-----548-2570
Free Church, Berkeley-----549-0649
Free City Free University-----474-4747
 (San Francisco)
Free University of Berkeley----841-6794
Free University of San Jose 293-3852
Free University of Santa Cruz--426-8500

Generation Gap-----325-8502
Graphica-----327-7700

Haight-Ashbury Clinic-----431-1714
Heliotrope-----931-1693
Huckleberry Home for Runaways--731-3921
Human Institute-----328-4770

Info, E.P.A.-----322-1817
Institute for the Study of
 Nonviolence-----941-5400
Involvement Corps-----328-7440

Kepler's Books, Menlo Park-----324-4321
 Los Altos-----948-5666

The Leather Works-----328-9602
Legal Aid Society (San Mateo
 County)-----324-0071
Legal Aid Society (Santa Clara
 County)-----245-2526

Midpeninsula Christian Ministry
 (Community House)-----324-0444
MIDPENINSULA FREE UNIVERSITY--328-4941
MFU PRINT SHOP-----327-5676

Nairobi College-----323-3169

Pacific High School-----867-2260
Pacific Studies Center-----322-4664
Palo Alto Exchange (PAX)-----327-9008
Peace and Freedom Party-----325-3765
Peninsula School-----323-5424
Planned Parenthood-----326-6935
Plowshare Community
 Bookseller-----321-4748
Portola Institute-----323-5155

Resistance-----327-3108

Sexual Freedom League-----654-0316
Suicide Prevention
 San Francisco-----221-1424
 San Jose-----287-2424

Thirteenth Tribe-----861-9049

Unitarian Church-----326-9031

Vocations for Social Change--376-7743

Whole Earth Truck Store-----323-0313
Women's League for Peace
 and Freedom-----325-3765
Women's Liberation-----321-4677
White Panthers-----321-4025

Zen Center-----346-0990



(These classes were received too late to be included in the preceding sections.)

ARTS & CRAFTS

A-55 QUILTING BEE: Joanne Bower

When nights turn chilly and you need an extra cover, a machine-made, sterile, polyethylene-wrapped blanket will stop your shivers, but a handmade quilt satisfies something far beyond the physical need for warmth. The evident devotion displayed in these everyday articles gives them an added significance. Quilting offers personal involvement, an expressive channel for the craftsman and artist, and brings personal warmth in our homes.

Tuesdays, 7:30 to 9:00 p.m. Menlo Park

A-56 LIFE DRAWING: ARTISTS ARE MODELS ARE ARTISTS: Noel Marquis

One evening a week you will draw two models from life for about 3 hours. Once every four to six weeks you will model for 1½ hours and draw for 1½ hours. The amount of direction, criticism, etc. that you want is up to you. If you ask for it, you will get it; if you don't need or want it, just draw, it's free. We invite interested Free U members with any degree of proficiency in life drawing. We also welcome anyone with more extensive experience in life drawing who would care to provide guidance to those who ask for it. Limited size class may be split to allow for a workable group size (a balanced 8 to 12 members).

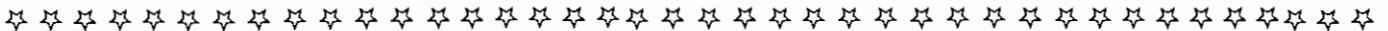
Organizational meeting, Monday, January 12, 8:00 p.m. Menlo Park

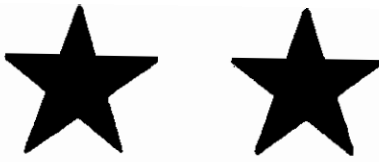
A-57

Calligraphy Workshop
— Tom Williams

People have been known to write whole manuscripts in this style. This course will be an opportunity for each individual to develop such a spontaneous mastery of his own style of calligraphy. We will use encounter and handwriting analysis to get at this style. Bring your own pen; a calligraphy book, such as Lloyd Reynolds, would be useful.

First meeting, Sunday, January 18 8:00 Menlo Park





ENCOUNTER

EN-46 PERSONAL GROWTH: Clyde & Paul

Growth through expression of feelings, lessened defensiveness, relaxing intellectual controls, reappraisal of self-worth resulting in increased self-acceptance, methods of honest communications.

Mondays, 7:00 to 10:00 p.m. Location to be announced.

EN-47 MASSAGE Ken Murray

Relaxing Swedish massage: Beginners welcome. This group will be friendly and warm. We may rap or encounter to exchange our enjoyment. Girls do not be afraid. Men do not be afraid. We will pair off to maintain sexual balance.

Day and time to be announced. Cupertino

EN-48 TOUCH, TRUST AND TENDERNESS: NON-VERBAL ENCOUNTER Dan Taylor

This course involves a participation in direct experience, self-awareness and expression between members of the group. We focus on increased understanding of attitudes and meaning brought to mind by such words as gentleness, communion, tenderness, compassion, sincerity, trust, honesty, freedom, and sensitivity.

The course will essentially be non-verbal until the latter part of the quarter. Trust games, sensory awareness, massage, and perhaps spontaneous dance are some of the techniques used. The orientation and pace will be tailored to the group. Emphasis will always be on a positive sharing between individuals with a minimizing of inhibitions and ego games. We maintain a deep respect for free choice, and absolute right of each participant. The class will consist of 7 men and 7 women.

Contact group leader by phone to verify openings prior to 1st meeting - (no drop-ins).

Wednesday 8:00 - 11:30 San Jose

INNER PATHS

IP-16 SCRIBBLING: Sherian Erdmann

Unjudged scribbling as a means to get in touch with (a) unblocking joy, (b) spontaneity in a creative process, and (c) what loneliness or solitude has to do with whatever you are doing.

This is an experimental class--we will use lots of cheap material--hopefully throw most of it away.

Saturdays, 11:00 a.m. Barron Park

IP-17 HEALING AND SPIRITUAL GROWTH Uncle Charlie

This is a one meeting course for the purpose of introducing a new way of cleaning the clouds out of ones spiritual body. Anyone may receive Johrei, God's divine light. Some will join us and become channels to help others. Mental and physical condition will improve greatly. Love and Peace will prevail.

Day and time to be announced. Mt. View

POLITICS

WHAT'S HAPPENING IN THE KU KLUX KLAN: Albert Lee Burton

Albert Lee Burton is the race relations co-ordinator for the Ku Klux Klan; he is also the only black man holding a KKK membership card. He feels his race to be inferior to Caucasians. He considers himself a member of the "hybrid negro race".

March 6 8:00 San Francisco

WHOLE EARTH

WE-16 MAN'S NATURAL STATE IS ECSTASY: NUTRITION: Lois Krensky

We'll share exploration of Adelle Davis' books, Let's Cook It Right, Let's Get Well, Let's Eat Right to Keep Fit, Let's Have Healthy Children, and Abramson's Body, Mind and Sugar.

Alternate Mondays beginning January 19, 8:00 p.m. Woodside

WE-17 POPULATION & POLLUTION: Lois Krensky

We'll share resources concerning population and pollution problems.

Alternate Mondays beginning January 26, 8:00 p.m. Woodside

WE-18 MAGIC MUSHROOM: Mark Jensen & Bill English

We are surrounded by delightful mushrooms growing practically everywhere. Most of them are edible, a surprising number of them are delicious, a few of them will turn you on, and a very few (one species) will turn you off (permanently). We have assembled between us a experience and learn from others. We will take weekend trips when the weather is right to collect edible mushrooms and then gather to partake of our find.

Time and Place to be announced.

WE-19 BIRD WATCHING Mike Perron

An introduction to ornithology. The seminar will consist alternately of lectures and field trips to such places as Palo Alto Yacht Harbor, remote areas of Stanford Campus, live oak-chapparral hillsides, and coast redwood forests. If the members wish, we may also go to the Monterey area or to Tomales Bay for a weekend. Topics to be discussed are: bird identification, migration, distribution, psychology and conservation.

Time and place to be announced.

WE-20 ECOLOGICALLY BALANCED COMMUNE Brian Barhaugh

I would like to work with other people to design a house to make mother earth happy. We will explore ideas such as Bucky Fuller's Fog Shower, Solar heating, recycling of garbage.

Day and time to be announced.

COMMUNITY PROJECTS

CP-39 ELECTRIC VEHICLE DESIGN: Roy Kaylor

Design and construction of non-pollution vehicles powered by electricity (cars, motorcycles, bicycles, sailplanes, boats, roller skates,...whatever!)

The course will be tailored to the interests of the class. Theory and practical projects will be presented. Topics include all electric and hybrid systems as well as pulse width DC control systems and three-phase variable voltage, variable frequency AC control systems.

Thursdays, 7:00 p.m. Menlo Park

X-1 URBAN GUERILLAS: Aphrodite Scarato

Frustrated because you can only talk about and feel outrage at the pollution of mother earth and beauty and do not know what you can DO about it? Come meet with others who feel similarly and want to know more about air, water, food, noise, and sight pollution and who want to become "urban guerillas" to create ways of informing and enraging the community about the devastation of our environment and to create ways to reverse the devastation. Old ways haven't worked--let's improve them and make new ones. Course open to all--especially need those who know something about pollution because instructor is just learning.

Meets Mondays, 7 pm. (location in course location book)

X-2 SAVE THE CHILDREN: Aphrodite Scarato

For all, especially, former, practicing, or prospective teachers, Peace Corps, Vista, and community workers. This course will deal with a range of topics, centering about how one saves the children (or people) from the bureaucratic machine in its many dimensions, does something constructive, and keeps his own sanity. We can share experiences and apply organizational theory towards understanding the dynamics of bureaucracies. We can discuss the nitty gritty of handling the children (people, community) and the organization. Curriculum is open: some possible topics can be:

- How can you get the bureaucracy to support you?
- How do you handle your ego?
- How do you decide on priorities in planning a program or class?
- How do you include the children or community in the decision-making?

Meets Thursdays, 7 pm. (location in course location book)

X-3 IMPROVING COMMUNICATION IN MARRIAGE Haig Agigian, MSW and Janet Evans, MSW

An opportunity for couples to work at making their relationships richer and more open. Some issues that might be explored: what do you really want from each other; how much individual freedom ought there to be for each marriage partner; what blocks effective decision-making; and how to deal with competition and differences between spouses. Other areas of concern will be welcomed. Supportive setting. The workshop will be limited to six couples. Since there is no fee, please do not register if you attended a workshop last quarter.

Saturday, March 28 10:00am to 6:00pm Palo Alto.

ONE DAY CLASSES & EVENTS ☆ ☆ ☆

january

1	PL1	New Year's Eve Party
7	A24	Artists & Craftsmen
9	PL16	Graffiti on the Wall
10	A52	Raku Pottery
11	A53	Weaving
11	WE1	Radical Vocations
11	CP14	Free U Benefit Concerts
12	A56	Life Drawing
14	WE6	Doomsday
16-18	EN39	Gestalt Therapy Marathon
16	EN44	Encounter for Teenagers
16	WE10	San Andreas Fault
17	EN28	Psychodrama with Love
17	EP13	Bokonon
17	WE11	Play Establishment Game
18	A57	Calligraphy Workshop
19	P7	City Government
19,26	P13	Culture of Poverty
19	CP4	Movement Booking Agency
23-25	EN40	Relating to Opposite Sex Marathon
24	CP5	OSRO Music Group
25	A2	Sandcasting at the Beach
30	A46	How to Produce a Vision
30-31	EP14	Silence Weekend
31	IP13	Astrology and You

march

1	A33	Ugly Art
6-8	EN43	Inner Freedom Marathon
21	CP5	OSRO Music Group

february

1,15	A36	Say it Again, Sam
3,10	P8	Kennedy Assassination
4	WE7	People's Garden
6-8	EN42	Inner Freedom Marathon
15	A34	Painting with Acrylics
16,23	P18	Working Within the System
17	P9	Guerilla Theater Workshop
20-22	EN41	Relating to Opposite Sex Marathon
21	CP5	OSRO Music Group
22	PL17	Paper Airplanes
27-28	PL20	Pleasure Weekend

registration information ☆

REGISTRATION BY MAIL: Cut out the registration form and mail it with your check to:
MFU, 1061 El Camino Real, Menlo Park, Ca. 94025
You will receive a membership card and course location booklet in the mail.

REGISTER AT THE NEST: 1061 El Camino Real, Menlo Park. 11:00 a.m. to 7:00 p.m., 7 days a week, Dec. 29 to Jan 11 and throughout the quarter.

REGISTER AT STANFORD: At the Pavilion on Jan. 5, from 8:00 a.m. to 5:00 p.m.
At White Plaza from Jan. 6 through Jan. 16, from 10:00 a.m. to 3:00 p.m., weekdays.

REGISTRATION WILL ALSO BE HELD AT: Foothill College and Canada College. Call the Nest (328-4941) for information.

THE MEMBERSHIP FEE IS \$13.00. We are requesting that our members donate an additional \$2.00 so that we may be free to support worthy activities and projects during the coming quarter. The membership fee entitles you to join as many courses and projects as you wish. Scholarship information is available through the registrar. We cannot accept IOU's or refund membership fees.

ADDITIONAL COURSES will be announced in the Free You newsletter and at the Nest.

COURSE LOCATIONS and phone numbers of the instructors will be listed in a supplementary catalog which will be given to each member upon registration.

REDBOOK: Course changes, such as time, location, and the closing of classes are announced in the Redbook. Come in to the Nest, or call 328-4941 and ask for Redbook.

WINTER SEASON classes start on Jan. 11 and continue for about 10 weeks until the middle or end of March. Courses may continue longer or end earlier, at their own discretion.

SPRING SEASON classes start on April 6. The tentative deadline for course descriptions is March 2.

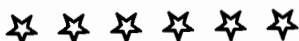
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★ COURSES
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★ PREPAID COURSES _____

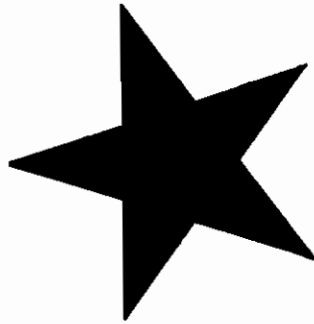
★ REGISTRATION FEE (\$13) _____ FIRST PLEDGE _____ SCHOLARSHIP

★ TOTAL PREPAID COURSES _____ TOTAL ENCLOSED _____

notes

- ★★★★ If you are interested in helping the Free U
 Community, sign Here:
- ★★★★ NAME: _____
- ★★★★ PHONE: _____
- ★★★★ WHEN AVAILABLE _____
- ★★★★ (1) OFFICE VOLUNTEER (answer phones, greet
 people, registration, clean-up etc.)
 What? _____
- ★★★★ (2) PRINTSHOP VOLUNTEER (phones, bookkeeping,
 filing, clean-up, etc.)
 What? _____
- ★★★★ (3) NEWSLETTER - CATALOG PRODUCTION
 (typing, layout, collating, mailing)
 What? _____
- ★★★★ (4) HOUSE FOR CLASSES
 Address _____
- ★★★★ (5) TEMPORARY HOUSING FOR VISITORS
 Address _____
- ★★★★ (6) OTHER (tools, truck, office supplies)
 What? _____
- ★★★★

MIDPENINSULA FREE UNIV.
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