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Midpeninsula Free University
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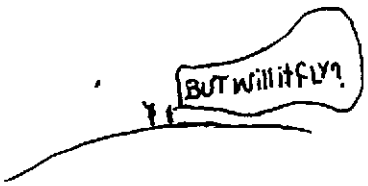
What is the Midpeninsula Free University?

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.
THAT WE SHOULD NOT SETTLE FOR LESS.



Membership

Membership in the Free University is open to all with no prerequisites for admission. The registration fee is $10 per quarter.
Members may join as many of the over 220 courses, weekends, and marathons as they wish.

What does the Free U do?

COURSES

Any Free U member may offer a course on any subject he wishes and in any manner he wishes to teach it. The Free U exercises no screening, censoring, or directing of any class. In this way the community can best assess its educational needs; meaningful courses and competent course leaders meet with success, while poorly organized courses collapse from their own lack of cohesion.
The Free U rejects the concept of education by coercion and bribery; we therefore give no grades and grant no degrees. Free University members assume responsibility for their own educational program, and the total experience depends on each participant's commitment and initiative. We also minimize the distinction between course leader and participant, and very often today's teacher is tomorrow's student. Most classes are held in the course leader's home, where we can more fully achieve a feeling of comfort and trust. Some of the larger classes are held in barns, in forests, or at the beach.

THE NEST

The MFU staffs a gathering place and office called the "Nest", at 1061 El Camino Real, Menlo Park. The Nest is where you can come and register, or listen to music, or chat with whoever is there.
As a community service, the staff maintains two books: the Brown Book and the Redbook. The Brown Book is a switchboard for jobs, housing, doctors and lawyers (See SP 17-23); all members are encouraged to use this service. The Redbook contains all the current course information, such as location, telephone numbers, changes; course leaders should assume the responsibility for entering all relevant information in the Redbook.

POLITICAL ACTION

The MFU 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, and are arrived at by a majority decision at our General meetings and Coordinating Committee meetings. The MFU has taken a stand on a number of issues, including opposition to the draft and conscription laws, legalization of marijuana, condemnation of imperialism by US and Russia, and demanding immediate cessation of US involvement in the Vietnam war; support of Peace and Freedom Party, the Black Panthers' Ten Point Program, and the Third World Liberation Front.

CELEBRATIONS

The Free University sponsors festivals at the beginning of each quarter to foster a feeling of joy and human solidarity. In these community festivals we dance, feast, and enjoy each other's company.

VOLUNTEER PROJECT: WAYS TO BUILD THE MFU COMMUNITY

When you stop to think about it, no matter what you do, you are volunteering to do it. Sometimes you get paid, sometimes you don't. Ten people are presently receiving a full time salary of $150 per month as staff members of the Free U. This is all the Free U can afford to pay at this time. They could not begin to realize the Free U vision without the aid and support of many hundreds of "volunteers" who think the Free U is sufficiently worthwhile to receive their time, energy and creativity. These people are the foundation of the Free U.
If you would like to share in building the community please fill out the sections on the registration page; or call Gail Teel at the Nest, 328-4941.

NEWSLETTER

The Free You is a biweekly magazine containing news, commentary, poetry, and artwork contributed by Free University members. Editorial policy is to present diverse and opposing views relevant to the problems we face as a community. The Free You is available to non-members on a subscription basis for $3 for six months or $5 for a year. The money will be used to cover expenses and support a staff of artists and journalists. All members are encouraged to submit material to the Free You.
See the coupon on the registration card flap (on page 59) for a non-member subscription.

How is the Free U run?

The MFU is governed by a participatory democracy. The basic structure of the Midpeninsula Free University (a non-profit corporation, incorporated in 1967) includes a monthly General Meeting which makes broad policy and financial decisions, and a weekly Coordinating Committee which handles the immediate running of the University.
The Coordinating Committee meets over dinner every Thursday night at 6:00 pm and everyone is amply encouraged to attend. Every Free U member is automatically a member of these meetings simply by attending (See SP38). The agenda of the General meeting is printed in the newsletter and distributed at least three days before the meeting.
Membership in the Free University is egalitarian; there is no such thing as 'associate member' or 'non-voting member' since we consider such distinction damaging and irrelevant. Every member of the community is encouraged to participate in the making of decisions that affect his life.

COMMUNITY ECONOMICS

The Free U encourages and supports the growth of community industries and cooperatives. The following businesses are now in operation:

Arts and Crafts Coop Store, selling the wares of over 150 artists and craftsmen. The store has just undergone extensive remodelling and reorganizing; come visit, Monday-Saturday 10:00am to 8:00pm, 1061 El Camino Real, Menlo Park. 328-4941.

Free U Print Shop, offering complete offset printing service at reasonable rates. Monday-Friday, 10:00am to 6:00pm. 337 Ramona Street, Palo Alto. 327-5676.

lix hecker

Midpeninsula Free University

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1061 El Camino Real
Menlo Park
California, 94025

Arts

A 1 DANCE: Jim Freeman

Do you really dig dance, movement and music, interpretive psychsoul and/or ballroom? I would like to have a class of people who do. The goal is development and enjoyment of said interest. Depending on the size of the class and diversity of interest, we might split into smaller groups meeting in homes.

Mondays 8:30pm, starting April 14. 851-7445, after 6:00pm.

A 2 PRIMITIVE BODY MOVEMENT: Anne-Lise Malter

Anne-Lise Malter continues her class in revitalizing and loosening up neglected areas of the body through rhythmic exercises emphasizing spine and pelvis followed by improvisational dance or tribal beat and soul. $10 charge for 3 months rental of room.

Mondays 7:15pm, starting April 14. 327-3880, or call Redbook, 328-4941.

A 3 EXERCISE YOUR BODY (AND FEELINGS RELATED TO): Barbara Martin

An exercise class/ with a bit of whimsy/ and a bit of growing pain/ with your self making sounds/ and breathing and touching/ and moving and listening/ Wear moveable clothes in which YOU can be seen. This class has 3 sections: (a) meets twice a week, (b) meets once a week and is limited to 15 people, (c) meets twice a week and is for teenagers, also limited to 15 people. There will be a charge of $4 per month for (a), $2 per month for (b) and (c). Eatable food may be substituted for money.

(a) Mondays and Wednesdays 1:00pm, 961 Peninsula Way, Menlo Park, starting April 14.
(b) Tuesdays 10:00am, 254 Los Trancos Circle, Portola Valley, starting April 15.
(c) Tuesdays 8:00pm, 254 Los Trancos Circle, Portola Valley, starting April 15.

A 4 PHOENIX OF FOLK GUITAR: Gordon Nelson

From the ashes of last quarter's FOLK GUITAR WORKSHOP we arise again to exchange songs, chords and aural satisfaction. Anyone from semi-beginner onward is welcome, particularly 12-strings, banjoists, bassists, and harmonica fiends. Find your own thing amongst traditional folk, urban folk, blues, bluegrass. Hopefully we can form small groups according to interest, and maybe work up something for the Tresidder Coffeehouse.

Mondays 8:00pm, first meeting at 661 Arboleda Dr, Los Altos (later locations to be arranged), starting April 14. 967-1300.

A 5 LIFE DRAWING MODELING WORKSHOP: Marghee Mills

This will be a 2½ hour life drawing workshop, where the artists will take turns modeling. Sign up in the course registration book at the Free U office; please leave your name, address and a phone number where you can be reached. At the first meeting we will decide on the day and hour favorable to the most of us. Shalom.

Monday 8:00pm, 327 Addison St, Palo Alto, starting April 21. 327-5676.

A 6 DRAMA WORKSHOP: Steve Polinsky

A class designed to teach the art of acting. Each class is limited to 12 students, to insure time for individual criticism and development. We will use various exercises and techniques, not being limited to the "method". Relaxation and honesty will be specific points of concentration. This class has two sections: (a) is an advanced class, and (b) is for beginners. A brief interview is required to determine position in classes. A Committee type review is now being formed and all students are potential participants. A $10 monthly fee is required.

(a) Mondays 7:00-10:00pm, 210A High St (at Hawthorne, above dry cleaners), starting April 21. 326-3827.
(b) Sundays 7:00-10:00pm, 210A High St (at Hawthorne, above dry cleaners), starting April 20. 326-3827.

Arts

A 7 RECORDER PLAYING: Cynthia Sullivan

I'd like some people to play recorder with. If you play, no matter how well or badly and would like to get together and play with others - come over and we'll form groups or whatever.

Mondays 7:30pm, 209-3 Stanford Village, Menlo Park, starting April 14. 325-7764.

A 8 ZOMBIE DRAWING: Victor Harlow

If you bring penpoints and microscopic eyes we can draw little itsy bitsy diddly-fuck things, cancel out what is artsy-fartsy, talk about Guys We Like ('Names').

Second and Fourth Tuesdays 8:00-11:00pm, 514B Cliff Street, Santa Cruz, starting April 22.

A 9 RECORDER ENSEMBLE: Anne and Joel Huberman

Praetorius...Bach...Warlock.....
If you've always wanted to join a recorder ensemble, here's your opportunity. This is a group for people who know how to play all the notes on their recorders and who can sight-read simple music. The ensemble will be limited to four sopranos, four altos, four tenors, and four basses. Bring with you instruments, music stands, and any music you would like the group to play. You must call the instructor if you are interested in joining the ensemble.

Tuesdays 7:45pm, starting April 15. 328-4683.

A 10 MEDIA WORKSHOP: Roz Stone

A continuation from last quarter. This is a workshop for media heads who are into graphics, radio, TV, and film. We produce all the media for and about the MFU with the exception of the newsletter. We are now involved with Lee Reeves in the production of a full feature documentary about the Free U. Since last quarter, Media Workshop has turned into a company located at 558 Santa Cruz Avenue (325-2900): our business is mostly graphic arts and creative environmental design, working closely with the MFU Press. Possibility of employment as well as a medium for cross-fertilization.

Tuesdays 8:00-11:00pm, 558 Santa Cruz, Menlo Park, starting April 15. 325-2900.

A 11 ART OF GIVING AWAY BREAD: Walter Reynolds

Discover the subtle consequences of baking and breaking bread together. A "Bake-In" with practical lab (kitchen) training and participation.
Walter E. Reynolds (BSEE, MSES) has been instrumental in founding baking efforts coast to coast that have given away 35+ tons of "home baked" whole wheat bread.
While bread is rising, we'll have an hour or so for rapping etc. over (if the instructor got an early batch out) hot bread and honey.
Join us at least twice: once before you bake at home, once after. New students are asked to purchase a $1.50 kit of materials to take home.
For the past 5 quarters our emphasis has been on large quantities and good quality. Lately we have added bread sculpture. Some will be displayed and classes just for sculpture will be scheduled. Attendance in the sculpture classes will be limited to "graduates" of at least one full baking course. Talent is needed (I don't have any).

Wednesdays 8:00pm (No meetings the last Wednesday of each month. Instead, a meeting will be held the Saturday am <u>before</u> the skipped Wednesday.), 411 Oakdale Rd, East Palo Alto, starting April 17. 322-0884.

A 12 PHOTOGRAPHIC WORKSHOP: Lars Speyer

The joy of seeing; the art of composition; understanding techniques; working with models; print critique and any and all areas we want to explore as a class. Bring your camera, film, tripods or whatever you have to partake in a weekly two-hour photo workshop. We'll experiment and discuss what already has been recorded and what we will experience together through the medium of photography. Ten classes for $15.

Tuesdays 7:30pm, 210-A High Street, Palo Alto, starting April 15. 322-8089.

A 13 MFU COOPERATIVE ARTS AND CRAFTS STORE: Store Committee

The MFU Arts and Crafts Cooperative Store sells on a consignment basis article of high quality and reasonable cost, manufactured by artists and craftsmen in the Bay Area.
Articles commonly sold on consignment in the store include handmade clothing, jewelry, pottery, candles, leather goods and other assorted items. A small selection of commercially made items such as scented oils, incense, cigarette papers, buttons and other assorted things are sold by popular demand in the store.
The artist or craftsman sets the selling price of articles sold on consignment and receives 70% of this price when the article is sold. The MFU store gets 30% of the selling price to pay for salaries and overhead costs.
The store is run cooperatively in a democratic manner by the store committee, which meets every month to make policy decisions affecting the store. The store committee is composed of all those persons who take an active part in operating the store. Anyone may work as a part-time paid or volunteer storekeeper at the discretion of the store committee. If you would like to work part-time on a paid or voluntary basis one or two days a week during the daytime or evening hours, please come to the next store committee meeting or call the store, 328-4944. The store hours are approximately 11:00am to 8:00pm, seven days a week.

Meets on third Wednesday of every month 8:00pm, 1061 El Camino Real, Menlo Park, starting April 16. 328-4944.

A 14 BEGINNING AND INTERMEDIATE FLUTE: Paul Robertson

Fridays 8:30pm, starting April 18. 328-7000 or 286-4048.

A 15 THE WONDERFUL WORLD OF ARTS AND CRAFTS: Sarah McCarthy

If you want to be a serious artist or craftsman this is not the place for you. This class is for those who want to learn to enjoy artwork. You do not have to worry about my approval. This is for fun. We will do clay modeling, paper work, coloring, painting, group painting, finger painting, and other things. Instructor is 8 years old. Course will meet just once.

Sunday, April 27, 2:00pm, 846 Lathrop Dr, Stanford. 321-7580.

A 16 POETRY WORKSHOP: Jim Spencer and Bill Root

A workshop in which we read and analyze poetry written by members of the class, and occasionally discuss the work of other modern poets and their theories of poetry.

Mondays 8:00pm, 1106 N. Lemon, Menlo Park, starting April 14. 323-7342 or 326-3846.

A 17 BEGINNING FLAMENCO GUITAR: Brian Burns

After teaching Flamenco in essentially the same way for years, I would like to try some new techniques. Give me lots of feedback about my methods and I'll get you started. Previous experience with the guitar helpful but not necessary. Location needed.

327-9815 days.

A 18 PRINCIPLES OF PRINTING AND LITHOGRAPHY: James Klopp

Preventive maintenance and efficient operation of the A.B. Dick 360 press will be discussed.
The basic principles of printing and lithography chemistry will also be explained.
(Jim Klopp is the owner and manager of the Springer Printing Shop at 3628 El Camino Real and is interested in improving the quality of the Free University's print shop work).

Mondays 7:00pm, Free U Print Shop or Springer Printing Shop, starting April 14. 328-8840

A 19 LIFE DRAWING: Richard Elmore

This class is designed for those who like to draw the human figure with or without individual instruction. Draw for three hours undisturbed in a stimulating atmosphere. Experienced models, props, special lighting effects will be carefully chosen to make each setting a new experience. This class has continued successfully for 18 months. New members are welcome. $2.00 will be charged per person per class period to pay for model and building.

Wednesdays 7:30-10:30pm, 210-A High Street, Palo Alto, at the corner of Hawthorne in what was formerly the Palo Alto street car barn, starting April 16. 321-6987.

A 20 RADICAL SINGING ETC., FOR PEOPLE: Marlene Charyn, Marc Sapir and Friends

A group of nomads passing through Tresidder Union at Stanford has suggested that we offer this course. From what I can gather, we will focus on music of our own people's American culture from Woodie Guthrie and Huddie Ledbetter to Bob Dylan and Country Joe MacDonald. Our intent is to learn together, to sing together, to make music together, and maybe write some of the folk music of our own movement. We want to bring our history together and make our revolution a nice thing. We need people with instruments, song books, or good memories; and people who like to sing. After daylight savings time we will meet in Lytton Plaza. Until then we will liberate an upstairs lounge in Tresidder Union. Decisions as to whether to hold onto the lounge beyond 10pm closing will be made by the whole group in conjunction with the 9-year-old orgiasts on the main floor.

Fridays 9:00pm, Tresidder Union, Stanford, starting April 18.
Tuesdays 8:00pm, Lytton Plaza, starting first week of daylight savings time.

A 21 ALL-GIRL BAND: Al and Don

Wanted, girls age 15 and up to form an all-girl band. Musical background preferable but not required. We will supply organization, musical instruction, equipment, and original material. Please, serious applicants only.

326-9581 or 326-1545.

A 22 ON US - THE FREE U. MUSICALE: Shelagh Tesler

A loving spoof on the Free U. I am still writing it and should be finished towards the end of Spring Quarter. It'll be a lot of fun to work on, mainly 'cause you're you, I'm me, and we'll make it us! If you have any talents, ideas, or like to make things like props, sets, etc. or like to do lighting effects, or sound, or can make movies, WOW! Need You! Sign up if you are interested and put down what you'd like to do most. I'll call you as ideas pop up and as the play gets ready to go into production. Please put down your address.

Call Redbook, 328-4941.

A 23 A NEW WAY OF SEEING: Liz Hecker and Roz Stone

A one-day workshop for people who like to paint and draw and those who want to see in a new dimension: sensory experiences to see and develop new sight and insight. We will see and experience ourselves and our world in the outdoors; do quick sketches, long drawings and some written descriptions. We will try to see and interpret ourselves and the feelings we respond to in another person, as a group and in partners. We will see and interpret the elements of the world as they are, as we see them.
Bring pastels, charcoal, crayons or pencils, and lots of paper in large sizes and if you want, oil paints or acrylics and canvas. Bring food for a communal feast, that can be drawn first and eaten after. Also bring wine and food for a party afterwards.

Sunday, April 27, 12:00pm, 2649 Alpine Rd, Menlo Park. 854-4706 or 325-2900.

A 26 WRITING, AGAIN, AGAIN: Ed McClanahan

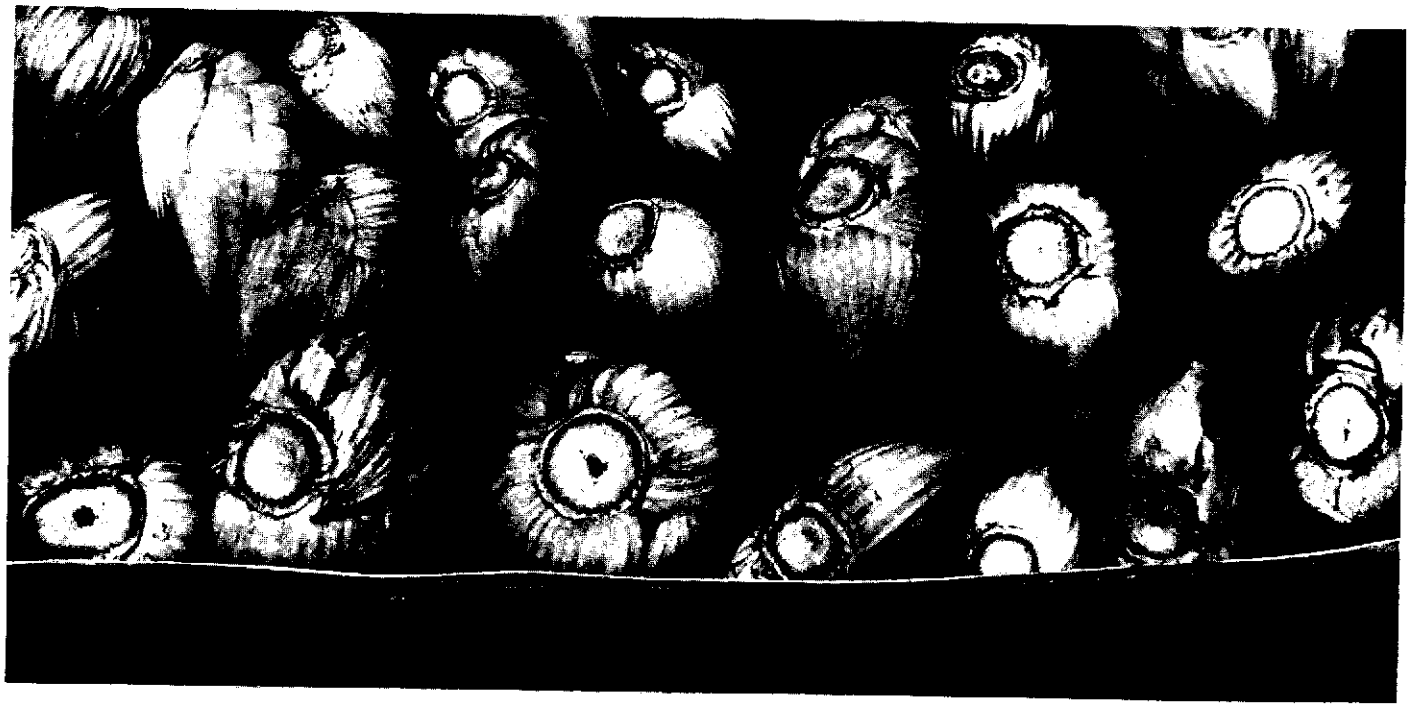
A somewhat organized, non-cerebral seminar by and for practicing writers. Some prerequisites.

Alternate Wednesdays 8:00pm, 951 Bryant, Palo Alto, starting April 16. 326-5284.

A 27 STEREO PHOTOGRAPHY: William 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.

Thursdays 8:00pm, 127 Haight St, Menlo Park, starting April 17. 322-3049.



A 31 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. Meets sporadically, on the whim of whoever offers a location for us to meet.

967-0302.

A 33 24 HOUR FIELD TRIPS: Lee Reeves

Get back to the dirt, or the sand, whichever you prefer. We will leave Saturday night for desert, mountains or beach, and return Sunday night. Bring cameras or any other means of recording what you see, touch, smell, or hear. These trips will take place on weekends agreed upon by the participants.

Call Redbook, 328-4941.

A 34 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.

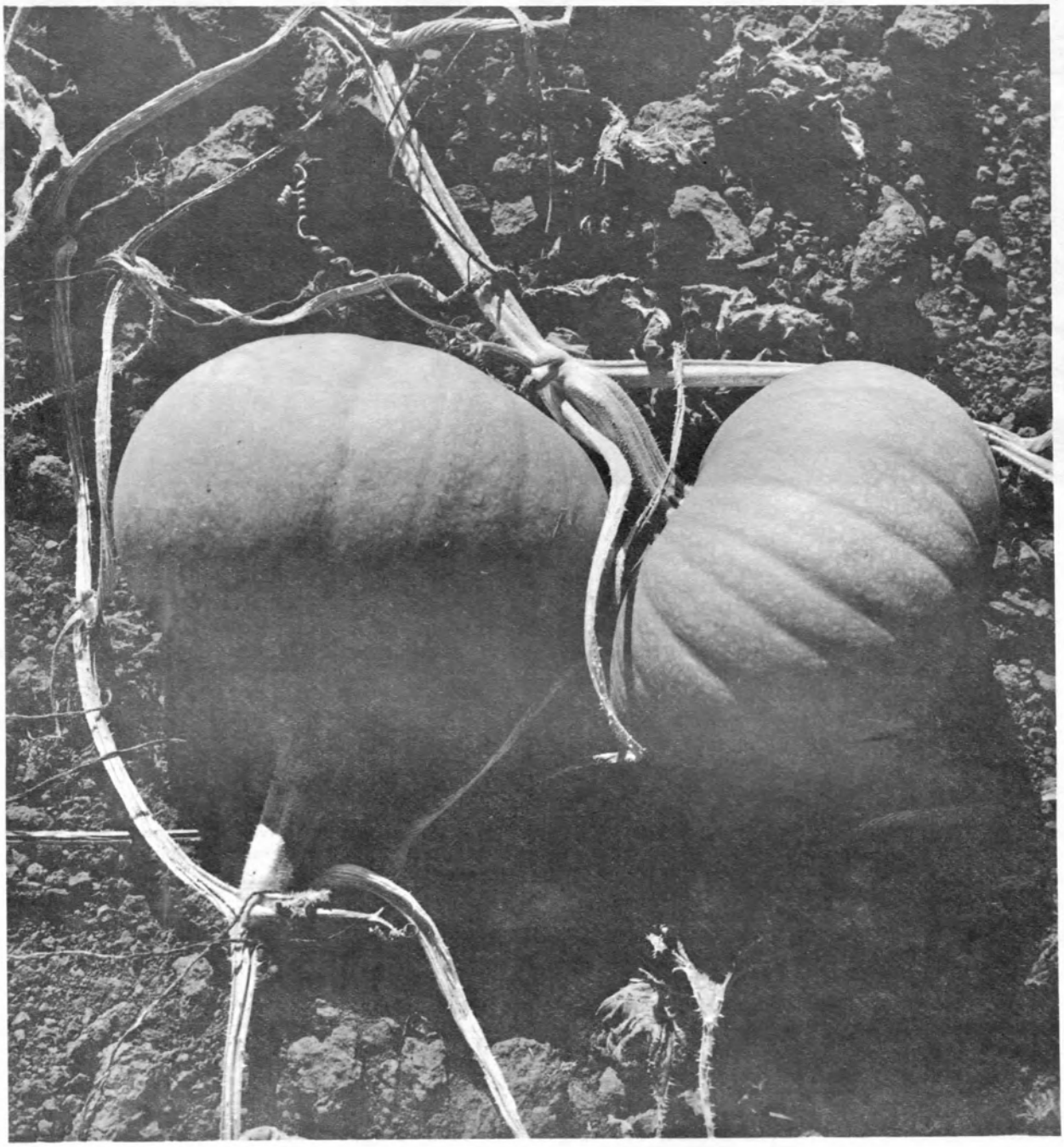
967-0302.

A 41 FICTION, MADNESS AND PERSONAL GROWTH: Bob Ziegler and Vicky Hodges

The course will be divided into three parts. The first will examine personality patterns and techniques of adaptive and maladaptive behavior. We will also try to examine cultural impact on minority groups, e.g., women, Blacks and homosexuals. We will be using the psychological theories of Anna Freud, Gordon Allport, Eric Berne and Kardiner and Ovesey. The literary works to be examined will include pieces by Shakespeare, Jones, Baldwin, Mailer, Joyce, Dostoevski, and Burroughs.
The second section of the course will try to find out what madness is all about. Are there really crazy people and what is schizophrenia? We'll look at the concepts of Laing, Szacz, Freud, Bleuler and Sullivan in the light of the fiction of Sartre, Backett, Green and Kesey.
Finally, through the use of various bits of fiction we shall try to make some inferences about the nature of the author and perhaps about the creative process itself. The work of Hemingway, Poe and Lawrence will provide the basis for this study.

Wednesdays 8:30 pm, 502 Ellsworth Ave (Bernal Heights), San Francisco, starting April 16. 824-5590.

Crafts



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C 1 WOODWORKING: Tom Bendon

I'm hung up on making things of fine woods, particularly articles with "natural" or oil finishes. I would like to share my enthusiasm, techniques, sources of supply, and lack of expertise with other interested people. All are welcome, from the beginner to the artisan. Members will be expected to bring their works (in progress or finished) to class for discussion. We can arrange for members to use tools at a local shop. Field trips to the shops and/or displays of local artisans are possible.

Alternate Mondays 7:30pm, 480 E. O'Keefe St, E. Palo Alto. 322-9866.

C 2 CRAFT COURSE: Phyllis Gilbert

Women of the Free U Community -- If you would like help in learning to sew a garment, alter a pattern, knit a sweater, embroider a cushion or garment, crochet a cap or couch throw, using your own design or ready-made ones, 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.

Mondays 8:00pm or Thursday afternoons, 1035 Windemere St, Menlo Park, starting April 14. 325-6075.

C 3 CANDLEMAKING: Bobbie Lucas

A demonstration of candlemaking. Workshops later for those who would like them. Space limited to 10 persons per session, but unlimited number of sessions. Sign up for your choice of sessions or call and we'll arrange a time.

Monday April 14, Tuesday April 15, Wednesday April 23, Thursday May 1, 4:00-5:00pm or 8:00-9:00pm, 1525 Waverley, Palo Alto. 321-0287.

C 4 WALKING BETWEEN THE RAINDROPS

Leading glass windows and Tiffany style lamps--this dying art need not die! Come to two lectures on the art of glass & lead work, and if interest is shown there will be a weekly workshop at the home of the instructor.

Mondays 8:00pm, starting April 14. Sign up and you will be contacted. Call Redbook, 328-4941.

C 5 MOVIES: Lee Whiting and Bill Siska

Film classes tend to teach people how to make films of increasing complexity and cost, in order to "succeed" and make money. This complexity demands more and more equipment and more and more money which by their mere size create a barrier between the film-maker and his subject, and the film-maker and himself. The only human films are shot in the spirit of 8mm. With 8mm human values r[illegible] not be sacrificed to financial and physical constraints, whether the film is good or bad. We w[illegible] to make films for the living room. The purpose of the class is to discover the simp[illegible] rather than most complex ways of film-making. The sun is the best light and each person his own best film-maker. "Nothing's better, nothing's best;" whatever touches one person is important. No experience necessary.

Mondays 8:00p.m., 327 Addison, Palo Alto, starting April 14. 326-8957.

C 6 STARTING PHOTOGRAPHY: Kenneth Cox

For people just starting or who want to start black-and-white picture making. Mainly what and how; I'm not a photographer, but maybe I can help you. I hope to have a darkroom finished by the time the course starts, which could be available on a limited cooperative basis to course members.

Tuesdays 8:00pm, 343 Park St, Redwood City, starting April 22. 369-1946.

Crafts

C 7 THE WAY THINGS WORK: Dan Ingalls

The aim of this course is to build the courage and technique needed to find out how things work, and to fix them when they don't. Some of the things that most people can fix are: toasters, toilets, clocks, cars, radios and bicycles. I will furnish several examples to dismantle, but for the rest we will follow the curiosity of those who come. If you have something you'd like to work on, bring it to our first meeting.

Tuesdays 7:00-9:00pm, 3683 Whitsell Ave, Palo Alto, starting April 15. 327-6478.

C 8 MUSICAL LIGHTS: Gordon MacGinitie

A class on Color Organs and Light Shows. We will produce our own light-and-sound trips with sounds from a recording studio's stereo playback system and lights from as wide a variety of things as I can find. The emphasis will be on the manipulation and the experience of various techniques. Information to build your own will also be available.

Tuesdays 8:00pm, 481 Vine St, Menlo Park, starting income tax day, April 15. 854-4635 or 321-4175.

C 9 CAMERAWORK: Tom Schmidt

A seminar in the Photographic craft aimed at people who want to get out of a "taking pictures" bag and start making photographs, as well as those who may just want to get a better understanding of what photographs are all about. The history of photography, the peninsula's place in it, and specific photographers will be discussed. While we may run through the uses and relative merits of various types of cameras and equipment, this is a course about photographs. Some effort will be made to comprehend the economic structure of the photographic business in the U.S. and how it has limited and confined our photographic experience and style. The seminar will range freely over both general and technical topics as the members desire. SNOW LIMIT: no one may use any technical term or argument that he cannot explain to any questioner. No one may offer criticism of another's work without indicating how the print can be improved. We will organize trips to galleries and exhibits as well as shooting expeditions during the quarter--see the Redbook. Please try to see the exhibit at the deYoung--closes April 3.

Alternate Tuesdays 7:30pm, 1543 California St #3, Mt. View, starting April 15. 969-0325 evenings.

C 10 SEWING AND PATTERN DRAFTING: Freya Owen and Ernestine Smith

We can help you figure out how to make your far-out clothes.

Wednesdays 7:30pm, starting April 16. 854-0150.

C 11 RAKU SEMINAR: Cramer Owen

We will study the Ancient Raku Ceremonial as it has influenced contemporary pottery. This will include building and operating a knock-down kiln and exciting production of Raku-type pottery. If you would like us to build a large stoneware kiln on your land, let us know. Also, if you are interested in helping to build a kiln you might wish to volunteer to help build a hill-type Chinese kiln. There will be a $2 charge per person for clay, brick, fuel and glaze.

Saturday mornings, April 19 and April 26. 948-7172.

C 12 SANDALMAKING: Bobbie Lucas

A demonstration and explanation of a few simple steps and you can make sandals with nothing more than a piece of leather, a mat knife and a few hours time. Only one session necessary--no materials required. Workshops later--all kinds of supportive help.

Sunday, April 20, 7:00pm; Tuesday, April 22, 4:00-5:00 or 7:30-8:30pm; Monday, April 28, 4:00-5:00pm or 7:30-8:30pm; Wednesday, May 7, 4:00-5:00pm or 7:30-8:30pm; 1525 Waverley, Palo Alto. 321-0287.

C 13 CRAFTS CO-OP: John and others

Do you make things with your hands? Need bread but can't hack a forty-hour-a-week trip? Let's parley. Offered in conjunction with Foothill Experimental College.

Wednesdays 6:30pm, Room A-32 Foothill College, starting April 16. Call Redbook, 328-4941.

C 14 WOODS SEMINAR - MAKING A FILM: Dennis Allison

A working seminar for hands-on-exploration of the film as a medium for communication. We will actually construct a film. Whether our film will be dramatic or documentary, good or bad, long or short will depend upon the resources, ambitions, and inclinations of the class. Experience is not necessary, only a desire to participate. A nominal lab fee will be charged to defray expenses. First meeting will be a discussion of logistics and possible scenarios. Arrangements for other class meetings will be made then.

Thursday 7:00 pm, 169 Spruce Ave, Atherton, starting April 24. 325-2962.

C 15 CHINESE COOKING: B. Chang

We will make and eat one dish plus soup. Sign up with your phone number and I will call you. Food costs will be split up--no more than $1 per person per week.

Thursdays 8:00pm, starting April 17. Call Redbook, 328-4941.

C 16 AWARENESS THROUGH ACTING: Laurie Hull

A course in beginning acting, of sorts, Emphasis will be on becoming aware of the self, especially the body and the voice, in relation to other bodies and voices in order to successfully assume various roles. After inhibitions are forgotten, real communication can take place.

Thursdays 8:00pm, San Jose State College, starting April 17. 292-2021.

C 17 SEWING: Diane White

Beginning sewing class for those with little or no sewing experience. Will learn basics of using patterns, putting in zippers, etc. Class limited to 10 people. Must be willing to buy, beg, borrow or steal pattern and material for making simple spring dress.

Thursdays 8:00pm, 1496 W. Bayshore #3, Palo Alto, starting April 17. 321-9706.

C 18 POTTERY: Ada Feldman and Fred Webster

An informal pottery course will be taught this spring by the Stanford Potter-in-Residence. There will be a $10 lab fee. CLASS IS FULL. Last quarter's signups will be contacted early this quarter.

321-4109.

C 19 PATCHWORK QUILTING BEE: Jean Newman

Ladies--I will provide a place to meet, coffee and things to eat, and information on how to make a patchwork quilt. We will try to make as many as we can so that everyone can have one.

Saturdays 11:00am-1:00pm, 1080 Tanland #107, Palo Alto, starting April 19. 326-8575.

Crafts

C 20 SANDCASTING CANDLES: Nick Peyton and Bob Cullenbine

A family day casting candles in the sand. Children especially welcome. Materials provided at cost. Bring food, drink, etc. For rides or riders come to the Nest at 11:00am.

Sunday May 25, 12:00n, Santa Cruz Free Beach. 854-0362 or call Redbook, 328-4941.

C 21 WAX WORKS: Nick and Cully

Wax and Wicking for candle makers. 2875 Ramona St, Palo Alto. 326-8104.

C 22 MACROBIOTIC COOKERY: Sharon McCormack and Jeannie Albanese

Bring you and your body together and bring this union together with our union. Come to the first meeting and we will decide where to go from there.

Sunday 4:00pm, 627 Webster, Palo Alto , starting April 30. 948-2445 or 326-2135.

C 23 YARN TRIP: Dorothy Bender

Individual tutoring for persons interested in learning how to crochet hats, pot-holders, blankets, or anything else crochetable. Come over and I'll show you what I know; if you know more, come over too.

325-8361.

C 24 COWHIDE CRAFT: Jim (Andy) Andichou

Basic leather craft. Accessories and some garment making. Shoes, sandals, etc. Anyone with a garage or workroom available give information to Redbook.

Call Redbook, 328-4941.

C 25 DRUM MAKING AND PLAYING: Dave Teegarden

Drumming rhythms are a very fundamental form of expression and communication; making your own drum is by far the best way of getting into it as an art and a thing (yours). I would be happy to help anyone get started making and playing drums. To make a drum you will have to dig up a barrel (soy barrels in Chinatown, or, second best, nail kegs) and buy a muleskin for a drum head from a music store in San Francisco. Time and place will be arranged to suit those who sign up. Course is free.

326-8757.

C 26 SEWING WORKSHOP: Shelagh Tesler

To work on simple design, altering, things you've started and haven't finished, how to alter a pattern to fit your figure, making clothes, drapes, pillows. There will be a small fee.

321-7580.

C 27 HORTICULTURE AND GARDENING: Larry Thatcher

In this, the spring quarter, people become especially conscious of their gardens and their yards. We will deal with soil, birds, bees and other growing artifacts of the outdoors.

851-1800 and call Redbook, 328-4941.

C 28 LETTERING, HANDWRITING & CALLIGRAPHY:

This course is designed for pen, brush, ball point, clay stylus, bamboo reed, etc. — whichever you prefer. Your writing can be as formal or as unconventional as you wish to make it. CAN SOMEONE OFFER classroom space: we will need a blackboard & desks or tables ("The pen is held at an angle of 45° & the feet must rest comfortably on the floor") otherwise the writing is cramped and awkward. WILL APPLICANTS for this course please send me a brief paragraph describing their objectives (or lack of them), for the principal reason that I'd like to see what your handwriting looks like. TO BE HELD on Tuesday evenings at 7:30 wherever our classroom turns out to be located.

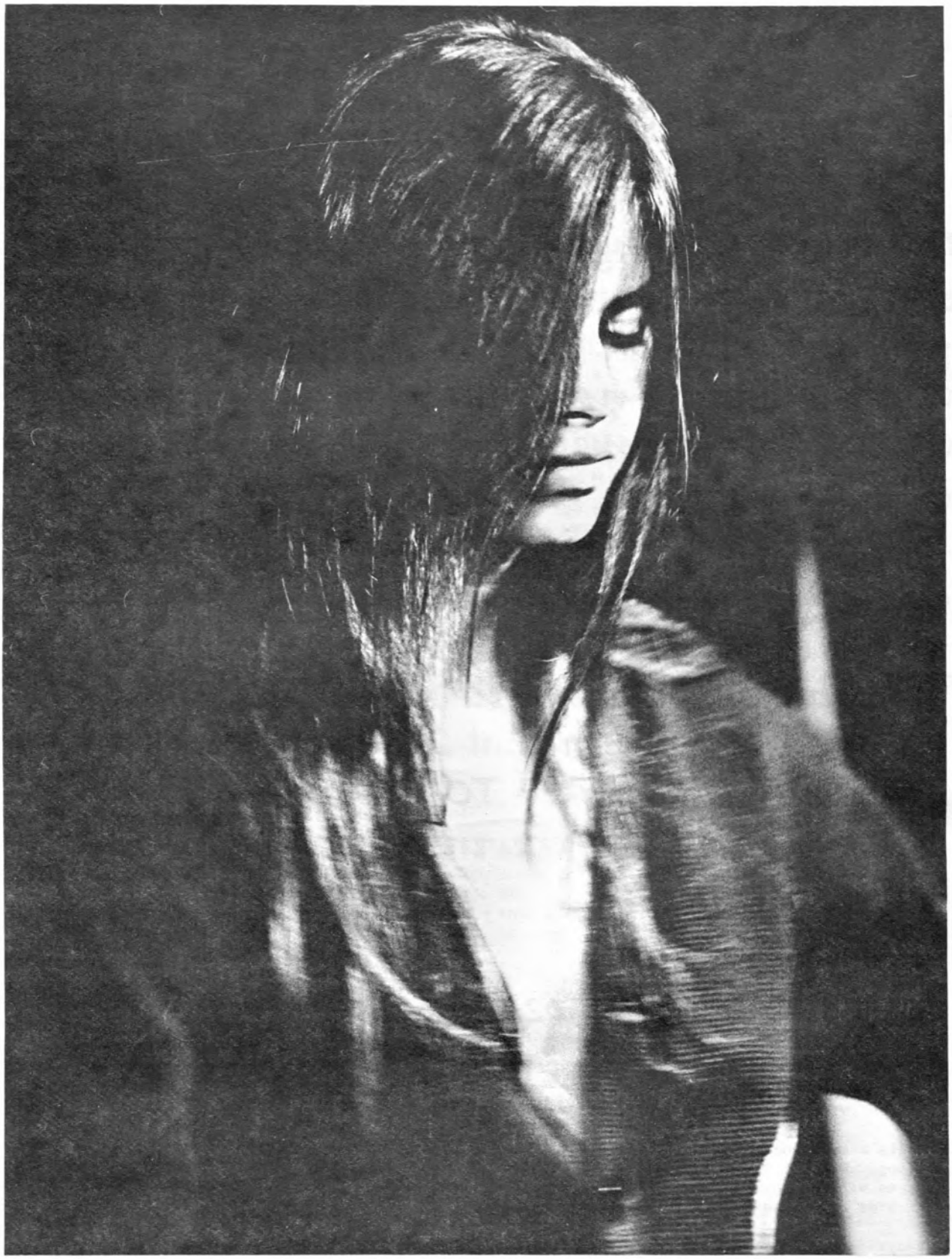
Alan Blackman · 4302-20 St., SF 94114 · KL2-1511

C 29 CREATE WITH YARN: Joy Beeson

This is a continuation of last quarter's class. New members are welcome if they attend the first meeting. We will spend only one night each on weaving techniques, looms and basic macrame knots. Then we will go into inkle weaving, card weaving and more complex tapestry techniques. When it is warmer we will spend a day doing batik and tiedie outside.

Sundays 8:00pm, 852 Bell St, E. Palo Alto, starting April 20. 322-7429.

Education



lee reeves

ED 1 TEACHER'S DAY: Staff

A one day teachers'convocation to cross-fertilize and improve the quality of education in the Free University. A continuation of last quarter's teachers' day. Bring food and refreshments for a pot-luck dinner and party.

Saturday May 3, 11:00am (dinner at 6:00pm), 328-4941

ED 2 COURSE LEADERS' MARATHON: Members of the Human Institute

A 24 hour marathon for course leaders listed in the Spring Quarter catalog. See EN 78 for details.

Friday 12:00m, May 16-17. Redbook, 328-4941

ED 3 SETTING UP A FREE UNIVERSITY ANYWHERE IN THE COUNTRY: Staff

An open invitation to communities near and far to come to the Midpeninsula Free University to acquire skills and experience in setting up a Free U. Also, the staff will send a member anywhere in the country to help set up a Free University. Make all communications with:
Gail Teel, MFU, 1061 El Camino Real, Menlo Park, California 94025.

ED 4 THE FREE U. IS A PURPLE BANANA: Rick Gibbs

An entirely unofficial (if you can get any less official) course spawned by a Coordinating Committee meeting at which there was much discussion of what the Free U is, used to be, ought to be, will surely be if you guys don't get your heads straight, etc. My humble home is yours for unhurried discussion, at length in a congenial (nonvoting) atmosphere, of the Free U., education community, and anything else. People of all levels of experience and involvement, i.e. you, are invited and welcome.

Mondays 8:00pm, 244 Emerson St, Palo Alto, starting April 14. 321-3088.

ED 5 INSIDIOUS EDUCATION: Wallace Judd

Disciples needed to help make things to teach with/from. No knowledge or teaching experience needed, just a gigantic frustration with the boredom of former classrooms, and the will to do something to change teaching. Not a class for bullshit. (If you need your own disciples to help you change teaching, this would be a good place to find them.) This is a class that will make curriculum materials.

Thursdays 7:30pm, Apt. 101, 641 Ralston Ave, Belmont, starting April 17. 593-0322.

ED 6 EDUCATE OR EVISCERATE?: Sheila Molnar

Do we need "school as it is today, to 'raise' our young people in our ways and to pass on our 'traditional' values"? What do we want our children to learn? How can they learn it effectively? Is the joy of learning important? What findings of the behavioral scientists are we leaving out or ignoring? In our present humanistic renaissance, what can we introduce to make the long days in school have more meaning for the "uniqueness" of each child?

Thursdays 8:00pm, 525 Matadero #3, Palo Alto, starting April 17. 324-4988 or Betty Land, 327-5953.

ED 7 CYBERNETICS AND THE DISCONNECTED SOCIETY FREDERICK B.WOOD

A ONE SESSION SEMINAR ON OUR /DISCONNECTED SOCIETY/ AND HOW MODELS AND TECHNOLOGIES FROM CYBERNETICS MIGHT BE USED TO ESTABLISH CONNECTION BETWEEN INDIVIDUAL@S ETHICAL IDEALS AND THE ALTERNATIVES OFFERED HIM BY OUR SOCIAL INSTITUTIONS. THE MAJOR MODELS AND TECHNOLOGIES OF CYBERNETICS WILL BE REVIEWED. THEN THE DISCONNECTED SOCIETY WILL BE EXAMINED IN RESPECT TO THE BREAKDOWN OF CONNECTION BETWEEN THE ETHICAL IDEALS OF THE MAJOR RELIGIOUS FAITHS AND THE DECISION PROCESSES OF INDUSTRIAL SOCIETY. THEN A PROCEDURE WILL BE EXPLAINED HOW CYBERNETICS MIGHT BE USED TO CONNECT RELIGIOUS, EXISTENTIAL, AND COMMUNIST ETHICS WITH THE DECISION PROCESSES OF INDUSTRIAL SOCEETY IN THE COMMUNICATION ERA.

MEETING WILL BE IN PALO ALTO. PLACE TO BE ANNOUNCED. CALL MFU STORE 328-4941 OR THE SPEAKER AT 269-9327.

SATURDAY MAY 3 2 TO 4 P.M.

Encounter/Sensitivity

conrad sims

EN 1 COORDINATING COMMITTEE CONFRONTATION

A basic encounter group for working through conflicts among those who are working with each other on the staff, or arguing at Coordinating Committee.

Thursday evenings, after Coordinating Committee meeting, location announced at meeting. (Check for possible notice prior to meeting at Free U Office, 328-4941.)

EN 2 WORKSHOP FOR ENCOUNTER GROUP LEADERS

To lend form and direction to the Free U encounter program. The workshop is open to all spring quarter leaders and prospective summer quarter leaders. There will be three sessions during the quarter, plus a marathon (See EN 78); attendance in all three workshops is greatly appreciated.

Fridays 8:00pm, 2649 Alpine Rd, Menlo Park, April 25, May 9, June 6. 854-0362.

EN 3 HUCKLEBERRY ENCOUNTER: Larry Tesler

Evict or restrict? Stay or split? An encounter group to work on the problems of living together, sharing a house or in a Huckleberry Home or crashing arrangement. Bring as many of the people involved as possible. Attend whenever you like.

Mondays 8:00pm, starting April 14, 204 Elliot Dr, Menlo Park. 325-0115.

EN 4 ENTRY TO ENCOUNTER: Lud Kasper

Section 1.

Gentle non-aggressive get togethers in the evening. The course leaders of these groups are responding to the cry for non-psychodramatic, non-attack, non-threatening, non-nude encounter. We want about the same number of men and women to meet in a warm and accepting atmosphere.

Mondays 8:00pm. 244-8845 or Redbook, 328-4941.

Section 2	EN 21	Tuesdays	Bob and Carol Cullenbine
Section 3	EN 36	Wednesdays	Jean Tarshis
Section 4	EN 55	Sundays	Brian Burns

EN 5 415 ENCOUNTER: Dan Belknap and others

Various encounter groups and marathons are scheduled by the 415 Society at 415 So. Claremont St., San Mateo. All kinds of people are interacting for all kinds of reasons; policemen & black militants, criminals & upper-class society matrons, dopers & abstainers, teen-agers & adults, establishment big-shots & restless activists, clergy & laity, libertines & rigid conservatives, gay & straight, you & what-have-you. These people come to learn, to get loose, to acquire self-awareness, to communicate with others, to deal with hang-ups, to enjoy themselves.

Those wishing to participate should phone 345-3577 or 345-5145. Those willing are asked to pay whatever they are able. The present schedule of 3-hour groups is listed below; others will be arranged to meet demand:

Mon. - 12:30pm & 7:30pm	Thurs. - 8:00am
Tues. - 9:00am & 7:30pm	Fri. - 8:30am
Wed. - 9:00am & 7:30pm	

24-hour marathons beginning second Friday of each month, 7:30pm. Advance registration is necessary.

EN 6 ENCOUNTERING?: Martine Boot

An Encounter group for people who are sick of all the negative shit flying around. A group where we will try to share our beautiful feelings rather than digging in to the more unpleasant sides of our personalities. Since I am the coordinator of Esalen at Stanford, I have a wide range of experiences in all different encounter and sensitivity techniques. We will undoubtedly discuss Esalen and what it is trying to do. Limited to 6 men and 6 women. Group closed after April 28.

Mondays 8:00pm, 57 Homer Lane, Menlo Park, starting April 21. Call 854-5681 before coming.

EN 7 TOM: Tom Motock

Meeting me for the first time, starting fresh with a new person. An opportunity to become a purified version of ourselves. My main interest is utilizing creative energy. This will be a rap session-encounter-philosophy course. It will not be a 7:30 - 9 type course. It will aim at carrying on actively outside of class as well, not at solving hang-ups but at making friends.

The first Monday after the April 15 earthquake (April 21), at Pacific High a little before sundown.

EN 8 TRUST, TOUCH AND TENDERNESS: Pam and John

In this course we shall learn to communicate gently and with deep feeling with ourselves, with the group as a whole, and with the individual members of the group. The course will involve trust games, sensory awareness and other forms of non-verbal communication. Emphasis will be on gentleness, with free choice of the group as to direction, and free choice of each member of the group being of primary importance. The class will consist of eight men and eight women with admission by consent of the instructors.

Mondays 8:00pm, starting April 14. Sign up and you will be contacted.

EN 9 DREAM INTERPRETATION: Andy Smith

Learn to interpret your own dreams. A good source of information about yourself is in your dreams. When you understand your dreams, then you have a better understanding about yourself. There will not be any required reading for this course. If you do not remember your dreams you can learn the technique of how to turn your dreams on again.

Mondays 8:00pm, starting April 14. 365-7553.

EN 10 HIGH SCHOOL STUDENTS' (OR DROP OUTS) DISCUSSION - ENCOUNTER GROUP: Mary Kate Spencer

We have a small group who have been together one semester. We have played trust games, talked about our concerns and moved toward encountering one another. New members are welcome.

Monday afternoons 3:45 to 5:45, 915 Hermosa Way, Menlo Park (between Santa Cruz and Middle), starting April 14.

EN 11 TOWARD INTIMACY: Tip and Gina Sprague

We are interested in leading a group in a fairly advanced encounter type situation. We will work toward accepting ourselves and others, and away from playing games. Perspective members should be willing to take risks and challenges in order to accomplish these goals. Open to couples only. Neither marriage nor acquaintance is necessary as this is simply a way of assuring sexual balance within the class. We will use both verbal and non-verbal techniques. Entrance is by interview only.

Mondays 7:30 - 10:30, starting April 14. 257-7653.

EN 12 OUT INTO THAT WORLD: Lesley Tabor

Are you a woman who is feeling frantic or bored with the suburban game--considering divorce--or separated--(or not, but wondering if it is what you want--and what about the kids?)? You aren't alone! Let's get together and find out where we're at, what's bugging us, what we're doing about it, and mostly, who we are and what we have to give each other.

Mondays 8:00-10:00pm, starting April 14, 1003 Solano Drive, Mountain View. 948-5619 or 948-0179.

EN 13 CONTACT IV: Bob and Jeanne Strassner

A continuing encounter group which is finding a cohesive bond in direct honest communication of feelings. We do whatever works--including Gestalt, psychodrama, sensory awakening, fantasy, games, and back rubs. All members expected to attend a weekend about mid-quarter. Group will be closed to new members after first meeting. Preference given to current members.

Mondays 7:30pm, starting April 7. 367-4435.

EN 14 DIRECT CONFRONTATION

An encounter group with this name was listed last quarter. After a very few meetings the leaders dropped out. We continued to meet, as a leaderless and structureless encounter group, and have found the experience productive and enjoyable. We will continue this quarter; the class is now closed but we may have room for a few new people after Easter.

Mondays 7:30pm, 514 Concord Drive, Menlo Park . 324-2093.

EN 15 MONDAY PSYCHODRAMA: Jim Ware and Human Institute Staff

An acting out of personal and interpersonal conflict, to contact our own feelings and to touch and understand. $2 per session ($1 by arrangement), $3 if not Free U member.

Mondays 8:30pm, starting April 14, 460 California Ave, Palo Alto. 328-4770.

EN 16 THE PASSIVE PERSON: Marcia Taylor

We react in a passive manner to many of our daily experiences. Instead of doing or saying what we feel, we compromise ourselves for the sake of the other person or for the group. Many of these compromises are born out of fantasies of what would happen if we expressed our true feelings. We will try to explore these fantasies by acting them out and in this way gain a greater understanding of why we do not allow our true feelings to show.

Mondays 8:00pm, starting April 14. 968-4910.

EN 17 EROS AND EMPATHY: Duane Austin

This course is by intention a non-directed, chiefly non-verbal "encounter" course. The enrollment will be balanced sexually, and will be limited no more than necessary to keep this balance. Exactly what takes place will be the result of the desires, hang-ups, inhibitions, and adventurousness of the participants--I have my ideas about what I want, but will not be pushing in any direction.

Tuesdays 8:00pm, starting April 15. 967-0302.

EN 18 HERE-AND-NOW ENCOUNTER: Gary Blank

Led by a professional clinical psychologist, this group, limited to 14 men and women, will focus on becoming "better than you already are." Emphasis will be placed on feedback on the here-and-now relationship within the group. Appropriate verbal and non-verbal techniques which the leader is skilled at will be employed. Regular attendance is required.

Tuesdays 8:00 - 11:00pm, starting April 15, 11461 St. Joseph's Avenue, Los Altos.

EN 19 FIGHT TRAINING FOR COUPLES: Margy and Al Collinet

In our culture hostility and negative feelings are usually associated with the degeneration of a relationship. We have just learned to accept that, at times, partners in an intimate relationship do feel other than beautiful feelings towards each other. We have learned a way of communicating our hostile and negative feelings in order to reach a new level of intimacy. We have learned how to fight a fair fight with a loved one so that both can win. Try to read The Intimate Enemy by George Bach and Peter Wyden. Class limited to first 8 couples.

Tuesdays 7:30pm, 322-4979.

EN 20 HERE AND NOW: Dave Desante

An encounter group with only one rule: participants may speak only about their present perceptions and feelings.

Tuesdays 4:00-6:00pm, starting April 15, 956 Colonial Lane, Palo Alto. 328-4917.

EN 21 ENTRY TO ENCOUNTER: Bob and Carole Cullenbine

Section 2.

See description under EN 4. We will make puppets too. There is room for 6 more people.

Tuesdays 8:00pm, starting April 15, 2875 Ramona St, Palo Alto. 326-8104.

EN 22 WHERE DO YOU GO FROM HERE?: Adrienne Juliano

You're very much part of The Establishment. That is, you have a job and lead a fairly straight life. You have become "open"--through therapy or encounter groups (some key words: Esalen, Kairos, Venture). You like openness, direct encounters. You're aware of the "games people play." But this attitude limits the number of people you can comfortably relate to in your everyday existence. And you don't want to always be in therapy or a structured encounter group to meet people on an open basis. So what do you do...where do you go from here? If you have the answer(s) or are seeking the answer(s), this class is for you.

Tuesdays 8:00-10:00pm, starting April 15. Redbook, 328-4941.

EN 23 AN ENCOUNTER GROUP FOR STANFORD STUDENTS: Nancy Holland

An introductory potpourri with an eye to exploring the Stanford experience and its effect on our ability to be fully human. If too many people sign up, we may be able to arrange an additional section, probably in the evening.

Tuesdays 3:00-6:00pm, starting April 8, Soto Tutorial Room, Wilbur Hall, Stanford. 322-4208.

EN 24 BIPOLAR ENCOUNTER: Julian Gorodsky,Ph.D. and Carol Foster, M.A.

A professionally led encounter group, involving verbal and nonverbal techniques, with an emphasis on the former. Our intent is to provide a series of exercises and experiences leading to gradual, ever-increasing exposure and discovery of one's self in relationship with others. Both leaders are experienced with groups. Applicants sign up at the Free U, and you will be contacted by phone. Enrollment limited to 10 men and 10 women. Selection to be made by leaders.

Group I meets Wednesdays and is already filled as a continuation of last quarter. Closed.
Group II meets Tuesday evenings and is open to enrollment.

This is a continuous experience which is based upon regular attendance from week-to-week. We do not want persons who will come and go. The total fee for the 10 week series is $50.00, payable prior to the second group session. If this is not possible, other arrangements will surely be considered.

Tuesdays.

EN 25 TUESDAY NIGHT PSYCHODRAMA: Vic Lovell, Ph.D.

This course will focus on working out conflict in here and now action and reaction, rather than by discussion and reflection. Techniques involved will utilize body contact to express affection and anger. Regular participants will have the opportunity to learn some psychodramatic acting. Encounters between participants will be directed towards bringing them closer together, and learning to perceive and express emotion. There will be a one dollar fee for each evening attended.

Tuesdays 8:00-11:00pm, starting April 27, 208 Parkside Dr, Palo Alto.

EN 26 HERE AND NOW: Grace Olsen

A beginning encounter group using verbal and non-verbal techniques. The group leader has participated in the Experiential Education Program at Stanford and hopefully this group will try to attend an Esalen-at-Stanford marathon toward the end of the quarter.

Tuesdays 8:00pm, starting April 15, 1304 Stockbridge Dr, San Jose. 241-2146.

EN 27 L'ALLEGRO: Reg and Aileen

"Untwisting all the Chains that tie The Hidden Soul of Harmony."

In this group we will try to achieve Harmony in ourselves, and with others, emphasizing warmth and happiness. So that we can develop a deep involvement with each other the group will be balanced, limited in number and closed to new members after the second meeting.

Tuesdays 8:00pm, starting April 22 with a pot luck dinner. 327-2883.

EN 28 TRUST, TOUCH, AND TENDERNESS: Dan Taylor

Section 1 (D. Taylor) Section 2 (EN41 - G. Cohen) Section 3 (EN43 - R. Finkelstein)

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 meanings brought to mind by such words as gentleness, communion, tenderness, compassion, sincerity, trust, honesty, freedom, and sensitivity.
The course will be essentially 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 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.

Tuesdays 8:00 - 11:00, 3550 Alden Way, Apt. 20, San Jose. 247-1998 or 326-4350 x4693.

EN 29 PARENT-TEENAGER ENCOUNTER: Vic Bacciagalapi

A series of meetings with parents and teenagers concerned with the problems of young adults living with older adults. How do all of them maintain their individual id and play the role they're in. I'm interested in how family role both hinders and facilitates personal growth and self-determination.

Wednesdays 8:00pm, starting April 9. 321-4412 or 592-0863.

EN 30 BEYOND "THE FEMININE MYSTIQUE": Dorothy Bender and Billie Larmer

"The wife must be guided by the will of the master of the house, be he father, husband or grown son. Her place is within the house....and her perserverance in this position brings good fortune to the whole house." -I. Ching.

We are two women who tried marriage once, took the advice of Betty Frieden (i.e. women should have their own thing, outside the house) and are now (three years later) still confused. We would like to gather a group of women who are in a similar position to work with such questions as femininity, the woman's role, and our present and future relationships with men, using such techniques as role playing (doubling), body movement, yoga, and whatever seems appropriate. We'd like to limit this to a small regular group in order to go further than simply a supportive discussion. Sign up and you will be contacted.

Wednesdays 8:00pm, starting April 16. 325-8361 or 325-0371

EN 31 AN ALTERNATE WAY OF LIFE: Judy Cosgrove

This course was listed last quarter as "Insanity, Genius, and Heroics." A small group of people have been meeting regularly who were brought together by their interest in the subjects included in the title, and perhaps through a hope that they would learn more about the writings of Nietzsche, Jung, Sri Aurobindo, and Joseph Campbell. The meetings immediately took on a very personal character reflecting the style of Robb Crist, who at first led the group. People talked about themselves, acted out fantasies, tried meditating together, fought, argued, told each other their secrets, and cried. A kind of bond began to grow between some of the members.
Robb decided to go to India to the Sri Aurobindo Ashram, so I took over responsibility for the course. Then I followed Robb to India. Meanwhile the members had started keeping journals and reading them to each other. (At no time did they get around to reading from the authors listed.) I promise to keep in touch with the group from India. Hope the impetus to continue meeting will be sufficient to last until our return.

Wednesdays 1:00 - 5:00pm. 854-4315.

EN 32 SEARCHING FOR THE DOLPHIN (SENSORY AND EMOTIONAL AWAKENING UNDERWATER): Bob Litvak and Shari Redona

The ancient sacred rite of baptism and the contemporary psychoanalytic dream interpretation of water as the unconscious--the source of creative activity, are but two manifestations of the continuing reverence man has had for water. Submerging in water and coming forth again has been a perennial symbol of psychic rebirth. In this class we hope to explore and recreate the rituals surrounding water, and hopefully to be born again into a new awareness of our body and our emotions. The class will meet around a pool.

Wednesdays 11:30 - 2:30, starting April 16. 325-3657.

EN 33 WHAT SORT OF MAN: Gordon MacGinitie

A group experience directed to the problems of sexual identity in men and of the relationships of a man to other men. We hope to have a balanced group of gay, bi, and straight and will use verbal and some non-verbal encounter. Registrants will be contacted about meeting place and time.

Wednesdays 8:00pm.

EN 34 BEGINNING TO FREE YOU: George Martin and Larry Wright

A supportive-type encounter group promoting positive living. How to be human and happy in a machine-people society. We will use mostly non-verbal games, but will have some discussion of the facts and fictions of drugs, sex, and love. Discover that other persons are like you, and can like you. The class format is the result of experience in teaching previous MFU classes, and will be gentle to your personal feelings.

Wednesdays 7:30pm, San Jose-Saratoga area. Redbook, 328-4941.

EN 35 EXPOSING THE SECRET SELF: Susan Smith

A supportive encounter group using verbal and pantomime techniques for couples with an on-going relationship, an ability to laugh at themselves and an interest in acting. Growing, by acting out roles of the persons we keep hidden within us.

Wednesdays 8:00pm. 328-8340.

EN 36 ENTRY TO ENCOUNTER: Jean Tarshis

Section 3.

See description under EN 4.

Wednesdays 8:00pm. Redbook, 328-4941.

EN 37 THRESHOLD ENCOUNTER: Lynn Weinstein and Steve Fitch

Let's try to experience ourselves as more genuine persons making genuine contact with others. This course hopes to hold up to you a mirror of your inner beauties and uglies without smashing the reflection in your face. Communication games, some Gestalt approaches, and whatever evolves comfortably and naturally. Our aim is for a group of no more than 24 with a balance between men and women. Sign up and we'll be glad to contact you for information. No drop-ins.

Wednesdays 8:00pm starting April 16. 326-8464 (evenings) or 321-4174 x312 (days).

EN 38 DAYBREAK: AN ENCOUNTER FOR COUPLES: Kim Woodard

When love beckons you, follow him,
Though his ways are hard and steep.
And when his wings enfold you yield to him,
Though the sword hidden among his pinions may wound you.
And when he speaks to you believe in him,
Though his voice may shatter your dreams as the north wind lays waste the garden.
-The Prophet

A weekly encounter for couples who know the dilemmas of loving--freedom and commitment, growth and security, honesty and acceptance. Techniques may range from non-verbal trust games through direct confrontation and psychodrama, but the subject will always be the same--the pain and tenderness of loving.

Wednesdays 7:30 starting April 16. Location needed. 854-3455.

EN 39 AMATEUR NIGHT PSYCHODRAMATICS: Dale Borglum

Thursdays 8:00pm. 325-8983 or 321-2300 x2213.

EN 40 OPENNESS, AWARENESS, BEING: Rosemary Hite

This course is intended primarily for persons who have had little or no experience with sensitivity training or body awareness courses, but who desire to work fairly intensively toward the joy of greater awareness, sensitivity and perception. I anticipate a sharing, relaxed, trusting, somewhat non-directed environment in which we can explore openness (releasing some of our unnecessary defenses), awareness (sensitivity to what is going on in ourselves and in others), and being (acceptance and love of what we find, especially in ourselves). These explorations are the goals; the experience and wishes of the participants will determine the structure and pace.
I have had some exposure to a variety of Esalen workshops, to "touch, trust, tenderness" experiential weekends (a la Mike Young), to work with dream and fantasy, to verbal encounter, and an willing to work with any of these methods (providing all encounter stays with the immediate present). These will be working (fun!) and learning sessions, not problem-solving therapy sessions. Suggested, but not required, reading might include (we won't discuss the books, but they provide orientation): E. Fromm, The Art of Loving; B. Gunther, Sense Relaxtion Below Your Mind; W. Schutz, Joy; F. Perls, et al., Gestalt Therapy (esp. the first half.) This will be a small, balanced group, and continuous attendance will be expected after the second session. Admission only by consent of the instructor.

Thursdays 8:30pm, Palo Alto, starting May 1. 321-1718.

EN 41 TRUST, TOUCH AND TENDERNESS: Glenn Cohen

Section 2.

See description under EN 28. The class will be sexually balanced. Admission by consent of instructor. Sign up early and you will be contacted.

Thursdays 8:00pm, starting April 17. 969-1610 evenings.

EN 42 FOR BOTH TO WIN: Peg and Russ Bair

A group designed to give couples a chance to build new awarenesses and more effective communication with each other. A gestalt therapy approach will be enhanced by numerous group techniques, i.e., sensory awareness, psychodrama, dream work, role playing, etc. The group will be limited to eight couples. Contact the instructors, evenings, prior to the first meeting to confirm openings.

Thursdays 7:30pm, 21881 Dos Palos Court, Monte Vista, starting April 17. 253-6124.

EN 43 TRUST, TOUCH AND TENDERNESS: Roy Finkelstein

Section 3.

See description under EN 28. The class will be sexually balanced and limited in size. Admission by consent of the instructor only (no drop-ins), so sign up early and you will be contacted.

Thursdays 8:00pm, 514 Concord Dr, Menlo Park, starting April 17. 324-2093.

EN 44 DISCUSSION GROUP FOR PARENTS OF JR. HIGH AND HIGH SCHOOL STUDENTS: Mary Kate Spencer

For parents, father or mother or both, who have difficulty talking to their teenagers. For those who do not know where to set limits or allow freedom. We discuss problems together, listen to each other and hopefully find a few bridges over the generation gap. This is an on-going group. We have room for a few more people.

Thursdays 8:00-10:00pm, 915 Hermosa Way, Menlo Park (between Santa Cruz & Middle).

EN 45 AGNEW MUSICALE: Michael Irish

Do you get uptight around old people, young people, sick people, mentally ill?? Then this course is not for you. Experience the mentally ill as REAL PEOPLE. You may find Agnew a challenge to your ability to communicate. Every Thursday the class convenes at Agnew State Mental Hospital for a musical encounter with the patients in one of the wards. Oral and musical skills will be sharpened. You will meet some turned on people. Discussion of the encounter experience follows at my home. Musical ability helpful. Empathetic nature a requirement. Call instructor for interview and information.

Thursdays 8:00pm, Agnew State Mental Hospital, starting April 17. 326-6000 days or 948-0483 evenings.

EN 46 BEGINNING ENCOUNTER: Conrad Isecke

For those who feel that they may benefit from an encounter experience. I have a degree in psychology and have been trained as a group therapist by Dr. Daniel Casriel, Director of Daytop Village, New York City. I have several years intensive experience organizing and participating in group therapy and encounter group sessions. Please call for a private consultation before you come.
Fee: $2 per session.

Thursdays 4:00-6:00pm, 343 Park St, Redwood City, starting April 17. 369-1946.

EN 47 THE BEAUTIFUL YOU EMERGING: Jay and Judith Jackman

We are not interested in your uglies--we would like to see your beauty; through encounters, psychodrama, body awareness and a potpourri of other techniques. We will place emphasis on each member expressing, recognizing and exploring the positive side of himself. The interpersonal interaction will be centered on developing and experiencing trust, compassion, empathy and love. Couples or singles. Regular attendance required--no drop-ins. Group is continuing from last quarter and 5 new people will be added. Admission by consent of instructor only. Sign up and you will be contacted. A group weekend is planned for April 20.

Thursdays 8:00pm, starting April 10.

EN 48 BEGINNING... Janelle

New ways are being created of being people together. We will try some ways others have found to get in touch--with ourselves, with each other. Encounter, Gestalt, sensitivity awareness, trust games, touch, whatever we create by being ourselves. Group limited to 15 and will be a balanced number of men and women. No encounter experience necessary. Sign up or call me. Be willing to come every meeting. Come and we shall begin together...

Thursdays 8:00pm, starting April 17. 328-8369.

EN 49 TOGETHER: Gordon and Wilda Markley

An encounter group for couples who want to grow together by improving communications between themselves. We will deal with here-and-now situations in learning how to resolve conflicts so both partners win. We will build new awareness of ourself and our partner by meditation and sensory awareness things. The group will be limited so contact the instructors before the first meeting to confirm openings.

Thursdays 7:30pm, 946 Lantana Dr, Sunnyvale, starting April 17. 738-2315.

EN 50 A WOMAN'S INTIMATE WORLD: Frieda Porat

This encounter is intended to provide a supportive climate in which women can discuss with each other their feelings and their problems. We will explore such areas as effective communication; the ability to show love and accept closeness; cope with loneliness and share joy. We will deal with the conflicts of the various roles of being woman-wife-mother; the feminine sexuality such as myths and realities of sex and orgasm. If you have other specific issues you wish to explore, bring them to the group and we will all have a richer experience.

The group leader is a Marriage and Family Counselor in private practice and a member of the Institute for Group and Family Studies in Palo Alto. This will be a closed group limited to 15 women. The fee will be $15 for the quarter.
Alternate
Thursdays 10:00am-12:00n, 701 Welch Rd, Suite 3310, starting April 17. 321-4200.

EN 51 GESTALT WORKSHOP: Stan Head

The gestalt approach is a combination of individual and group techniques of growth. It is a non-interpretive, experimental "here and now" approach. Through a viable balance of support and frustration by the leader a person becomes independent, transforming environmental support into self-support. Normal group mode will consist of a diad between myself and one other member of the group. Enrollment is limited to 20 people.

Thursdays 8:00pm, 1660 Fairlawn Ave, San Jose (near Curtner & Meridian), starting April 17. 269-6051.

EN 52 PROMENADE: Isaac and Susan Bass

What does it mean to be a couple? We'll explore this deep-meaningful-challenging-provocative question through the art of the promenade, that is, we will take walks in public places for "pleasure or display". Many opportunities for self-awareness and interaction: Being in the parade and watching it at the same time. Being on display. Watching the parade of life pass me by... Couples only. We will probably include children on several of these "encounters".

Fridays 8:00pm, 660 Harvard Ave, Menlo Park, starting April 18. 325-6521.

EN 53 DISCOVERY OF THE INNER YOU: Alysaun Ford

Discovery of the inner you--with an emphasis on the music that lies asleep in your body. This will be an exploration using various techniques, including gestalt and body awareness, and most likely we will devise some new ways to be in touch with ourselves and each other. Four or five sessions only.

Fridays 8:00pm. Location to be announced. Call Redbook, 328-4941.

EN 54 GENTLENESS ENCOUNTER: John Milwitt and Allison Fishback

In this weekly group (mainly for high school students and others having little encounter experience) we will deal with rap encounter, psychodramatic acting, here and now, non-verbal, etc. We will try to stay away from really heavy stuff for a while.

Fridays 3:30pm, starting April 18. Call Redbook, 328-4941.

EN 55 ENTRY TO ENCOUNTER: Brian Burns

Section 4.

See description under EN 4.

Sundays 7:30-10:30pm, 804 Talisman Dr, Palo Alto, starting April 13. 327-9815 days.

EN 56 A SPRING THING: Dave Cummins

Encounter for people who would like to share their springtime with others. We will try to concentrate on things that seem to go with spring--growing, sharing, laughter, joy--and to shy away from winter things. The first meeting will be entirely non-verbal, but after that we will move on to anything that seems to fit. We will meet outdoors whenever possible.

Sundays 2:00pm, starting April 20. 854-0387.

EN 57 ENCOUNTER AND BEYOND: Rob Kling and Martha Trundy

This is a group experience devoted to deepening our experience of each other and the present, and towards making the spirit of our best experiences a daily reality. I feel that to find health we must seek it directly, rather than focussing endlessly upon "hangups" and problems. Gestalt, encounter, meditation, and movement, etc. will be used as they are relevant. Limited to 15 people willing to attend regularly. $8/month for MFU members, $10/month for others. "Only when we are sick of our sickness shall we cease to be sick...this is the secret of health." Lao Tzu.
I have led numerous seminars and workshops in MFU and FUB devoted to personal growth, eastern ways of living, body movement, and meditation as well as doing professional work in and out of the Bay Area.

Sundays 7:00pm, starting April 13. Location to be announced. Call Redbook, 328-4941.

EN 58 THE FREE WOMAN: Barbara Martin

A gentle atmosphere for women only
To get to know other women on an intimate caring level
To provide a supportive environment in which women can talk about sexual (and other kinds) of experiences.

Sundays 8:00pm, 254 Los Trancos Circle, Portola Valley, starting April 13.

EN 59 SENSUAL CONTACT: John Murchison

This class is strictly for unabashed people over 21. It will be a warm, fun and enjoyable class. The emphasis will be on the pleasure that comes from warm gentle contact between people. We will discuss the feeling involved with contact. The class will be balanced, and limited to 24 people. Come and enjoy yourself. There will be no boundaries. Signups will be contacted.

Sundays 8:00pm, starting April 13. Call Redbook, 328-4941.

EN 60 LOVE: Eric Nord

Loving and being loved in all its aspects. Bring a love gift.

Sundays 5:00pm, The Nest, starting April 13.

EN 61 GESTALT ENCOUNTER--EXCITEMENT & GROWTH IN THE HUMAN PERSONALITY: Alex Perel

An encounter course using gestalt techniques. Emphasis on being in the present and staying with your feelings. I am hoping for a close, warm group. This is not not an attack group. You are encouraged to do your own thing in a supportive atmosphere. Group limited to 14. Approximately even balance. Sign up and you will be contacted, and if you are not contacted by April 28, class is closed.

Sundays 8:00pm, 542 Georgia, Palo Alto. 321-5224.

EN 62 COUPLEDRAMA: Bernie & Anita Sjoberg and Bob & Jeanne Strassner

Would you describe your attitude toward your spouse or cohabitee as comfortable, hostile, or dead? Are you both crying for more love, excitement, and growth? Are you ready to expose yourself? Do you want to search for a new place together? If you can give a "yes" to these questions, we need each other. Come, experience and experiment. Couples accepted only after interview with leaders. For six of us this is a continuation of Bernie Sjoberg's "Out of the Rut and into the Groove". We are ready to add several couples. Phone Jeanne for appointment.

Sundays 8:00pm, starting April 6. 327-5970.

EN 63 NON-VERBAL ENCOUNTER GROUP: Barry Darrett

This encounter group will be a five-meeting non-verbal group limited to couples who have a caring relationship with each other. There will probably be a small charge so that we can rent a place in which to have it. Sign up and I will contact you.

Call Redbook, 328-4941.

EN 64 VIBROLOGY-COUNTER ENCOUNTER: John Kennedy

Ever wanted to try to share your mind's vibrations? Attempts will be made via: handwriting analysis, voice and gesture emphasis, riffing, character exchange, question circles, group fantasizing, control detectors. Experience soft landing on the inner side of shadows through cross-fertilization--breeding delicate and strong psychic plants. No experience necessary. Pre-requisites: patience and/or problems. Limited enrollment.

Sundays 7:30pm, starting April 13. Call Redbook, 328-4941.

EN 65 THE SAGA OF THE WANDERING MUSICIANS: David Teegarden

Scene 1: The WANDERING MUSICIANS, closely accompanied by their axes, wander, sensing out the ACTION.
Scene 2: THEY find it, do a far-out, spontaneous thing together; everyone within earshot gets stoned (NO DOPE).
Scene 3: Everyone splits--the cycle repeats.
There is only one basic proposition: that it is righteous and beautiful to play music for and with each other at every opportunity. As is implied above, this course will meet spontaneously and continuously and is open to anyone who is able to make noise or move. To attend, keep your eyes and ears open. Probable meetings at places like the candle casting class.

Starting May 15 or so. Call Redbook, 328-4941.

EN 66 ME, AGAIN: Katherine Anne Kirby

Well what do I do now? Been in the Free U three years. Am I graduating? Or have I copped out on the Free U, solidly and completely for three years? Instead of listing many or few or no courses, this is what I have been thinking of up to March 11, when I go to Berkeley to see my Guru from Denmark for the first time in 2½ years. Me: Katherine Anne Kirby, for everyone again or only for Aries, Cancer, Scorpio and Aquarius, signs esoterically important for Scorpio. Psychodrama for free. Psychodramatic Acting. Acting out important scenes/myths like Adam and Eve, Cain and Abel, etc. Absurdity free for all. Destruction--learn to tip over ashtrays, pour water on floor and in general do anti-social things. Herbal teas. Suicide. Power--what is it, for whom? Self-ego--what is real? What Piaget and Montessori learned. Comparison of Bible and I-Ching re what is good; place of women, etc. Behavior therapy--use Salter's book and Emerson's "Self Reliance". Self-image psychology. Creativity--what, how, when and its relation to absurdity. Fairy tale based encounter group--Wizard of Oz, Phantom Tollbooth, Ugly Duckling, Sleeping Beauty, Cinderella--how our lives are these. Nude marathon. All women's marathon. If any of these interest you, sign up and write me a note. When April arrives I'll know what to do. Look for more information at the Nest and in newsletters.

Call Redbook, 328-4941.

EN 67 ASTROLOGY AND YOU

We will encounter...using your personal astrological chart and the theories of Dane Rudhyar as expressed in the following quotation: Astrology opens to us a book of universal pictures. Each picture is born of order and has meaning. Every astrological birth-chart is a signature of the cosmos--or of God. It is the image of the completed jig-saw puzzle. Man, by understanding such images can fulfill his experience, because he can thus see this experience objectively and structurally as an organic whole. Couples welcome. Regular attendance required. Text: The Pulse of Life by Dane Rudhyar Sign up and you will be contacted. Also, possible afternoon session if there is enough interest.

Time and location to be announced. Call Redbook, 328-4941.

EN 68 IS YOUR GUY GAY? Patty

How to live with, without, or beside him. An unstructured mutual-aid society for wives, mothers, sisters, girl friends of homosexuals. Bring your experiences, problems and/or solutions--maybe we can help each other to understand. Sign up and you will be contacted.

Starting after April 14. 244-6268.

EN 69 BOFFING: SUPER-HIGH LOVE TRIP: The King of Boffingham

The jack-o-lantern makes its silent speech
Of missing magic words that teach
Professors how to reach
All the missing persons
Learning how to preach.

Saturday 1:00pm and Thursdays 7:00pm (Come either or both days.), Potrero Hill Neighborhood House, 953 De Maro St, San Francisco, starting April 17.

EN 70 BOFFING -- FOR THE GENERATION GAP: Cindy Robinson

Older people with problems. Younger people with problems. On the dueling ground we come together.

282-0806 ; Meets at 190 Emmett Court, San Francisco.

EN 71 MARITAL BOFFING -- A BORDER ON A DMZ: Susan Andrews

In the beginning we had a _____. Are we coming now to the end?
Do we both want _____? But how to do it?
There's no anesthetic because there isn't any pain at PRO 1492.

PRO 1492 or call Redbook, 328-4941.

EN 72 SPORT BOFFING: Hugo Kleinweg

For the innocent or suspicious: boffing is hitting each other with plastic, painless bats shaped like spears.
Body. Movement in boffing. It's parties, threats, attack systems.

285-7557 for time and location.

EN 73 FROM NARCISSUS TO ELYSIUM

A group encounter experience to help gay males achieve a fuller self-actualization. Verbal and non-verbal approaches will be used to help individuals overcome the social hangups and games of the gay world. We will seek to examine and identify the causes of breakdown in relationships and to move towards a greater sensitivity of personhood. Limited to 10 gay males of any age and experience or non-experience. Sign up and you will be contacted.

Call Redbook, 328-4941.

EN 74 ON MAKING YOURSELF UNDERSTOOD: Edward Riddle and Toby Clark

We will demonstrate communication exercises. Participants will work in pairs, answering for their partners the question "Explain to me something about yourself that no one completely understands." Participants will answer the question for 5 minutes at a time and then it will be their partner's turn. Enrollment will be limited to 20.

Saturday 2:00-5:00pm, 510 Concord Dr, Menlo Park, April 19. 322-7643

EN 75 DESSERT: Kathy Kirby and Larry Tesler

Are you unhappy? Is it because you turn down happiness when it is offered to you, or because you are afraid of the consequences, or because you don't have room for just a little more happiness? Think about desserts. Do you turn them down? Limit yourself to just one? If so, this class will teach you happiness acceptance via dessert acceptance. Meets (a) after the General Meeting on Larry's birthday (do you celebrate yours?); (b) under the full moon during the Festival of World Goodwill; and (c) at the Summer Solstice. Desserts: (a) birthday cake (dessert at the end of the year); (b) strawberry shortcake and muscato amabile; (c) watermelon surprise, bitter orange floats and lichee nut cheesecake. Bring $1 to (b) and (c) if you can.

(a) Thursday April 24, approximately 11:00pm, Stanford Coffeehouse.
(b) Saturday May 31, 9:00pm. 325-0115. (c) Saturday June 21, 9:00pm. 325-0115.

EN 76 SADISTIC PSYCHODRAMA: Larry Tesler

I will pay YOU $1 to let me subject you to a 60-hour psychodrama. Masochists will pay me $1. We have a floor so don't bring sleeping bags. Call me for insurance information. A word of caution: This course is for real and you will never forget it.

Friday 6:00pm-Monday 6:00am, 204 Elliot Drive, Menlo Park. April 18-21. 325-0115.

EN 77 PSYCHODRAMA 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 24-hour psychodrama marathon will focus on male-female encounter, including beginning, re-opening, developing, and deepening relationships. The group will be limited to 15 men and 15 women, either single people or couples. There will be a $10 fee, which will include food and refreshments. Participants should bring sleeping bags.

Friday April 25, 8:00pm, 846 Lathrop Dr, Stanford.

EN 78 MARATHON FOR ENCOUNTER GROUP LEADERS

A 24-hour marathon in conjunction with the Workshop (EN 2). The marathon is especially for encounter group leaders but is also open to course leaders listed in the Spring quarter catalog. Limited to 40 people; there will be a $3 food and expenses charge. (See ED 2).

Friday 12:00m, May 16-17. For location call Redbook, 328-4941.

EN 79 TO BE MORE WHOLE -- A MARATHON: Dave Teegarden and Rob Kling

Feeling full and integrated/ Focussing energy where we want/ experiencing openly--alert and present/ From a firm center. --The Experience of Wholeness
This weekend will be devoted to enhancing our feelings of "wholeness". We will explore ways to sustain the best experiences we have, as well as what we do to bring ourselves down. We will focus upon a quality of experiencing and ways of being, not on a specific technique. The group will meet in a quiet setting. Bring musical instruments and $5 for food.

Friday May 16-Sunday May 18. 326-8757 or 941-4682.

EN 80 PSYCHODRAMA MARATHON -- THE MEANING OF DEATH: Vic Lovell, Ph.D.

Each of us must die, and each of us must lose those we love through death. These experiences, though they define the boundaries of life itself, are typically handled by repression and isolation in our society. This 24-hour psychodrama marathon will focus on the human encounter with human death, both our own death and that of our fellow men. The group will be limited to 15 men and 15 women, either single people or couples. There will be a $10 fee which will include food and refreshments. Participants should bring sleeping bags.

Friday May 23, 8:00pm, 221 South Balsamina, Menlo Park. Call Redbook, 328-4941.

EN 81 PSYCHODRAMA MARATHON -- THE BIZARRE AND THE UNCANNY : Vic Lovell, Ph.D.

This one is for you, if you feel like nobody understands you because your trip is so freaky. It will be a 24-hour psychodrama marathon which will focus on the human encounter with awe, wonder, dread, revulsion, and absurdity. Experimental techniques will be used, including make-up, costumes, and fantasy enactment. The group will be limited to 15 men and 15 women, either single people or couples. There will be a $10 fee, which will include food and refreshments. Participants should bring sleeping bags.

Friday June 6, 8:00pm, 180 Stanford Ave, Menlo Park. Call Redbook, 328-4941.

EN 82 GROWTH MARATHON: Rob Kling

To become a more integrated person by exploring inner experiences, acting upon unrealized potentials and finding a new way to be with people--in a supportive setting. The marathon will help create feelings of greater strength, immediacy, inner contact, and centeredness. "We all have reservoirs of life to draw on of which we do not dream." William James. Limited to 20 people, couples encouraged. Food provided, including fresh baked bread. $15 for MFU members, $22 for non-members. (See EN57)

Friday June 13, 8:00 - Sunday June 15, 12:00n. 941-4682.

EN 83 PSYCHODRAMA MARATHON: Jim Ware and The Staff of the Human Institute

A 40-hour psychodramatic experience for those who have participated in the Monday psychodrama, EN 15. Cost: $10.

Date and time to be announced. Call Redbook, 328-4941.

EN 84 ALL WOMEN'S MARATHON: Kathy Kirby

"THE FAMILY. The perseverance of the woman furthers" 37, I Ching
A 32-hour marathon for women only, focussing on "Who am I?" "What shall I do?" We will use primarily psychodrama but also nudity, art and meditation. Do you come completely--if you won't answer that question honestly don't come, since change and growth are impossible without honesty. Honesty is exciting and if you have never really experienced that, this is your chance. Don't be afraid--the marathon will also be amazingly supportive and gentle. This is a follow-up to Winter quarter's marathon open to all. Members of last quarter's group have first priority. I hope we will move further and much, much closer. (Judy Strasser please come back.) $5 fee will include food and refreshments, although members will be encouraged to meet pre-marathon jitters by preparing food, and the fee is negotiable. Dinner Saturday will be a celebration as well as just eating. Sign up and you will be contacted.

Probably May 2-3. Time and location to be announced. Call Redbook, 328-4941

Philosophy

conrad sims

PH 1 VISIONARY CONVOCATION: Jon Buckley

All sages, magicians, rum runners, muscatel madmen, psychic explorers, teachers, preachers, unlearned tinkers, talkers, listeners, potentates, and general folk:

You are Invited to a
Visionary Convocation
To be held on Sunday April 13th, at the end of Homer Lane,
Menlo Park, and Commencing at High Noon.

The ship on which we are sailing has many navigators--not all of which are charting the same course. It is long overdue that the members of our community get together in the warm sun and examine the Evolution of what we are becoming.
From a barely populated membership and a scattering of courses, the Free University has grown into a nationally known (and locally notorious) educational phenomenon. With this eruption of liberated learning has come all the attendant growing pains of any other body. It is time now to take a long look at where we've been...and a longer look at where we are going.
The Convocation will be an exploration of our wildest dreams and our deepest reality: not merely a rap session, but a well documented encyclopedic exchange that could guide the community to a better defined understanding of what we must be in order to let each of us grow to our greatest power.
This is a ripe opportunity for course leaders, media heads, environmental artists, and general workers to get their heads together--not to plan the day to day collection of events, crisis, and trivia that is the operational norm for the MFU-- rather let us meet to give each other a most precious gift, the gift of each other's visions.
Bring cheese, wine, children, bring history and presence--help make the future.

PH 2 IS THE FUTURE INEVITABLE?: Steve Aronin

An attempt to define what the barriers to the future of mankind are and to determine if they can be overcome. Some of the topics we will discuss are: social forces vs. technology; self-fulfilling prophecy (i.e. predicting the future creates the realization of the prediction); the threat of war; population pressure; lethal pollution of air, water, and minds; the role of the individual in creating the future. We will also take a critical look at some current writings about the future. Mostly we will generate our own ideas. We will also talk about developing a "future game" in which we simulate the world we live in and try to learn the consequences of alternative actions (or inactions). Knowledge of the future is not required; a vested interest in the existence of the future is desirable.

Mondays 7:30pm, 842 Coleman Ave Apt. 2, starting April 7. 323-4359.

PH 3 LOGICAL POSITIVISM: Burnham P. Beckwith

In every major field of knowledge, human thought has progressed through three stages: the religious, the philosophic, and the scientific. All religious and philosophic truth claims--including all ethical principles--are literally senseless because they contain referenceless nouns and adjectives, and therefore cannot be verified by sensory evidence. It makes no observable or practical difference whether a religious or philosophic statement is true or false. Only scientific theories are verifiable, meaningful, and useful. This is a brief summary of logical positivism, an anti-philosophic theory whose phenomenal rise has been the sensation of the Anglo-Saxon philosophic world since 1936, when Ayer published his Language, Truth, and Logic.
The chief reference works in this course will be Ayer's work and my own Religion, Philosophy, and Science.

Mondays 7:30pm, 19 Coleman Pl Apt 38, Menlo Park, starting April 14. 324-0342.

PH 4 INNER GROWTH THROUGH METAPHYSICS AND MEDITATION: Betsey Whitehill

Our main search will be the known truths and how we can apply them to ourselves. An attempt to find our own center of being and operate from that center out into the world (teaching, service, etc.). "Know thy self" will be our motto. We will listen to tapes of other teachers--and hopefully do some group meditation.

Mondays 8:00pm, starting April 14. 327-7264.

Philosophy

PH 5 FROM THE OUTSIDER POSITION TO A UNIVERSAL SYSTEM: Stephen Mitchell

Beginning with Colin Wilson's Esalen Seminar tape and The Outsider and going through to his Introduction to the New Existentialism via a method of positive group phenomenology, this seminar will proceed to Buckminster Fuller, M.E. Escher, L.L. Whyte, Ronald Laing, Abraham Maslow, C.G. Jung, Paul Ehrlich, Aldous Huxley, Arthur Koestler, Carlos Castaneda and a theory of the Psychophysiological Axis, et. al., plus selected articles from Horizon, The Futurist and the Scientific American.
The Goals will be to generate Peak Experience and to construct a valid UNIVERSALISM.

Meetings will be biweekly, Mondays 8:00pm, 813 Bruce, Palo Alto, starting April 7. 328-4676.

PH 6 MAN'S PLACE IN THE COSMOS: Jwab

Tuesdays 8:00-10:00pm, Medway Forest (pick up map at Free U office), starting April 15.

PH 7 CONSCIOUSNESS IN THE FLESH: Miriam Klein

Conventional psychotherapy is talk therapy. The body is not touched. Is it time for psychology to seriously review this attitude? What would that mean in terms of training future mental health professionals?
For mental health professionals and graduate students in the mental health professions only.
(Miriam Klein, Ph.D. has taught psychology and followed theoretical and research interest in the psychology of awareness with an intensive personal experiential search as a Resident Fellow at the Esalen Institute at Big Sur.)

Tuesdays 3:00-5:00pm (can change to Wed. if popular demand). 854-5681.

PH 8 THE RELEVANCE OF SADE: L.J. Rather

What are the philosophical underpinnings of the Marquis de Sade's works as he himself described them? How are they related to a new idea of man that made its first appearance in the 17th century? Why has Sade come to seem increasingly relevant since World War I after more than a century of neglect?
A philosophically and psychologically, rather than pornographically, oriented seminar is intended.

Tuesdays 8:00pm, 1017 Bryant St, Palo Alto. 327-6790.

PH 9 INTRODUCTION TO HATHA YOGA: Bill Sprietsma

This is a class for beginners who are interested in the Physical aspects of Yoga. We will practice basic yogic breathing exercises (Pranayama) and basic physical postures (Asanas). There will be some short (5 to 10 minutes) meditations and some discussion of Yoga Philosophy.
Bring mat, blanket or large towel.

Tuesdays 10:00-11:30am, 855 Partridge Ave, Menlo Park, starting April 15.

PH 10 MY EXPERIENCES IN SUBUD: Husain Chung

A series of talks by the Director of the Human Institute who has been a follower of Subud for 11 years.

Wednesdays 6:30pm, starting April 16. Redbook, 328-4941.

PH 11 SITTING: Bill Hart

You are a flying bird with no mind to twitter, a mountain unconscious of the others rising around it... You are a fish with no particular design of remaining in the sea. Taking things as they come, you sit, making no idle distinctions. For those who are unfamiliar with the course, it means meditation.

Wednesdays 8:30pm, 3149 Genevieve Court, Palo Alto, starting April 16. 328-7720.

PH 12 LOOKING AT THINGS: Louis Mendelowitz

We will look at things. Bring something else.

Wednesdays 7:30pm, 2654.5 Alpine (small cabin), Menlo Park, starting April 16. 854-5905.

PH 13 OUT OF THE AQUARIUM AND INTO THE AQUARIAN: Marc Jensen and David Hall

Communities of the future will use many ways of turning on. We would like to explore these ways. Some of the things we are sure we'll investigate are:
1. Yoga. We will practice Hatha Yoga to tune up the physical instrument we use for our thinking. We will also do chanting and meditation and explore some of the concepts of Tantra Yoga.
2. Fasting. Fasting is a much neglected technique for mental and physical rejuvenation. We may conduct a fast of from 3-5 days once during the quarter.
3. Astrology. The Piscean or Christian Age is over. (Catholics are no longer required to eat fish on Friday.) The Aquarian Age which is starting will be an age of cultural improvement and spiritual awakening.
4. Nudism. The attitudes of society towards nudity seem to need revision. The human body is beautiful, or should be, and we should be able to understand that the putting-on of clothes, not the taking-off of them is the basically erotic act.
5. Bioenergetics. Nicknamed "American Yoga" this active discipline is aimed at clearing up psycho-physiological blocks that restrict freer functioning.

Wednesdays 8:00pm, 71 Los Trancos Rd, Portola Valley, starting April 16. 851-0754 or 321-1434.

PH 14 ZAZEN: Janelle

I am a seeker, not a master. I will give instruction in sitting meditation, counting the breaths, koans, for anyone interested. Class will consist of meditation and discussion of problems, experiences, and philosophy. We can also arrange a weekend intensive session, at least one Saturday visit to S.F. Zen Center; perhaps one weekend trip to the Tassajara Mt. Zen Center late in the quarter, if desired. Bring a fat cushion. Come and we will be buddhas together.

Wednesdays 8:00pm, 357 Sheridan, Palo Alto, starting April 16. 328-8369.

PH 15 DECISION ANALYSIS: Dave Whitman

Should you buy that second-hand roll-around dishwasher for $150 or should you save the money and with some additional cash from next month's paycheck put a down-payment on a new refrigerator to replace your old one that may break down again soon? Or should you blow it on a weekend in S.F. with your girl friend and, if so, should you disguise it from your wife? Should you buy that '67 Corvette or would it be worth your while to continue searching for a better deal or sell your motorcycle and buy a '69 model? Or wait a year? Should you go to the Free U psychodrama marathon or, taking the possibility of bad weather into account, spend the weekend at Squaw? Or do some more work on your dissertation? In this course I will try to show you how the theory of decision analysis can be brought to bear on common personal problems to aid you in good decision-making. There will be some lecture and we will tackle problems that you bring with you.

Wednesdays 8:00pm, starting April 16. 851-7321.

PH 16 OBJECTIVE OCCULTISM I: Mark, John and others

A brief glimpse of a wider universe. You may learn new ways of hearing, feeling, smelling, tasting, and most important of all--thinking. Expect to have your head bent. (Offered in conjunction with Foothill Experimental College.)

Thursdays at dusk, at the boulders at the entrance to Foothill College, starting April 17.

PH 17 JUNGIAN ASTROLOGY: Gavin Arthur

Evenings at home with one of the world's foremost astrologers and raconteurs. Personal anecdotes about the great and near great as well as seminar-type approaches to astrological theory and prediction, e.g., are we in the Aquarian age?

Fridays 9:00pm, 1703 Buchanan, S.F., starting April 18. 346-2878.

PH 18 Country Karma: Tom Reidy

"You Know"

Box 435, Rancho de Taos, New Mexico. 747-0057 (La Honda number).

PH 19 I CHING STUDY GROUP: Marshall Pease

The I Ching, or Book of Changes, is the ancient Chinese method of divination which is often found to have remarkable relevance to modern problems. The existing texts are considered to date from 1150 B.C., or 31 centuries ago. They are evidently based on a tradition that is older still. Hence the I Ching may well be the most direct link to the metaphysical thought in prehistoric times.
The group will study the I Ching (in English translation) both as a method of divination which is of great practical value, and as a metaphysical text of great profundity. The immediate objective will be to explore the symbolic interrelations and manipulations that underlie its interpretation. Some of these are known from the writings of Confucius and others on the subject. But even a preliminary study suggests the presence of other interrelative principles which are of major importance in the interpretation. It is, in fact, this multilayer aspect that makes the I Ching of such interest.

Fridays, 8:00pm, 235 O'Keefe Apt 9, Palo Alto, starting April 18. 322-8627.

PH 20 DAWN OF THE NEW AGE: Edwin Ang and Jeff Tallakson

At this crucial point in human history, man has the power to create the utopia of utopias or to destroy himself in a temper tantrum. This course will present for discussion a comprehensive vision of all aspects of human and non-human existence using a powerful new understanding that underlies Judeo-Christian and Eastern religions and philosophies. This cosmic vision is the product of the search of a contemporary Korean sage, Sun Myung Moon, who teaches that mankind is entering a new age. Workshops may be held to apply the philosophy to diverse human problems and contemporary issues.
Text: Young Oon Kim, The Divine Principle Study Guide (available at East-West or Kepler's).
Recommended: Teilhard du Chardin, The Phenomenon of Man, Arthur Ford, Unknown, but Known, James A. Pike, The Other Side, Eric Fromm, The Art of Loving, C.J. Jung, Modern Man in Search of a Soul.

Sundays 2:30pm, 405 Harrington Court, Los Altos, starting April 20. 941-1258 or 848-7492.

PH 21 THE ILLUMINED ROAD: Reverend Kathy Kirby

Who am I? What shall I do? What do we have in common?
Using and perhaps exaggerating individual differences, we will focus what is inside outside, up, and around. We will try to handle: "At times I did screamingly argue with you about which part of the world was the top of the world, and I screamed as long as I was buried at that place which I claimed to be the top. Now I stand on top of a burial mound, and I just ask, "What do we have in common? And I fear your answer. What is your answer?" (Lust for Learning). An exploration of common denominators in a weekend of workshops and lectures spiritually oriented.
Interested students should try to attend PP 24 (Humanity and Rationality) and learn the truth, which is in some ways of no help, but important as a starting point.
Recommended, but not required, reading as a basic set to the workshop: Dane Rudhyar, "The Illumined Road" in Tryptich, Salter's Conditioned Reflex Therapy (the book is not too good but the basic concepts are crucial) and Emerson's "Self-Reliance".
I have a BA in psychology from Stanford and 4 years of experience and study at New Experimental College in Denmark, the Bridge Mountain Foundation, and the Midpeninsula Free University, and am interested in yoga and meditation, astrology, the I-Ching, bioenergetics, psychodrama, reincarnation, psycho-cybernetics, and communication. Cost: $4.

Time and location to be announced, probably May 30 - 31. Sign up and you will be contacted. 854-4315.

PH 22 EXPLORATIONS IN PSYCHEDELICS: Ralph Metzner

This course will meet once a month to discuss recent developments in scientific knowledge concerning mind-altering drugs, especially psychedelics. Emphasis will be given particularly to the role of drugs in facilitating or obstructing personal growth.

Sundays starting April 13. Call Redbook 328-4941. (See SP 1 HEADTRIPS).

PH 23 NAGARJUNA: THE VOID AND THE MIDDLE WAY: Bill Ames

Most of us find that we have to live without the firm beliefs and values which former generations claim to have had. This can be very distressing, as it seems that without some grasp on truth and goodness life is meaningless, or even impossible. It appears that we confront a vast emptiness, and how can this be anything but terrifying? In this predicament, it is startling to encounter statements not only that "Emptiness is proclaimed by the Buddha as the refutation of all viewpoints" but also that "When emptiness works, everything in existence works" and "if non-emptiness does not exist, then something is attained which is not attained; there is cessation of sorrow and actions, and all evil is destroyed."
These quotations are from The Fundamentals of the Middle Way by Nagarjuna, the founder of the Madhyamika School of Mahayana Buddhist philosophy. His thought will be the subject of this course (recommended reading: The Central Philosophy of Buddhism by T.R.V. Murti and Emptiness by Frederick J. Streng). The approach will be one of logical analysis rather than yoga or meditation; but we will not study Nagarjuna's philosophy as a historical phenomenon or an intellectual exercise, but as a source of insight into our reality.

First meeting at 842 Independence Ave, Apt 1, Mountain View. Call 969-2298 for time.

PH 24 HUMANITY AND RATIONALITY: Arnold Copeland

Is it possible to have a religion that can be established by scientific standards? Are all opinions necessarily only emotionally based? Truly, the straight rational person is screwing himself up by being straight. Some of us know that we haven't even begun to relate to each other. Unless we want to blow ourselves up, or each each other, it is imperative that we, especially the intellectual community which has the talents and knowledge to help in the process, recognize and accept the truth, viz. I LIVE, not "I think, therefore I am," (rational) or "I am" (yogic) and the corollary imperative of cultural deconditioning by whatever means necessary.
Can the non-rational (religious, mystical) be correlated with the rational (logical, empirical)? We will strive to discover the Truth through open dialogue on a short statement by me, followed by fellowship.

Probably May 16 8:00pm. 566-3159 or write to 163 Belvedere, San Francisco.

PH 25 READ THE TAO TE CHING 道德經 in Chinese): Emerson Harris

You will use the venerated, but idiotic, Way-Power classic as a vehicle for learning the elements of Literary Chinese. Collaterally, you will become disenchanted with your menu-eating trip. Accept no substitutes! It talk is your bag, your bag is a shroud instead of a knapsack marked "Discard When Empty! "
You will be able to tell the difference between a Yin and a Yang, and also learn the mechanics of writing Chinese, using a Chinese-English dictionary, and reading the language aloud in the Mandarin dialect. Note: This study will not equip you to read Big Brother Mao's "Little Red Book", because he writes in Plain talk (pai hua) and not Literary Chinese.

(Consult the MFU Big Red Book, 328-4941, for spatio-temporal orientation and course materials.)

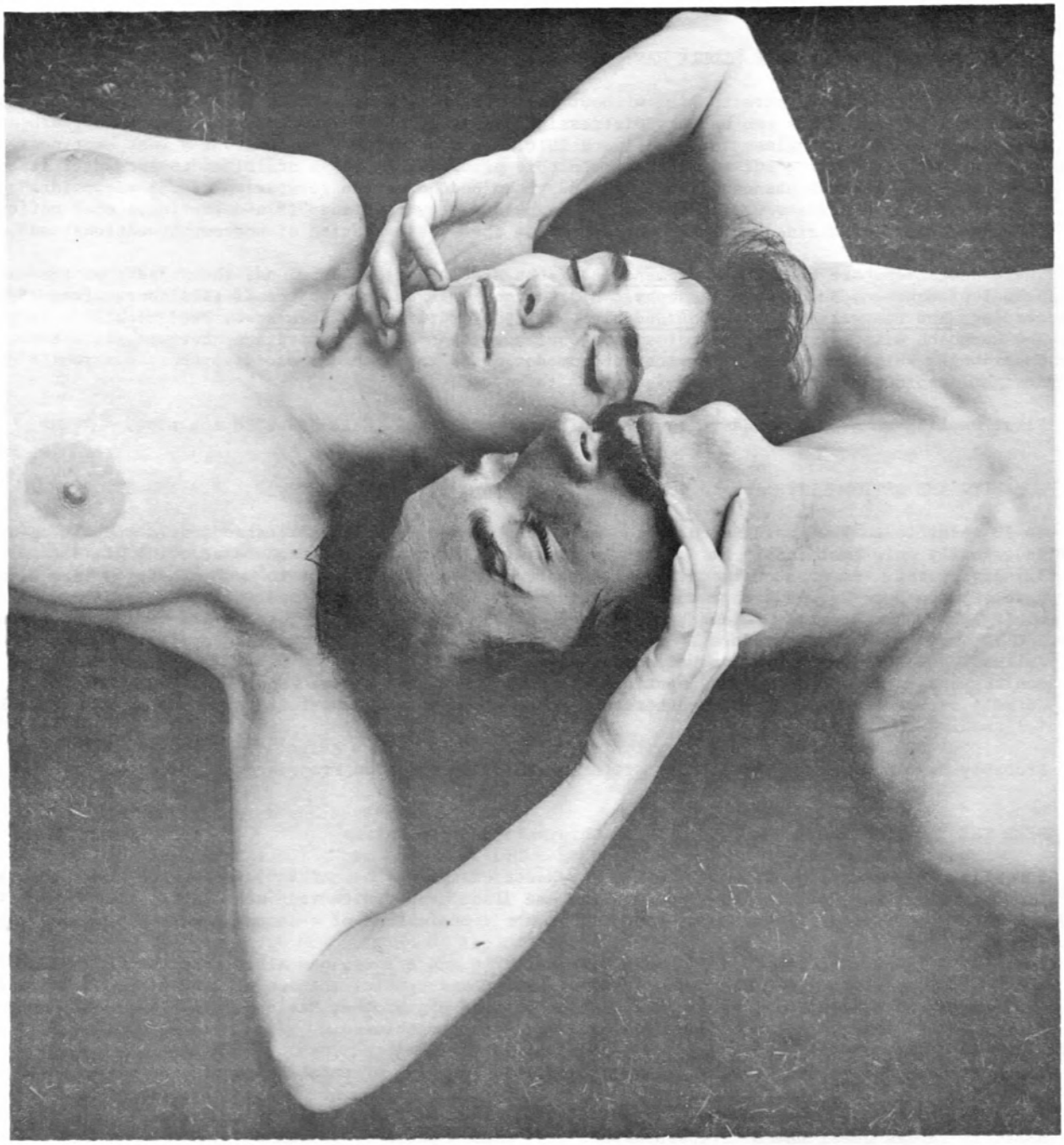
PH 26 AMERICAN INDIAN GHOST DANCE: Stephan Kaber

Paraphrase of Wovoka, who first received Ghost Dance in a trance. After the full moon we begin to dance. Four nights and one day we dance. Some men go into a trance and speak with God and their ancestors. We all feast together, dance, learn more to love each other. If the ground shakes, be without fear. He will protect us. We must dance to hasten His coming.

Probably full moon in May. Sign up and you will be contacted. For more information, 323-7964.

PH 27 HEBREW LANGUAGE AND CULTURE: Mrs. Schuster

Anyone interested in studying Hebrew language, literature, and the Bible, call Mrs. Schuster at 326-0348 to arrange the first meeting.



lix hecker

PL 1 FREE U PICNICS

Free U picnics will be held at various locations on various Sundays from 1:00pm on throughout the quarter. Bring your food, wine, aspirin, instruments, toys, children, sick cats and favorite soft animals.

Sunday April 20, 1:00pm, Huddart Park; May 4, San Gregorio (Free Beach); May 18, Portola State Park. Call Redbook, 328-4941

PL 2 FOOD TRIP: Bob

I really like to eat and cooking has also been a fun trip for me. I'd like to do a rotating dinner trip with 6-8 friends. If a large number of people are interested I'll divide the group. If you'd like to do the same trip on another night let me know and I'll see if I can find a few others to join you. If you're on a macrobiotic trip be sure and let me know. If you sign up, try to contact me; I'll try to contact you. Love.

Mondays 6:00pm, 404 Donohoe St #40, Palo Alto, starting April 14. 325-3657.

PL 3 MOUNTAIN CLIMBING - ROCK CLIMBING: Dave Duff

This is a one-evening orientation to mountain and rock climbing. One or more climbers will be present to discuss the following: (1) The subject generally, and various items of technical rock climbing equipment; (2) Local climbing sites and necessary equipment; (3) Local climbing groups, climbing courses and schedule of the Sierra Club climbers.

Tuesday May 13, 8:00pm, 260 Sheridan Ave, Suite 408, Palo Alto. 328-0211.

PL 4 TENNIS: Greg Kerber

Tennis instruction for anyone interested. The only necessities are a racket and a pair of soft-soled shoes (preferably tennis shoes).

Tuesdays 8:00pm, Rinconada Tennis Court bleachers, starting April 15. 322-4208.

PL 5 SWEDISH MASSAGE FOR COUPLES: #25

This course is for couples, single or married (to each other or otherwise). Group will be either 4 or 7 couples. You cannot find an evening that is more relaxing! If there is a large sign-up, I'll try to figure a way to make more than one group.

Tuesdays 7:30pm, starting April 15. 321-7451. Warm place needed.

PL 6 LET'S GO: Lynn Weinstein, Davy and Kari

For parents and kids, and anyone else. We'd like you to join us for a happy and interesting adventure once a month or so on a Saturday or Sunday. Ideas we've had are the S.F. Zoo; the Henry Cowell Redwoods State Park and/or the Roaring Camp-Big Trees Railroad trip; Libby's canning plant in Sunnyvale; the Cable Car Barn in S.F.; Davy is especially eager to see paper made from wood (if we can find someplace south of Oregon!) Let's have one (adult) meeting to share additional ideas, pick dates and select activities.

Tuesday April 15, 8:30pm, 208 Parkside Dr, Palo Alto. 326-8464.

PL 7 MEN'S NIGHT OFF: Dave Whitman

Women hassle you sometimes? Let's get together for poker, beer, pool, bowling, whatever we like.

Tuesdays 8:00pm, starting April 15. Call Redbook, 328-4941.

PL 8 BEGINNER'S MASSAGE CLASS #1: Tom

This is a class for people who have had little, or no, previous experience with massage. We will learn and practice one basic method, but as we progress, new techniques will be introduced. By having a balanced group, limited to 30 people, we hope to achieve a feeling of continuity and understanding, which is the essence of massage. The group will be limited to signups only, absolutely no drop-ins. Signups should plan to attend on a regular basis. Signups will be contacted. First meeting to be planned.

Wednesdays 7:30pm. 588-6795 from 8:00-11:00pm (no later please).

PL 9 HANDS: Selah Chamberlin

Hands--What they have to tell us: shapes, textures, lines, movements. Do you know a good way to make prints? I don't know very much, so bring books, palmists, and lots of hands.

Thursdays 8:00pm, 254 Los Trancos Circle, Portola Valley, starting April 17. 851-1869.

PL 10 BRIDGE: Madeline Low

A class struggle--in general the ruling class wins. Bridge--a middle class game for middle class people. Nevertheless, a high class mind makes a high class player. I will show you the secrets of making the peasants--the deuces, treys and fours--work for you. Thirteen tricks are not won by 13 Aces. In addition, you will learn the rules and etiquette of Contract Bridge and fundamental bidding methods. Psychology, intuition, and imagination are employed by all the con artists who are successful manipulators of an ordinary deck of 52 playing cards. With sufficient technical knowledge the truly free individual can be a master of this decadent, but delightful and enjoyable game.

Thursdays 8:00pm, starting April 17. 323-4501.

PL 11 SWEDISH MASSAGE FOR SINGLES: #25

This will <u>only</u> be a teaching course. We will meet once or twice and from then on you are on your own. From signup list I will form groups (list your phone or you'll never be contacted) of not more than 12. You can learn the basic strokes and a few variations in one or two class meetings.

Thursdays 7:30pm, starting April 17. 321-7451. Warm place needed.

PL 12 THE WINES OF GERMANY: Pete Schilla and Mike Menke

The magnificent white wines of the Rhine and Mosel will be our focus this quarter. We shall also explore the other lesser-known regions of Germany and compare California counterparts. There will be a $10 fee to purchase wines, and the course size is limited. There are very few vacancies.

Thursdays 8:00pm, 11628 Terrace Dr, Los Altos, starting April 17. 948-4968 or 326-7946.

PL 13 DON'T BRING YOUR ORGAN: Scott Keeney

I've got a loud stereo, a tamborine, maracas, bongos, and three drumsticks. I'd like to find perhaps a dozen people who enjoy accompanying heavy records on their own instruments: congas, small drums, claves, or whatever else that's reasonably small. We'll all pretend we're Mick Jagger, Ginger Baker, Charlie Watts, Janis Joplin, and we'll simply, and informally, rock out.

Fridays 9:00pm-12:00m, Delta Chi house, 586 Mayfield, my room, starting April 19. 328-9784.

PL 14 MOUNTAIN GOAT: Kenneth Cox

For hikers, scramblers, and dangerous fools...also cautious wanderers. After some instruction in rock climbing, and local practice as necessary, we'll have weekend (maybe longer) trips to anywhere that rocks can be climbed. Yosemite should be the most common scene during the spring, and the Sierras wait.

Fridays 7:30pm, 343 Park St, Redwood City, starting April 18. 369-1946.

PL 15 COMMUNITY DINNER: Phyllis Gilbert

Our aim is to get together on a weekly basis and break bread together. Everyone should bring food that can be cooked. We will cook it together (in a creative way), and then proceed to eat it in a community way.

Fridays 6:00pm, 1035 Windermere, Menlo Park, starting April 18.

PL 16 MODEL AIRPLANE BUILDING: Ken (Bugger Red) Parker

Model airplane building--glider, rubber-powered and limited gas. I'm interested in introducing novice builders and nonbuilders to the art of building models for pleasure and enjoyment. A place is needed to set up the class, preferably easy to clean and well ventilated. Bring your own glue, etc. Sign up and you will be contacted.

Time and location to be announced. Call Redbook, 328-4941.

PL 17 LOOKING FOR SOME OF AMERICA: Art Eisenson

All right, friends, we have an instant culture test: Who were the James Brothers? With 20 years of formal education, we'd most likely answer William and Henry, who most Americans never read. Most everybody thinks the James are Frank and Jesse. Anyway, it might be an idea to read popular authors like Zane Grey and Raymond Chandler, see a lot of movies, and watch some television. Basically, the course is a way of looking for American values in her popular culture. Sign up and you will be contacted.

Time and location to be announced. Call Redbook, 328-4941.

PL 18 GREEK DANCING: Bob Albrecht

Zorba the Greek is alive and well in Menlo Park! These happenings are for people who (1) don't know Greek dancing, but wish to learn, (2) don't know Greek dancing and don't wish to learn, (3) know Greek dancing and wish to dance, (4) know Greek dancing, but don't wish to dance, (5) _____ (fill in your own reason.)
The following types of events will be scheduled arbitrarily and capriciously: classes for beginners (dancing to records and tapes); Greek dance parties (some with live music, maybe some light shows, some indoors, some outdoors); trips to center of Greek culture (mostly tavernas); trips to Greek dance festivals throughout the Bay Area.
Our group has become so large that we are beginning a Greek Dance Newsletter. Therefore, if you sign up PLEASE SEND 10 STAMPED, SELF-ADDRESSED, BUSINESS SIZE envelopes to Portola Institute, 540 Santa Cruz Avenue, Menlo Park 94025. (If you do not do this, you will not be notified of events!)

323-5155 or 854-5271.

PL 19 BEGINNING, ELEMENTARY & ADVANCED GOLF: John Browning

Instruction at all levels by a professional. Sign up specifying time and you will be contacted. There must be over 5 per class, but less than 15. I will try to set up 3 groups as outlined above. Cost: Pay for balls hit. Regular attendance recommended especially for beginners. Teaching and coaching.

Fridays or Saturdays and Sundays after 1:00pm. Call Redbook, 328-4941.

PL 20 COME FLY A KITE: Kenneth Cox

Bring your kite and your ideas - we'll get together to build them and fly them. Please sign up by Friday, April 18.

Saturdays (unpredictably), starting April 19. 363-1946 or Redbook, 328-4941.

PL 21 GOOD OL' AMERICAN FOOTBALL: Roger Schank

Return with me to the days of yesteryear, to Saturday afternoon pick-up football games. We will meet once a week on Saturday afternoon to choose-up a game of touch football (or flag football). We will play semi-serious football (that is, a serious game with smiles on our faces). You need not be great to play but women, children and dogs will be excluded (unless they want to form their own teams). If there is a regular turnout perhaps we will form regular teams. Cheerleaders are welcome.

Saturdays 12:00n, El Camino Park, starting April 12. 326-9705.

PL 22 BEGINNERS MASSAGE CLASS #2: Tom

This class is the same as BEGINNERS MASSAGE CLASS #1 (PL 8). This section is also limited to 30 people.

Saturdays 7:30pm, call 588-6795 for location.

PL 23 CHILDREN'S WORK AND PLAY SHOP: Shannon Slate

Children's work and play shop is for children 3-6 years of age. We will paint, sing, play, make music, draw, paste things. And when we are done, clean up and go somewhere like the park.

Every other Saturday 1:00pm, 610 Ashton, Palo Alto, starting April 19. 321-3717.

PL 24 BEGINNING BOWLING: Ralph Kimball

I want to share my enthusiasm for bowling with anyone who would like to learn how to bowl. Beginners are especially welcome although I am happy to work with the more experienced bowler. There will be a nominal charge for games bowled at the bowling alley, usually 40¢ or 50¢ per game.

Sunday afternoons or Tuesday evenings. 328-6954.

PL 25 BACH DANCING AND DYNAMITE SOCIETY, INC.: Pete Douglas

The Bach Dancing & Dynamite Society is a non-profit organization to provide an informal situation whereby talented musicians may present music of their choosing to an appreciative audience. The Society was incorporated (in jest) in 1964 as a result of jazz musicians coming to the beach to blow informally. The Society has since been expanding to include most other forms of music (classical, folk, etc.)
Dress is always informal and anyone may bring their drink or food and stay after for whatever social situation may develop. Other than specific programs of interest to all, it is my hope that a truly spontaneous, unpretentious situation will continue; that people of mixed backgrounds and ages may come and go; meet others or not, as their mood dictates.

Sunday afternoons starting April 20. 726-4143

PL 26 HITCHHIKING EXPEDITIONS: John Milwitt

This Quarter we are planning three hitchhiking trips: 1) on May 10th we will go to Modesto to see and investigate Rev. Hensley and the Universal Life Church; 2) on May 25th we will go to Cullenbine's sandcasting candles class; 3) The weekend of June 7th we will go to Big Sur.

Call Redbook, 328-4941.

PL 27 SAILING: Ray Chamberlin

Certain Sundays I'd like to take Free U people sailing from Sausalito if anyone is interested. I can't schedule it regularly. Some Saturdays possible. Boat will take up to eight.

968-2674.

PL 28 IT'S A BEAUTIFUL DAY!!!: Dorothy and Larry

Driftwood, seaweed, sand, rocks, mountain, Highway 1, San Gregorio, California, USA...
Let's enjoy and feel ourselves and each other. Introductory sensory awareness! Verbal encounter groups! Picnic! Kids! A one day happening.

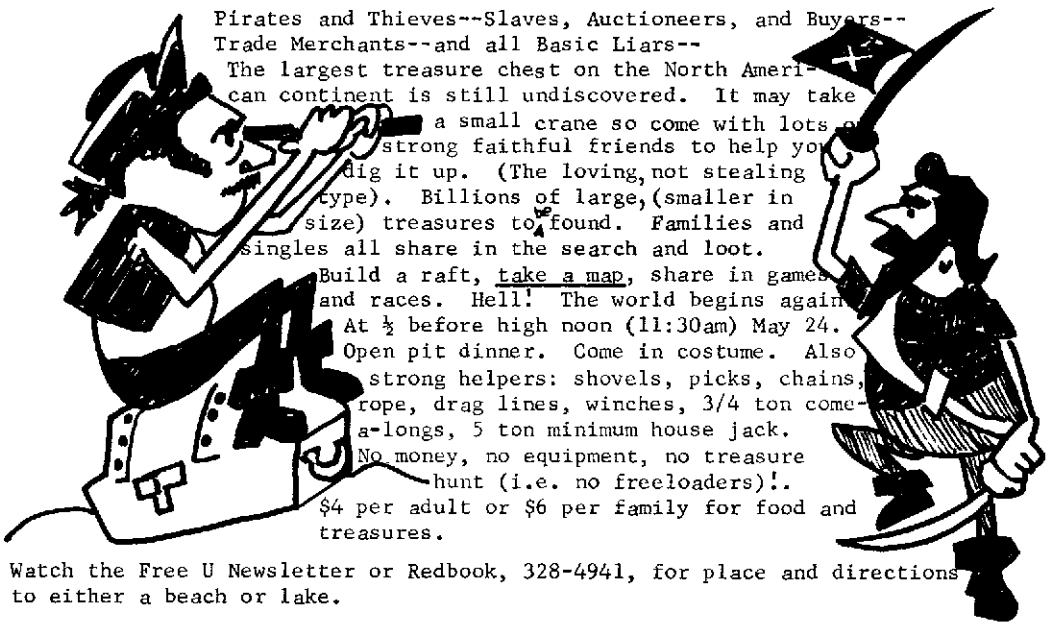
Sunday June 8, 11:00am, leaving from Postal Unit, Macy's Parking Lot, Stanford Shopping Center. 325-8361

PL 29 CAMPING: PINNACLES PLUS: Paul Patterson and Mary Whitman

Located just two hours drive south from the Peninsula, the Pinnacles are one of California's most scenic hike-rock climbing areas. Its location (in the mountains between the Salinas and Santa Clara Valleys) means perfect camping weather now. We'll establish "base camp" at our chuckwagon tent at the end of the road and hike into "the rocks" for the day; returning at night for dinner, campfire and sleeping under the stars. PLUS--Projected trips: camping Arroyo Secco and Point Reyes; canoeing trip down the Russian River. Special: call Mary at 851-7321 about possibility of Easter in Death Valley (catch the desert in bloom).

326-9650. Phone and we'll set up a date together.

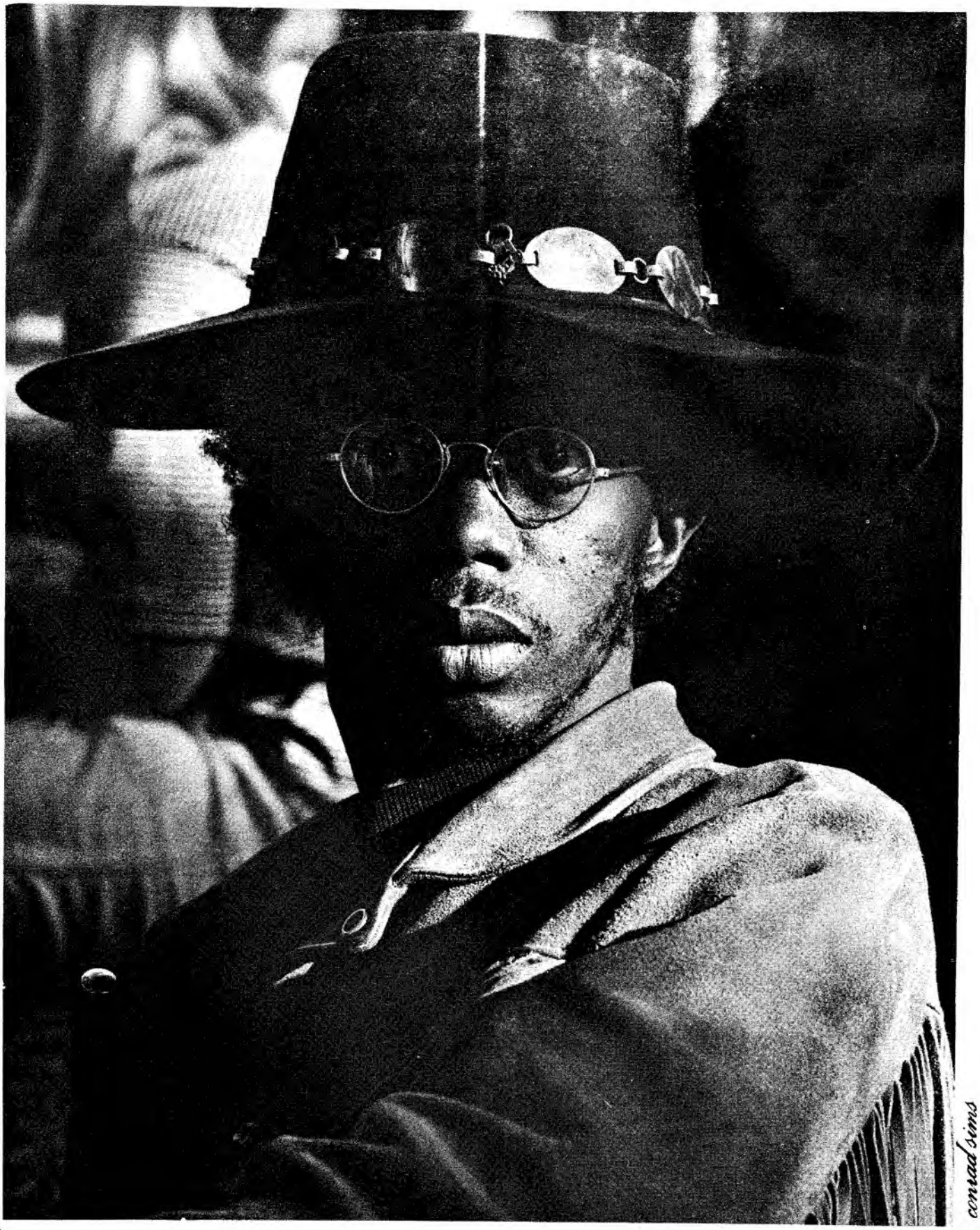
PL 30 THE HUGE TREASURE HUNT: Shari Street and Larry Thatcher



Pirates and Thieves--Slaves, Auctioneers, and Buyers--
Trade Merchants--and all Basic Liars--
The largest treasure chest on the North American continent is still undiscovered. It may take a small crane so come with lots of strong faithful friends to help you dig it up. (The loving, not stealing type). Billions of large, (smaller in size) treasures to be found. Families and singles all share in the search and loot. Build a raft, take a map, share in games and races. Hell! The world begins again. At ½ before high noon (11:30am) May 24. Open pit dinner. Come in costume. Also strong helpers: shovels, picks, chains, rope, drag lines, winches, 3/4 ton come-a-longs, 5 ton minimum house jack. No money, no equipment, no treasure hunt (i.e. no freeloaders)!. $4 per adult or $6 per family for food and treasures.

Watch the Free U Newsletter or Redbook, 328-4941, for place and directions to either a beach or lake.

Politics



conrad sims

PAX 1 ·VISIONS OF THE NEW WORLD: Jeanne Friedman

What does it mean to be a free man in a free society? Let's get together and indulge all our utopian ideals of the kind of world we'd like to live in. More importantly, what kind of Palo Alto, California, United States, do we want, and how do we get it? We will consider the arguments of the new left in formulating our visions of the new man.

Mondays 7:00pm, starting April 7. 854-4537.

PAX 2 COEXISTING WITH THE POLICE: John and others

The police are an important and unfortunately necessary part of "our" society. Learn more about these fascinating creatures and their habits--and perhaps about yourself. The material presented may prove valuable to you and yours in future encounters with the local heat. If nothing else, it'll give you something to think about. Offered in conjunction with Foothill Experimental College.

Mondays 6:30pm, room A-32 at Foothill College, starting April 14.

PAX 3 NON-VIOLENCE--THEORY AND PRACTICE FOR BEGINNERS: Lew Hailey and Roy Kepler

In the minds of many today Non-Violence exists only as an historical phenomenon. It is coupled with the Free Speech, and Civil Rights Movements, and is so dismissed as having no current relevance. Most guilty of such superficial thinking are those most concerned, the New Left. Such an attitude can only exist side by side with a thorough ignorance of the subject. As we approach closer to the day of Revolution it becomes ever more vital to possess a sound understanding of Non-Violence as a profound influence in the political and personal life of this generation and of generations yet unborn. You do not have to be a political activist to attend, as the course is intended principally for the bewildered beginner. The leaders of this course are members of the Free Teach Movement, so there will be NO CHARGE for this excellent FREE COURSE.

Tuesdays 7:30pm, 505 Charleston Rd, Palo Alto (off-street parking), starting April 15.

PAX 4 THE RELATION OF POLITICS AND ECONOMICS TO SEX: Andy Smith

The sexual revolution of today is based and will be based on deeper understanding of the influence of politics and economics on our sexual behavior. Intellectual and sexual facts (rigidity) freeze our ability to grow and our ability to help ourselves to achieve full sexual cooperation and freedom. The course will explore these forces with hope of reaching an understanding that transcends this culture.

Tuesday 8:00pm (first meeting only), starting April 15. 365-7553, meeting at 2195 Ralmar, E.P.A.

PAX 5 SOME LAW: Jim Wolpman

We'll get two or three lawyers together each week to talk about the legal problems you face as a member of the community. One week we'll talk about landlords; another, drugs; juveniles, demonstrations, and so on. Some time will be spent looking for the common strands which run through these everyday, practical problems.

Tuesdays 8:00pm, starting April 15. 325-1518 or 854-3615, meeting at 221 South Balsamina Way, Menlo Park

PAX 6 MARXISM AND LITERATURE: Max Crawford

Neither solely a writing nor academic course. A dialectical approach to literature not usually found in American universities.
Lukacs: Studies in European Realism; The Historical Novel; Realism in Our Time; "The Intellectual Physiognomy of Literary Characters." Goldmann: The Hidden God. Caudwell: Illusion and Reality. The didactic plays of Brecht and "Writing the Truth: Five Difficulties." Also, Marx and Engels, Lenin, Lifshitz, Mehring, Fischer, Hauser, Sartre, Breton, Trotsky, Lunacharsky, Plekhanov and others.

Wednesdays 8:00pm, starting April 16. 328-4295, meeting at 209-13 Stanford Village, Menlo Park,

Politics

PAX 7 MORE ANARCHY: Roger Kropotkin, Catherine the Great, Lew X, Marc Thoits, Natalie No

The participants in last quarter's Anarchy course will lead this course concerned with the development of an anarchistic community. As a first step we will consider the problems of establishing a community in the Palo Alto area (on a ranch or in the hills) that would enable its members to keep their contacts with the outside world. This might be the first step towards an economically self-sufficient isolated community. The course is open to anyone who would consider living in a commune of this type if the conditions were right. We will discuss what those conditions would be, with the basic assumption that love is the only rule to which we will adhere.

Wednesdays 8:00pm, 366 San Jude, Barron Park, Palo Alto, starting April 16. 326-9705.

PAX 8 WHAT IS TO BE DONE? Phyllis Patterson

A communal and committed group to study facts and theory relating to the U.S. system. The focus will be to investigate its effects on the U.S. population as well as on the rest of the world. The revolutionary writings of Marx, Lenin and Mao will be studied.

Thursdays 8:00pm, 55 Agua Vista Court, Redwood City, starting April 17. 369-8596.

PAX 9 HUMAN MEDIA: John Milwitt

Ever since the Norman invasion of England in 1066 one group of people has been able to oppress another group by language. This was done by calling Anglo-Saxon words obscene, by consistently diversifying and confusing the language and by building up the feeling that the Norman language was superior to the Anglo-Saxon language. This belief was reinforced in the United States by our forefathers, the Victorian era and Noah Webster's first American dictionary.
Today dictionaries are monopolized by two major companies. Many words are considered obscene. The Afro-American language is considered "improper" and the media is controlled by the oppressors.
In this course we will use writings and flicks by McLuhan, Whorf, Marcuse and Hayakawa.

Saturdays 2:00pm, 424 Lytton Ave., Palo Alto, starting April 19. Call Redbook, 328-4941, for later locations.

PAX 10 RADICAL CIA (POWER STRUCTURE RESEARCH): John Milwitt

Our aim is to collect information on how the power structure oppresses the people. We will do this by any means necessary. Last quarter we went through tax files, obtained shares of stock in large capitalistic oppressive enterprises, maintained contacts who were close to oppressors, sneaked into militaristic installations and took pictures. We also supplied the Peninsula Observer with information and pictures.

Sundays 3:00pm, 424 Lytton Ave., Palo Alto, starting April 20. Call Redbook, 328-4941, for later locations.

PAX 11 REVOLUTION IN THE HIGH SCHOOLS: John Milwitt, Chris Menchine

We would like to organize groups of people in each of the Midpeninsula High Schools who see the need for change in the educational system and coordinate these groups into a whole community of them. We will deal in guerrilla and Provo tactics. We will work on and off the high school campus. We will work for community festivals (Lytton Plaza type) and for abolition of curfew laws.

Time and place to be announced. Sign up and you will be contacted.

PAX 12 HOSPITAL OR HOUSING FOR PALO ALTO: Bruce Ferguson

The Palo Alto Clinic has plans to build an 18-story hospital on two square blocks in residential Palo Alto between Addison and Channing. Many groups, including PTA's, the Civic League, even prominent Republicans and the Peace and Freedom Party, are opposed to the proposed hospital because of its effect on the future nature of Palo Alto. Supporting the hospital are the financial and real estate interests along with the medical establishment represented by the Palo Alto Clinic.
An alternative to the hospital would by moderate cost housing which would maintain the residential nature of Palo Alto. The hospital could be built elsewhere, perhaps on Stanford land or between El Camino and the railroad tracks.
There will be many battles in the weeks and months to come--at the Planning Commission hearings, at the City Council meetings, perhaps a referendum--and the issue may play a major role in the City Council elections this Spring. If you have an interest in helping us to find an alternative to the present hospital plan and in fighting these battles, please register.

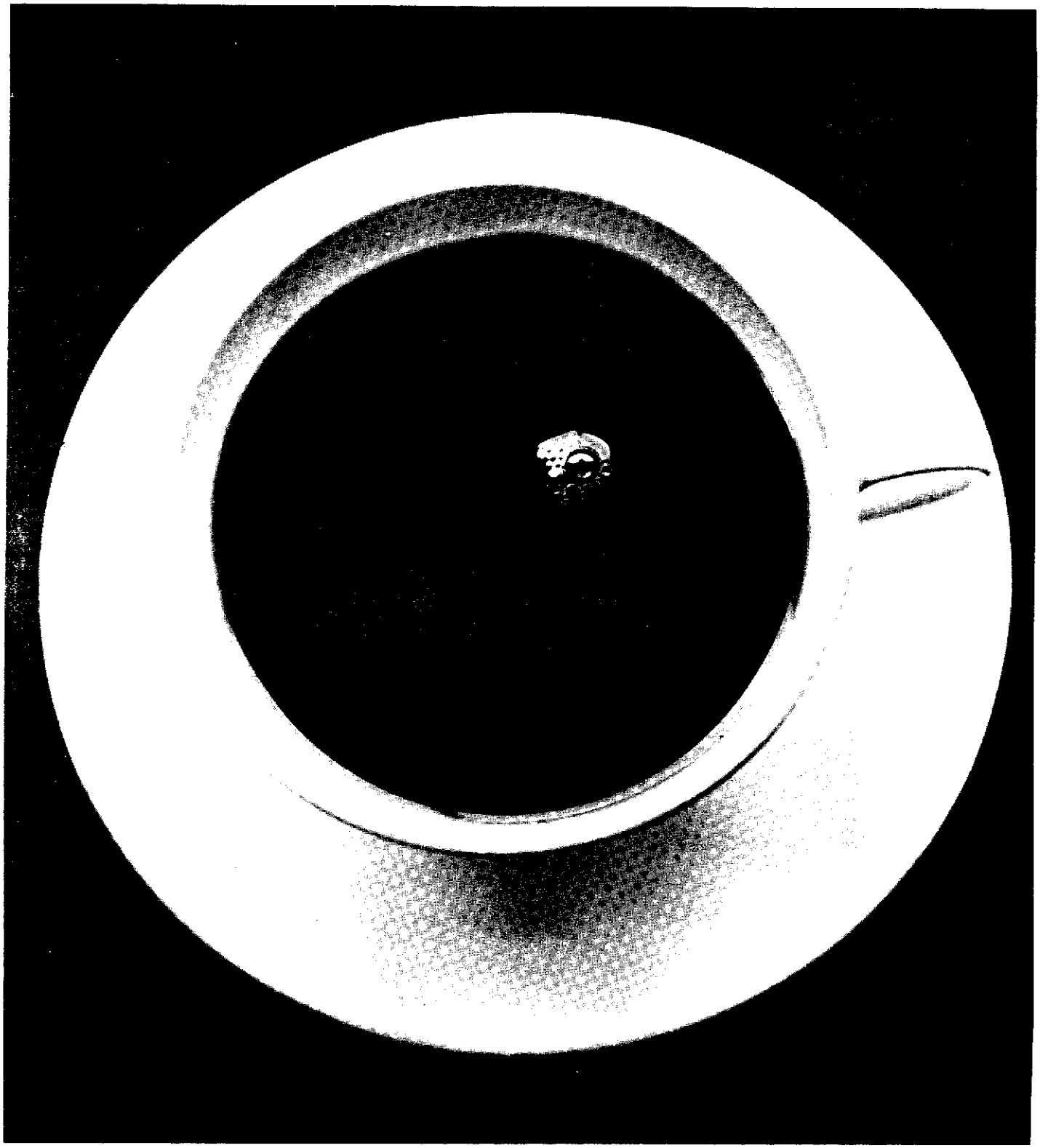
Sign up and you will be contacted.

PAX 13 PEACE EXERCISE: Roy Kepler, John Shippee, Judy Strasser

There is a growing body of opinion which supports the concept of a system of civilian defense which does not rely upon armies or the weapons of violence, but which is based on nonviolent resistance. This course will be the third of a successful mind-blowing series; a concentrated examination and testing of nonviolent principles, strategies and tactics, culminating in a weekend-long socio-drama during which an unarmed population will defend nonviolently an area of the Santa Cruz Mountains against an aggressive invader. The identity of the invader may come as a rude shock, but participants will doubtless find in this an unusual opportunity to test their fundamental values. There may be a short reading list. May be taken along with PAX 3.

Basic Training: Tuesdays 7:30pm, 505 Charleston Road, Palo Alto, April 22 & 29, May 6 & 13.
Exercise: Saturday & Sunday, May 17 & 18. For further information call 322-9615 or 365-5959.

Whole Earth Studies



lix hecker

S 1 THE NAKED APE

The text is a provocative current work by a British zoologist. A group discussion (limited to 15) will consider what man is, biologically, and therefore what choices he has. Some acquaintance with genetics is essential. A limited understanding of biology and/or anthropology is desirable. A prerequisite is having read the book.

Sundays 7:30-10:00pm, starting April 20. 323-1037 or Redbook, 328-4941.

S 2 EARTHQUAKES, OCEANS, WAVES AND THINGS: William M. Brown

This is an elementary study of the physical geography of California with special emphasis on the San Francisco Bay Area. The nature of our local environment is influenced primarily by the interaction of wind, the ocean and earthquakes. We will seek some understanding of these surrounding natural forces so that we may live with them more comfortably. Topics include the nature and history of California earthquakes, the San Andreas and related faults, measurement of seismic disturbances, seismic sea waves; ocean waves and beach processes; wind, fog, and the weather; general topics according to class interest. A wealth of interesting material will be made available to course participants. Field trips can be arranged. No particular background required.

Mondays 7:30pm, starting April 14. 747-0575 or 325-6761, ext. 328 or Redbook, 328-4941.

S 3 SCIENCE, science

Have you ever been intimidated in one way or another by physics, chemistry, biology, math, science teachers, science professors, science departments, science texts, or you name it? There may yet be hope! You too might tune in on the science scene with a little help from your friends in the MFU. We will freely experiment with a variety of approaches for communicating specific ideas in some of the scientific disciplines, and more generally for acquiring a feeling for a "scientific outlook". All are welcome regardless of background, or lack of it, in the sciences.

Mondays 8:00pm, 660 Harvard Ave, Menlo Park, starting April 14. 325-6521.

S 4 INDIAN SIGN LANGUAGE: Lew Hailey

Sign language is sometimes referred to as the unique cultural attainment of the Plains Indian. Of particular interest to linguists, it exhibits all of the characteristics of a complete language in little: while there are perhaps no more than 500 individual signs, one who has mastered them will find no obstruction to the expression of the full range of human thought and emotion (particularly if he happens to live in a skin tent and eat buffalo for a living). As with the study of any language, mastery of this one will facilitate the acquisition of the next. Indian heads will find that a knowledge of sign talk will provide them a window into the culture of the Plains Indian at the height of his glory. Dancers will find a whole new range of expression of beauty in physical movement. Efficiency experts will find that communication by gesture language is faster than the spoken word. For those who feel the need of the appeal to authority, the co-defendant of this course is a certified (but shy) linguist from that other institution. There is no text, so bring a notebook and write your own. Bring cushion, sit on floor, smoke pipe of peace. Ugh, plenty good! The organizer of this course is a member of the Free Teach Movement, so there will be NO CHARGE for this outstanding FREE COURSE.

Monday, April 14, Survivors Camp in the High Sierra.
Mondays 8:00pm, 935 Ramona, Palo Alto, starting May 5 (first flatland meeting for those who survive the earthquake). Call Redbook, 328-4941.

S 5 VENEREAL DISEASE: Howie Rosenfeld

Love is beautiful, right? And you've been or you're about to really start digging it. But what's this VD stuff? Is that love that is beautiful only the expression of love up to the fulfilling act? Well listen baby, love can be beautiful--and VD can be bad--and they can both be at the same time. Love needs care--and the important thing is to know best how to take care of it.

The Public Health Clinic, 225-37th Ave., San Mateo is a free diagnostic, treatment, and information center for venereal and related diseases. Monday to Friday, 8:00am to 4:15pm. 341-1361, ext. 2651.

S 6 MAKING IT ON YOUR OWN: Dick Huset

Survival: Skills for the wilderness or just for adding something organic to what you've got. We'll cover food gathering--edible plants, etc.; shelters and cabins; fires and cooking, etc. Field trips.

Mondays 8:00pm, 304 Lilac Lane, E. Palo Alto, starting April 14. 323-3746.

S 7 REVOLUTIONARY FIRST AID: Chuck McAllister

Two four-week sessions conducted by an ex-Navy medic and ambulance driver, offering a complete education in first aid. Special emphasis on riot medical dynamics: burns, club injuries, mace off the face, transportation of the injured; also, the complete traditional first aid course: pressure points, splintering, bandaging, dressings, artificial respiration. One of the goals is the emergence of a crack revolutionary medical unit on call to aid the people. Don't come to the first meeting unless you plan to attend all four.

Mondays 8:00-10:00pm, April 14, 21, 28, May 5. Tuesdays 8:00-10:00pm, May 13, 20, 27, June 3. Location to be announced. Call Redbook, 328-4941.

S 8 TO FOLLOW THE WILD GOOSE: Dave DeSante

A skein of geese winging up the central valley of California; a mockingbird singing from atop a tree full with blossoms; the territorial rage of a screaming, driving, flashing red and orange Allen's Hummingbird; a golden dawn alive with the Avian morning chorus; a Pacific sunset over thousands of arctic-bound sea-birds; a tree full of breeding-plumaged warblers, following the melting snow into the Sierras. These are some of the faces of spring--of territory, of reproduction, of the renewal of life. Come see and touch these faces. Explorations in bird-watching: field trips to Monterey, Pt. Reyes, Yosemite and Mt. Hamilton plus early morning adventure in the Palo Alto-Stanford area.

Tuesdays 8:00pm, 956 Colonial Lane, starting April 8. 328-4917.

S 9 HERESIES IN FORESTRY: Gordon Robinson

A forestry consultant for the Sierra Club invites students concerned with man's environment to explore deeply several technical, financial, and philosophical elements of forest management. Seminars will be held a half day every other week until we reach some useful conclusions. Field trips will be planned. A continuing class open to new members.

10 am

Saturdays, starting April 12, Livermore Rm., Academy of Sciences Bldg., Golden Gate Park, San Francisco. 981-8634 or 435-0582.

S 10 WHAT DO WE WANT TO KNOW?: John McCarthy and Bob Albrecht

Research has its basis in simple curiosity and is essentially just an organized way of satisfying our collective curiosity. There are many questions interesting to the Free U community which either do not interest the established universities or whose investigation does not readily fit into their institutional framework. The purpose of this course is to try to identify such questions and to set up a Free U research program for answering them. Just as anyone can be a teacher in the Free U of any subject, so anyone can be a researcher in the Free U and investigate any subject. The Free U can be a generator of new knowledge as well as a transmitter of it.

Tuesdays 8:30pm, 846 Lathrop Dr, Stanford, starting April 22. 321-7580.

S 11 THE MAGIC MUSHROOM: Bill English and Mark Jensen

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 fair amount of experience identifying and eating wild mushrooms and would like to share this experience and learn from others. We will take weekend trips when the weather is right to collect edible and psychedelic mushrooms and then gather to partake of our find. Future meetings will be arranged at our first meeting.

Saturday April 12, 2465 Alpine Rd. 851-0754 or 854-4739.

S 12 BALANCE EXERCISES: Jim Price

An entirely new concept of exercise never offered before anywhere aimed at physically restructuring the body to bring you into more harmony with the world around. Not yoga, nor bioenergetics, nor structural integration, nor zen. These exercises offer startling new experiences of yourself and the world around you after just one short hour. The class will be ½ hour of theory of body knowledge and exercise and ½ hour of exercise. Regular attendance required as these need to be supervised. No drop-ins (except maybe to watch). Sign up and you will be organized. Class limited. Possibility of more classes if necessary.

Tuesdays 9:00pm, starting April 15. Call Redbook, 328-4941.

S 13 PARADOX IN LOGIC, MATHEMATICS AND HUMOR: Karel deLeeuw

That aspect of human thought which is perhaps most personal is called "Humor", while that aspect which is least personal is called "mathematics." Paradox and contradiction play basic roles in both of these categories. I intend this course to discuss these roles and also attempt to discover whether mathematical creativity is related to creativity in the realm of humor.

Wednesdays 8:00pm, starting April 16, 817 Santa Fe, Stanford. DA6-6351.

S 14 SELF-HYPNOSIS: Bob Lockridge

A practical course in the methods and uses of self hypnosis.

Wednesdays, starting April 16, 7:30pm. Call the Redbook, 328-4941.

S 15 ADVANCED HYPNOSIS: Bob Lockridge

Continued from last quarter. Enrollment closed.

S 16 FRONTIERS OF BIOLOGICAL RESEARCH: Larry Soll

Man's knowledge of himself as a biological organism has expanded extremely rapidly in the last decades. With this knowledge comes the potential to control, not only our own environment, but even the heredity of future generations. I would like to explore recent research in molecular and neurobiology and discuss the potential implications of such work on the future of mankind.

Wednesdays 7:30pm, starting April 16, 1080 Tanland Drive #107, Palo Alto. 326-8575

S 17 FREE RESEARCH FORUM: John Milwitt, Dale Borglum, and Robert Albrecht

We would like to provide a central place where people will come and do their scientific thing, be it with computers, be it biological, chemical, physical, medical or mathematical research, etc.

Sundays 3:00pm, starting April 26, Portola Institute, 500 Santa Cruz Avenue, Menlo Park. 851-0877.

S 18 TIDEPOOL: Peg Peppard

Spring offers exceptional opportunities to explore the boundary between land and sea and to discover the creatures who live there. In May there will be very low tides on Sun. the 4th and Sun. the 18th. I'm a marine biologist who would enjoy your company on these two early morning ventures. An exploration, not a Latin seminar.

6:00am, leave from 4292 Wilkie Way, Apt. E, Palo Alto. Tide waits for no one, nor will I for latecomers. 321-7275 after 6pm to arrange transportation.

S 19 LAY MEDICAL REFERRAL AND CONSULTATION SERVICE: David Teegarden

I am a temporary medical school drop-out; although I cannot give any diagnosis or treatment, I am in an excellent position to pass on some of the fundamental knowledge and facts about your mind, body, and health. I can also help you to get in touch with friendly, competent physicians if that's what you need. Please feel free to call and rap about medicine--if enough people would like to get together, a time will be arranged.

326-8757. If no answer between 5:30 and 7:30 on several consecutive nights, I have probably gone to Mexico for a month. From about April 15 to May 15 call Redbook, 328-4941.

S 20 PROGRAMMING CONSULTANT: Dorothy Bender

I've had 6 years experience as a computer programmer. If you are curious about the field, or if you have a particular application which might require a programmer's advice, call me.

325-8361.

Community/Special Projects

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SP 1 HEADTRIPS, Sunday Evening Series at Stanford, sponsored by the Midpeninsula Free University

April 13 Ralph Metzner, PhD., Editor of the Psychedelic Review, will play and comment on a tape by Richard Alpert about his experiences in India.

April 20 Myron Ruderman, Auditor, will talk about Scientology.

April 27 Barney Yound, Director of Peninsula School, will discuss his school, a California version of Summerhill.

May 4 Gerald Leader, of the Stanford Business School, will discuss the coming Establishment Generation, based on his business school experience.

May 11 Dane Rudhyar, author of The Pulse of Life, The Astrology of Personality, and Triptych, will talk about astrology.

May 18 A panel of campus ministers and a Palo Alto minister will discuss possibilities for the church to get into the new age.

May 25 Gurney Norman, a writer reads his stories.

June 1 Jon Buckley, former student body president of Foothill College, former manager of a hippy store, member of the Free U., and Shirley Styles, Free U. teacher, will talk about the Tarot, symbols of cosmic forces.

Coordinator: Nancy Holland. Redbook, 328-4941.

SP 2 HOME FREE: Barbara Barnett

Parents. If you're taking any course in this catalog, have children, and are hassled by babysitting problems, this is the course for your kids. I won't be able to handle diapers and bottles, but if they're older than 2½, drop them by my home in Menlo Park on your way to class. I have a 5-year-old son. This is not a baby-sitting service, so don't come with bedtime instructions, homework assignments to be done, etc. It's an evening for the kids to spend experiencing each other without being hassled by adults.
Each week prearrangements will have to be made, so call me ahead of time. Call weekdays between 4:00 and 11:00pm or any time during the weekend.

Monday nights only (SP 3 meets Tuesdays), time is open. 322-9555.

SP 3 FATHER GOOSE: Larry Tesler

Similar to SP 2, except on Tuesdays. While you're at your class, drop your kids at theirs. Call ahead of time!

Tuesdays 8:00pm (SP 2 meets Mondays). 325-0115.

SP 4 OVEREATERS ANONYMOUS: Susan

Overeaters Anonymous is a fellowship of men and women who have a common problem: compulsive overeating. We have joined together to share our experiences, strength and hope with one another in order to solve this problem and to help other compulsive overeaters to do the same. If you have a food and/or weight problem, please join us.

Tuesdays 8:00pm and Thursdays 12:00 noon, 660 Harvard, Menlo Park, starting April 15. Susan 325-6521 or Shirley 364-4104.

SP 5 WEDNESDAY EVENING IN THE NEST: Gail Teel

This class is being organized in response to the expression of those who "can't stand" Coordinating Committee, are new to the MFU community, or are unable to attend Thursday's meeting, but still want an involvement with what's going on. The structure and content (if any) will vary according to each individual's interest. I coordinate office activities as well as my own projects, and have at my fingertips exciting information about the Free U weekly and long-term activities. We can rap, research, present proposals and reports, form lobbies (?), etc. This group is not intended to drain energy from Coordinating Committee, but rather to channel that energy and sometimes maybe serve as a stomping ground before the fracas.

Wednesdays 8:00pm, in The Nest, 1061 El Camino Real, Menlo Park, starting April 16. 328-4941.

SP 6 DRAFT CO-OP: BASICS OF DRAFT COUNSELING

The counseling staff of Draft Co-op is offering a nine-week course in the elementals of selective service law and interpretation, counseling procedures and techniques.
Upon successful completion of the course, anyone interested in pursuing draft counseling, on a full or part-time basis, can attend counseling sessions and work with competant draft counselors. This will help to perfect an individual counseling style and broaden the scope of information of a prospective counselor.
Each class meeting will be led by a member of the counseling staff who will discuss and answer questions in his or her particular field of specialization. Physical and mental deferments, the new form for conscientious objectors (Form 150), the Channeling Concept, and general legal alternatives to conscription are only a few of the numerous topics that will be examined.
This course is designed for any member of the community, of either sex, who wishes to have an adequate background in selective service law as well as those interested in active participation.
For Further information contact Rich Patocchi or Mark Loughran at Draft Co-op, 359 Bryant Street, Palo Alto. 328-3966.

SP 7 NEW AGE CELEBRATIONS: Mark Jensen

It is becoming increasingly obvious to many people that the time of the full moon has some special significance. It appears to be a time of heightened activity and intensity. This course will be an attempt to channel and direct some of this energy into our own self-development. We will meet one night a month at the full moon (May 1, May 31 and June 29) to meditate, chant and experiment with various potential new-age rituals such as those involving water, and older rituals involving drums and dancing. In the process we will probably invent new forms of worship and through our actions act as a channel for the in-pouring of Light and Love into this sorely troubled world. The May 1 meeting will be at 71 Los Trancos Rd, Portola Valley. 851-0754. Check the Redbook for future meetings since we may meet in bizarre places.

SP 8 EARTHQUAKE ESCAPING: Tom Motock

The Tibetans have moved their written wisdom to Portland, Oregon. I'm going on the 10th and wouldn't mind company.

SP 9 FREE U. AUTO SERVICE: Randy Grindle

The following services are now available:

1. Car and motorcycle repairs, maintenance and lubrication reliably done at very low labor rates
2. Inexpensive road service in immediate area
3. Parts available at wholesale prices
4. Check-out and appraisal of vehicles for prospective buyers
5. How-to-do-it instruction in tune-up, brake work, and other repairs on your car or motorcycle

Weekdays 10:00am to 5:00pm, weekday evenings 7:00 to 9:00pm ONLY., 325-7185

SP 10 FREE UNIVERSITY FREE STORE AND CONTINUAL REDISTRIBUTION CENTER or
HOW TO DROP OUT AND SURVIVE NICELY BY GETTING TOGETHER: Marghee Mills

It is in our power to redistribute wealth more practically within our own and surrounding communities Right Now - all we need is to do it. Joy of giving/joy of receiving. You can drop off the weight of excess material possessions at the Redistribution larder, growing in the basement of 305 Lytton, corner of Bryant and Lytton in Palo Alto.
Needed: a large garage or such-like with electricity, preferably near downtown Palo Alto, for the stationary Redistribution store, and a truck for collection and mobile unit to cover Palo Alto, East Palo Alto, Menlo Park and Redwood City.

327-2883

SP 11 REDISTRIBUTION INDEX FILE: Marghee Mills

This is a person-to-person sharing facilitator, located at 1061 El Camino Real in Menlo Park. It will list bigger-than-breadbox articles for redistribution. To redistribute your unneeded furniture, rugs, cars, tools, lawnmowers, bicycles, dishes, junglegyms, mattresses, rotisseries, etc, etc -- fill out a card at the Free U Nest describing the article offered and giving your name, address and phone number.

SP 12 FREE UNIVERSITY ECONOMICS UNLIMITED: David Teegarden

The Free University's involvement in finances and economics is as valid and essential as its involvement in politics. It will be virtually impossible to maintain the kind of organization and membership that we want, unless we confront and deal with some of our basic economics questions. We all need to be heard, we strive to bring our visions to fruition; but it seems that we will be put off and stifled until we are able to lay some solid financial groundwork. Course leaders may now charge fees--I think this is a start in the right direction, but does not really confront the financial problems of the Free U as an organization. We have begun to solicit subscriptions for the newsletter: it is clear that many people outside of our immediate area are eager to know more about the Free U. and its members. We should seriously consider the possibilities of expanding our publishing operations and work out means for financing them.
Publishing is only one of many areas which pose economic questions. I think that it will be an exciting challenge to create means of supporting ourselves without losing our integrity and identity or copping out. The purpose of this project is simply to function as a catalyst for the working out of viable economic visions and guidelines. Please phone 326-8757 if you're interested. (I'll be in Mexico for a month, so don't give up if no answer.)

SP 13 AN INTENTIONAL COMMUNITY: Conrad Isecke

We are forming an economically and socially cooperative community on the peninsula in which to live, work, and raise our children. We are nearing purchase of 100 plus acres of land near Palo Alto on Skyline where we will build a large central multifunctional community facility around which, at varying distances, we will build our living units. Our community is founded on a sound financial basis in that the present members can contribute an equitable share towards the total assets (skills and money) of our planned community. We are looking for more people of all ages and skills with similar inclinations and abilities.
We plan to continue our present involvement with and interest in organizations such as: the Midpeninsula Free University, Human Institute, Esalen Institute, Institute for the Study of Non-Violence, Synanon, Peace Games, and other related groups and activities.

Sunday evenings. Redbook, 328-4941 or 369-1946.

SP 14 FREE UNIVERSITY COMMUNITY RAP SESSION AND WORKSHOP: Bob Litvak

The Free University community--where it's at and where we'd like to see it. Let's get together for a picnic and rap. Then, individually or as a group, let's support what we like, work to alter what we don't, and work to develop what we'd like to see developed. I'd especially like you to gather with us if you are doing volunteer work or would like to do volunteer work for the MFU community. Kids are beautiful and welcome.

Sundays 12:30pm. Redbook, 328-4941.

SP 15 COMMUNICATION: Jon Buckley

"...any man who carries a mirror in his rucksack...can lift it over his head and hold the sky in his hand..." - Sun Bear
Want to hold the sky? Learn how to point the mirror.
The Free You is a community magazine of growing focus and scope. It serves as an important reflection of the multi-faceted MFU and has reached a stage in its development wherein it must extend and involve as many members of our community as is feasible. With this publication acting as a central point, it is possible to open up the untapped resources of local writers, photographers, graphics people, and other creative personalities that up until now have been in hiding. This is a hard core working course. It's also an exchange of information--from basic layouts to the complexities of the darkroom to the intricate tapdance of the written word. The Free You is an integral part of the communications network both inside the Free U. and in the outside world. This is as open as we can make it: if you write or want to write, if you draw or want to draw, if you wish to add your energies to the constant flow going into the Free You please meet with us.

Mondays 7:00pm, Printshop 337 Ramona St, Palo Alto, starting April 14.

SP 16 WITH A LITTLE HELP FROM MY FRIENDS

Would you like to talk to someone about a problem? Would you like to just talk to someone? The MFU nest can put you in touch with an experienced and sensitive listener who is also a member of the Free University community. Remember, problems come in all flavors. If you would like to be a counselor in this program, call the MFU nest, 328-4941 and rap with Gail. We need people who are available on call as well as to arrange to meet with people who come to us for help.
If you would like help call the Office, 328-4941 and ask for Greenbook help.

SP 17 FREE U MEDICAL CLINIC

M.D.'s, R.N.'s, med students, medical technicians, business advisors, people with money, drug salesmen, philanthropists, people interested in medical aid to the Free U community, would you be interested in the establishment and development of a Midpeninsula Free Clinic basically patterned after Dr. Dave Smith's Haight-Ashbury Free Clinic? This is a needed service which is both possible and rewarding. If interested leave your name and number with Gail Teel at the MFU nest, 328-4941, and we'll contact you for a preliminary meeting.

SP 18 FREE U HOUSING CO-OP

In the "Brown Book" at the MFU nest you may record listings for rooms and communes etc. available and needed. We especially need listings; we have many homeless applicants. Call 328-4941 and ask for "Brown Book."

SP 19 FREE U JOB CO-OP

Most everyone wants a little bread to live on, but not necessarily $400/month and not necessarily after working 40 hours each week. If you are at the point where you are reorganizing your life and are looking for a job, come in and browse through the "Brown Book" at the Free U Office. If you have a job to offer, either temporary or permanent, please call us at 328-4941.

SP 20 HUCKLEBERRY HOMES

Temporary "wombs" are desperately needed for local kids; establish your own restrictions, and call us. If you need a place, come to the MFU Nest, 1061 El Camino Real, Menlo Park. You can expect to receive suggestions for helping in the home you are given; we must take care of these friends too. 328-4941.

SP 21 A NEW KIND OF PLACE: Susan Clarkson and Rusty Keilch

There is a place for kids, aged 5 to 10, to play, learn, and create with adults who respect them as individuals, not pliable objects which should be shaped to fit the needs of present day America.
This is also a place for adults--parents, teachers, and friends--to come together and work towards creating an atmosphere where human values and needs are emphasized, where love, trust, and a concern for others are the guiding principles and not merely topics for discussion.
The kids meet Monday-Friday, from 10am to 3pm, legally tutored in order to meet state schooling requirements. The parents and teachers meet as often as desired to formulate the direction and philosophy of the "tutorial service", not only theoretically but practically as we work, as much as each person can, with the kids and each other.
Our belief is that it is not only important to create a place where kids and adults can be free as possible, but to work to create a society where all can be free. To this end the "tutorial service" not only emphasizes individual growth and self-direction but an awareness of what's going on outside the confines of our "place".
Financially, we operate on the principle of, "from each according to his ability". No one will be turned down because of financial difficulty. Since we must partially support some of our "tutors", donations of money or supplies of all kinds are more than welcome.
If you are interested in teaching, sending your kids, or participating in some other way, call Susan Clarkson, 321-2218, or Rusty Keilch,328-4698.

SP 22 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 help. If you have a little money, or are interested simply in supporting MFU community lawyers, please call Gail at 328-4941.

SP 23 FREE U BAIL FUND

All Bail Fund contributions accepted in care of Graham Lewis, 1061 El Camino Real, Menlo Park.

SP 24 MFU ARTS AND CRAFTS COOPERATIVE STORE

Look under A 13 for description.

SP 25 FREE U SPEAKERS BUREAU

The Free U Speakers Bureau will send someone (or two) to meet with any group that wishes information on the Free University or on such problems as drugs, racism, education, encounter, youth, birth control, urban problems, etc. If your group needs a speaker or if you are planning a program for your group, why not call us at 328-4941.

SP 26 WORKING ON THE OBSERVER

The Observer needs reporters, editors, photographers, graphic artists, layout people, advertising and distribution staff, and general all-purpose muckrakers. We plan to be getting more deeply into the Palo Alto power structure, conservation, reporting of radical news, and the cultural revolution--psychodrama, guerilla theatre, and attendant explosions. No pay; fringe benefits--encounter group, study group, meetings...
The Peninsula Observer-- "one of the best underground papers in the country" (Liberation News Service) 180 University Ave, Palo Alto. 327-3961.

SP 27 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 Ave, Menlo Park. 323-0313.

SP 28 UNIVERSAL LIFE CHURCH

The Universal Life Church has only one doctrine; that the members believe in that which is right. The Church will ordain any person, without question, for life, and without charge. The ordination is legal and ministers are legitimate in the eyes of both Man and God.
Potential clergymen should write to Rev. Kirby J. Hensley, 1766 Poland Road, Modesto, California 95351. The purpose of the church is to establish freedom of religion for all people, and now has over 30,000 ministers and 2,125 sub-churches scattered throughout the west.

SP 29 HAIGHT-ASHBURY MEDICAL CLINIC

Free medical and psychiatric help is available at this donation-supported, volunteer-staffed clinic. The medical clinic is located at 558 Clayton, noon-midnight, Monday-Friday, 431-1714. The psychiatric annex can be reached at 621-8259; drug treatment center at 621-9758, 3:00-10:00pm, Monday-Saturday; both located at 409 Clayton, San Francisco.

SP 30 PENINSULA DRUG CRISIS INTERVENTION CENTER

This is a drop-in rap center with counseling for kids and parents of the community. Strictly confidential; we have medical contacts; are open 10:00am-10:00pm, 7 days a week. Call for yourself; this is not a lassoing agency. Volunteers needed for all positions. Come or call 457 Kingsley, Palo Alto (Westminister House), 327-9242.

SP 31 NEIGHBORHOOD HEALTH CENTER

A free or sliding-scale clinic available to residents of East Palo Alto and East Menlo Park to cover medical and dental needs. 2127 University Ave, East Palo Alto. 325-6141.

SP 32 HUMAN INSTITUTE

Several types of psychodrama groups for various purposes, and for various prices, including weekend marathons, are sponsored by the Human Institute, 460 California Ave, South Palo Alto. 328-4770.

SP 33 BRIDGE MOUNTAIN FOUNDATION

Their motto is "You are Bridge Mountain". They are creating an environment in which people can experience themselves consciously. They have a wide variety of weekday and weekend programs.
Box 2011 Alba Road, Ben Lomond, Calif. (in the Santa Cruz Mountains). (408)336-5787.

SP 34 NEW EXPERIMENTAL COLLEGE in Denmark

A 7-year-old residential experiment in education and open honesty trying to build a world college in the rugged countryside of Jutland, Denmark. Run by students and teachers. The structure is the people: their programs, and hang-ups and visions. If you want to get away and do something, this is the place.
NEC, Skyum Bjerge, 7753 Hørdum, Thy, Denmark. Tel(0791) Kolby 234, or call Kathy Kirby, 854-4315, alumna.

SP 35 CONCERNED CITIZENS

For information and literature on the Radical Movement, Anti-Draft, racism, and the capitalist war machine, come in to the Concerned Citizens Office, 424 Lytton Ave, Palo Alto, or phone 325-3765. Weekly meetings are held at 7:30pm on Tuesdays.

SP 36 RESISTANCE

What we attempt to do is build a resistance to the draft, military, economic machines, etc. For information and literature call the Resistance at 327-3108 or come into the office at 424 Lytton Ave, Palo Alto.
We maintain a potluck dinner each Sunday evening at the Friends Meeting House, 957 Colorado Ave, Palo Alto. (6:00pm)

SP 37 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. (2221 Broadway)

SP 38 FREE U COORDINATING COMMITTEE

The Coordinating Committee meets over dinner every Thursday night at 6:00pm. We encourage all members to participate in the decision-making process of the Free U by attending these meetings.

SP 39 PRINTING: Jim Klopp

For people seriously interested in learning to maintain, operate, and repair our printing equipment. Object of course is to create a group of Free U members who can print Free U publications and develop printers for regular, paid printshop employment.
Taught by a journeyman printer with 10 years experience on our type of equipment.
Limit 15 people. See also A 18.

Mondays 7:00pm, 337 Ramona St., Palo Alto, Starting April 14. 328-8840 or 328-4941.

Directory / People

a

Al	326-9581
Albanese, Jeannie	948-2445
Albrecht, Bob	323-5155, 854-5271
Alldis, Harold	948-9449
Allison, Dennis	325-2962
Anawalt, Susan	243-4069
Andrews, Susan	776-1492
Ang, Edwin	941-1258
Ames, Bill	969-2298
Aronin, Steve	323-4359
Arthur, Gavin	346-2878
Austin, Duane	967-0302

b

Baciagalapi, Vic	592-0863, 321-4412
Bair, Peg & Russ	253-6124
Baldwin, Docey	326-3251
Barnett, Barbara	322-9555
Bass, Susan & Isaac	325-6521
Baumgart, Bruce	(408) 423-0267
Beckwith, Burnham	324-0342
Beeson, Joy	322-7429
Belknap, Dan	345-5145, 345-3577
Bender, Dorothy	325-8361
Bendon, Tom	322-9866
Berry, Wendall	x4968 321-2300
Blackman, Alan	552-1511
Blyle, Amy	366-4942
Boot, Martine	854-5681
Bob	325-3657
Borglum, Dale	321-2300x2213, 325-8983
Boyer, Jim	322-9555
Breitbard, Susan	854-6992
Brown, Bill	325-6761x328, 747-0575
Browning, John	325-3188
Burns, Brian	327-9815
Burns, Lon	327-9242
Buckley, Jon	

c

Chamberlin, Ray	968-2674
Chamberlain, Selah	851-1869
Chang, B.	327-1330
Clark, Toby	322-7643
Clarkson, Susan	321-2218
Coats, Tom	325-4013
Cohen, Glen	969-1610
Collinet, Margy & Al	322-4979
Copeland, Arnold	566-3159
Cosgrove, Judy	854-4315
Cox, Kenneth	369-1946
Crist, Robb	854-4315
Crystal, Tom	328-6954
Cullenbine, Bob & Carole	326-8104
Cummins, Dave	854-0387
Curtis, Gayle	x5820 321-2300
Crawford, Max	328-4295
Chung, Husain	328-4770

d

Datson, Brad	293-5966
deLeeuw, Karel	326-6351
Desante, Dave	328-4917
Deuter, Joel	854-6417
Don	326-1545
Douglas, Pete	726-4143
Duff, Dave	328-0211

e

Elmore, Richard	321-6987
English, Bill	854-4739
English, Pat	854-5796
Everett, Jim	321-6956

f

Feldman, Ada	321-4109
Ferguson, Bruce	326-1946
Finkelstein, Roy	324-2093
Fitch, Steve	328-6864,x312 321-4174
Frank, Janet	322-7976
Freeman, Jim	851-7445
Friedman, Jeanne	854-4537

g

Gibbs, Rick	321-3088
Gilbert, Loretta	948-0179
Goldwasser, Sam	253-7891
Grindle, Randy	325-7185
Griscom, Pat	365-1329
Gilbert, Phyllis	325-6075

h

Hall, David	321-1434
Hart, Bill	328-7720
Hecker, Liz	854-4706
Head, Stan	269-6051
Henny, Leonard	921-0347
Hite, Rosemary	321-1718
Hodges, Vickey	824-5590
Holland, Nancey	322-4208
Huberman, Anne & Joel	328-4683
Hull, Laurie	292-2021
Huset, Dick	323-3746
Harris, Emerson	327-3736

i

Ingalls, Dan	327-6478
Irish, Michael	948-0483
Isecke, Conrad	369-1946

j

Janelle	328-8369
Jensen, Mark & Judy	851-0754
Judd, Wallace	593-0322
Jwab	851-9973

k

Kasper, Lud	244-8845
Keeney, Scott	328-9784
Keilch, Rusty	328-4698
Kelley, Reg & Aileen	327-2883
Kerber, Greg	322-4208
Kimball, Ralph	328-6954
Kirby, Kathy	854-4315
Klein, Mariam	854-5681
Kleinweg, Hugo	285-7557
Kling, Robb	941-4682
Kaber, Stephan	323-7964
Kepler, Roy	324-4321

l

Land, Betty	327-5953
Larmer, Billie	325-0371
Lawrence, Mark	365-4822
Leeds, Wini	326-6313
Lewis, Graham & Rene	851-8706
Litvak, Bob	325-3657
Lovell, Vic	854-3551
Low, Madeline	323-4501
Lowden, Rebecca	851-8270
Lucas, Bobbie	321-0287

m

Malter, Anne-Lise	327-3880
Maltby, Jan	323-2338
Markley, Gordon & Wilda	738-2315
Marmon, Karen	854-4315
Martin, Barbara	851-8356
McCarthy, Sarah & John	321-7580
McClanahan, Ed & Kit	326-5284
McCormack, Sharon	321-0155
McDonald, Susan	323-7342
MacGuinitie, Gordon	321-4175, 854-4635
Mendelowitz, Louis	854-5905
Menke, Mike	326-7946
Mills, Marghee	327-2883
Milwitt, John	851-0877
Mitchell, Stephan	328-4676
Molnar, Sheila	324-4988
Moyer, Baxter	326-1025
Metzner, Ralph	851-8270
Martin, George	325-6075

n

Nelson, Gordon	967-1300
Neufeld, Gene	322-0377
Neuman, Jean	326-8575
Norman, Gurney	854-3918
Number #25	321-7451
Nord, Eric	264-4087

o

Olivera, Jim	323-4578
Olsen, Grace & Eloise	241-2146
Osserman, Maria	323-1536
Owen, Cramer	948-7172
Owen, Freya	854-0150

p

Pabst, Bill	968-9650
Patterson, Paul	326-9650
Pease, Marshall	322-8627
Peppard, Peg	321-7275
Perel, Alex	321-5224
Peyton, Nick	854-0362
Polinsky, Steve	326-3827
Porat, Frieda	321-4200
Porat, Marc	854-0362
Powers, Kathy	851-7292
Patty	244-6268
Patterson, Phyllis	369-8596

r

Rather, L.J.	327-6790
Rees, Dick & Kevin	325-0915
Reeves, Lee	322-7385
Reidy, Tom	747-0057
Reynolds, Phil	323-5366
Reynolds, Walter	322-0884
Riddle, Edward	322-7643
Robbinson, Bill	854-4628
Robinson, Cindy	282-0806
Robinson, Gordon	435-0582, 941-8634
Robertson, Paul	286-4048, 328-7000
Rolfe, Felice	326-6328
Root, Bill	747-0326
Rosenfeld, Howie	x2651 341-1361
Ryan, Kathy	326-9263

s

Saunders, Adele	941-5989
Saunders, Jay	328-1144
Schank, Roger	326-9705
Schilla, Pete	948-4968
Schmidt, Tom	326-4000x3104, 969-0325
Schuster,	326-0348

Siska, Bill 326-8957
Sjoberg, Anita 327-5970
Slate, Francine & Shannon 321-3717
Smith, Andy 365-7553
Smith, Ernestine 323-7964
Smith, Susan 328-8340
Soll, Larry 326-8575
Spencer, Jim 323-7342
Spencer, Mary Kate 325-5339
Speyer, Lars 322-8089
Sprague, Gina & Tip 257-7653
Sprietsma, Bill 379-7525
Strassner, Bob & Jeanne 327-5970, 367-4435
Street, Shari 323-0951
Strickland, Louise 377-2990
Stockett, Bill 322-3049
Stone, Roz 948-1395
Sullivan, Cynthia 325-7764
Strasser, Judy 322-9615
Stradtman, Stephan 321-5342

t

Tabor, Lesley 948-5619
Tallakson, Jeff 848-7492
Taylor, Dan 326-4350,4693, 247-1998
Taylor, Marcia 968-4910
Teegarden, Catherine & David 326-8757
Tesler, Larry 325-0115
Tesler, Shelagh 321-7580
Thatcher, Larry & Pat 851-1800
Tom 588-6795
Tarshis, Jean 327-5676
Teel, Gail 328-4941, 325-0115

w

Ware, Jim 854-4759
Warford, Jim 321-4976
Warren, Jim 851-7075
Weinstein, Lynn 326-8464
White, Diane 321-9706
Whitehill, Betsey 327-7264
Whitman, Mary 851-7321
Wiscavage, Patty 244-6268
Wolf, Nina 851-0158
Woodard, Kim & Judy 854-3455
Wolpman, Jim 854-3615
Wortheim, George & Mary 854-6812
Webster, Fred 321-4109
Wright, Larry 379-6844

y

Young, Marilyn 851-9977

z

Ziegler, Bob 824-5590

********** Organizations **********

All Saints Episcopal Church 322-4528
Association to Repeal Abortion Laws (ARAL) 387-6480

Bailbonds: Scotty McVay 368-3911
Berkeley Barb 849-1040
Berkeley Free University 841-6794
Black Community Relations Association 322-5332
Black Panther Headquarters 845-0103
Bridge Mountain Foundation 336-5787

CCCO 397-6917
Community Health Center 325-6141
Concerned Citizens 325-3765
Co-op Share #4481 (MFU)
Crisis Intervention Service, Palo Alto 327-9242

Draft Co-op 328-3966

East-West Book Store 325-5709
Esalen-at-Stanford 854-5681
Esalen, Big Sur 5671 (through operator)
San Francisco, 431-8771
Express Times 863-7775

Family Dog 346-0756
Foothills College Draft Counseling x281 948-8590
Foothill Experimental College 948-8590
Free Church 549-0649

Geological Survey 325-6761

Hayward Peace Center 581-4015
Heliotrope, Free U of Marin 931-1693
Human Institute 328-4770
Haight-Ashbury Medical Clinic
psychiatric annex 621-8259, medical: 621-9758
Institute for the Study of Nonviolence (408) 659-4311

Keplers Books 324-4321
KPFA 948-6767
KSAN 986-2825 (office),(DJ's) 986-6244
KSJO 246-6060 (office),(DJ's) 274-1200

Resistance
Palo Alto 327-3108
San Francisco 626-1910
Los Angeles (213) 473-6410

Leviathan 824-8652
Liberation News Service (LNS) 626-8228

Media Workshop 325-2900
Midpeninsula Christian Ministry 324-0444
MIDPENINSULA FREE UNIVERSITY
Arts & Crafts Store 328-4944
The Nest 328-4941
Media Workshop 325-2900
Legal Services 325-1518
Print Shop 327-5676

Newsreel 863-6197
The Free U Nest 328-4941

Pacific High School 867-2260
Peninsula Observer 327-3922
Peninsula School 323-5424
Portola Institute 323-5155
Print Shop (MFU) 327-5676
Printers Co-op 655-1018
(Committee on Public Safety Print Shop)

San Mateo County Bail Project (ROR) 365-0350
San Mateo Peace Center 347-7069
San Jose Free University 293-3852
Santa Cruz Free University 423-4486
Switchboard
San Francisco 387-3575
Berkeley 549-0649

Unitarian Church, Palo Alto 326-9031

War Resister's League (WRL) 626-6976
Whole Earth Catalog 323-0313

Yosemite Ranger Station (209) 372-4466

REGISTRATION INFORMATION

Registration by mail: Cut out the registration form and mail it with your check to: MFU, 1061 El Camino Real, Menlo Park, Calif., 94025. You will receive a membership card in the mail.
Registration at the MFU Nest, 1061 El Camino, Menlo Park, 328-4941, will be 11:00 am to 7:00 pm, seven days a week, March 31 to April 14, and throughout the quarter at regular hours. Please come and visit our vibrant, nourishing Nest.
Registration at Stanford will be March 31, 8:00 am to 5:00 pm at the Pavilion and April 1-14, 11:00 am to 2:00 pm at White Plaza.

The membership fee is $10 for everyone, regardless of age or how many classes you wish to take. If you really don't have this purposely small amount, please contact the Registrar, Karen Marmon, at 851-4315, for information on our scholarship program. If for any reason, you do not wish to have your name or address on MFU records, use an alias or call the Nest for advice. The MFU at present has found no evidence which would indicate that Free U membership jeopardizes security status.

Membership fees may be refunded within the first two weeks after classes start. But before requesting a refund, please think!! The value of your membership goes beyond participation in any given course. The Free U is building a new type of community life. We are experimenting and learning in every area of life. Because of the experimental nature of courses in the Free U, and because of the total freedom of instruction, some courses will fail to live up to their catalog descriptions or to your expectations. Your $10 is the major source of revenue for this experiment, and your major way of participating in the experiment financially, unless you would like to give a donation. Your education is your responsibility. We would like everyone interested in this adventure to join us.

Additional Courses will be announced in the FREE YOU Newsletter and at the Nest.
Redbook: Course changes, such as time, place, class closed, etc., are announced in the Redbook. If you have any questions about a course, or register late, call the Nest and ask for the Redbook. Before calling, please check the catalog to see if your question is already answered.
Members are free to join any number of classes. If you want to drop-in to a class for which you have not registered, please call the course leader to find out how he feels about it. Classes which say no drop-ins are just that--do not call the teacher.
The MFU will try to print anything requested by a Free U class; will consider funding class projects, pending availability of funds, and will assist the course in every way possible. Call the Nest for help and information about bringing items before the Coordinating Committee.
Spring Quarter starts April 14 and runs about 9 weeks through the middle of June. Courses can continue longer or stop earlier, at their own discretion, as they are autonomous units. Registration starts March 31.
Summer Quarter registration starts June 23, and most classes start July 7. Tentative deadline for course descriptions is June 10. The General Meeting is considering abolishing the quarter system and developing a more creative approach to time and education. Join in the decision by coming to the meetings.

Registration Card

Name _____
first middle last

Address _____

_____ ZIP: _____

Home phone _____ Work phone _____

Birthdate _____ Amount enclosed:
($10 membership)_____
(donation) _____

Class sign ups only Reg. # _____
(for office use only)

Name _____

Phone _____ Sex ___ Age ___

Definite (Course number only)

1 _____ 2 _____ 3 _____ 4 _____

Just interested

1 _____ 2 _____ 3 _____ 4 _____

5 _____ 6 _____ 7 _____ 8 _____

The Free U. is a community. If you are interested in finding other ways to build the community, sign here too.

Name _____

Phone _____ Profession/skills _____

_____

Would you like to:
Be a regular office volunteer (answer phones, greet people, errands) 3 or more hours/week? List days and hours free _____
Help in the printshop (production, collating, bookkeeping, filing)? _____

Offer your house for meetings/classes? _____

Offer temporary housing for visitors? _____

Talk to someone about making a donation? _____

Newsletter Subscription for non-members. Yes!!! I want to subscribe to the Free You Newsletter, and find out what is happening in and around the Free U.

Name _____

Address _____ $3/6 months

_____ $5/1 year

Zip _____ Please find enclosed _____

Notes

"We have become irrevocably involved with, and responsible for, one another." - McCluhan

"For this is the truth: I have moved from the house of the scholars and I even banged the door behind me. My soul sat hungry at their table too long: I am not, like them, trained to pursue knowledge as if it were nutcracking. I love freedom and the air over the fresh earth." - Nietzsche

printing/mfu press *production/media workshop* *cover/cathy ryan*

This catalog was created by the Free University community.

Monday

A1 Dance
A2 Primitive Body Movt.
A3 Exercise Your Body
A4 Folk Guitar
A5 Life Drawing Workshop
A6 Drama Workshop
A7 Recorder Playing
A16 Poetry Workshop
A18 A.B. Back 360 Press
C1 Woodworking
C2 Craft Course
C4 Between the Raindrops
C5 Movies
ED4 Free U - Purple Banana
EN3 Huckleberry Encounter
EN4 Entry to Encounter (1)
EN5 415 Encounter
EN6 Encountering
EN7 Tom
EN8 Trust-Touch-Tenderness
EN9 Dream Interpretation
EN10 WU Students Encounter
EN11 Toward Intimacy
EN12 Out Into That World
EN13 Contact IV
EN14 Direct Confrontation
EN15 Monday Psychodrama
EN16 The Passive Person
PAX1 New World Visions
PAX2 Coexisting with Police
PS2 Future Inevitable?
PH3 Logical Positivism
PH4 Metaphysics-Meditation
PH5 To a Universal System
PL2 Food Trip
S2 Earthquakes, etc.
S3 Science
S4 Indian Sign Language
S6 Making It On Your Own
S7 Revolutionary First-Aid
SP2 Home Free
SP15 Communication

Tuesday

A3b Exercise Your Body
A3c Exercise for Teenagers
A8 Zombie Drawing
A9 Recorder Ensemble
A10 Media Workshop
A12 Photographic Workshop
A20 Radical Singing
C6 Starting Photography
C7 The Way Things Work
C8 Musical Lights
C9 Camera Work
C28 Lettering, Calligraphy
EN5 415 Encounter
EN17 Eros and Empathy
EN18 Here and Now Encounter
EN19 Fight Training-Couples
EN20 Here and Now
EN21 Entry to Encounter (2)
EN22 Where to go from Here?
EN23 Stanford Students Encntr
EN24 Bipolar Encounter
EN25 Tuesday Psychodrama
EN26 Here and Now
EN27 L'Allegro
EN28 Trust-Touch-Tenderness
PAX3 Non-violence
PAX4 Politics-Econ to Sex
PAX5 Some Law
PAX13 Peace Exercise
PH6 Man's Place in Cosmos
PH7 Consciousness in Flesh
PH8 Relevance of Sade
PH9 Intro to Hatha Yoga
PL4 Tennis
PL5 Swedish Massage-Couples
PL7 Men's Night Off
PL24 Beginning Bowling
S8 Follow the Wild Goose
S10 What Do We Want To Know
SP3 Father Goose
SP4 Overeaters Anonymous
S7 Revolutionary First-Aid
S12 Balance Exercises

Wednesday

A3a Exercise Your Body
A11 Giving Away Bread
A13 MFU Cooperative Store
A19 Life Drawing
A26 Writing, Again, Again
A41 Fiction-Madness-Growth
C10 Sewing-Pattern Drawing
C13 Crafts CO-OP
EN5 415 Encounter
EN29 Parent-Teenager Encnter
EN30 Feminine Mystique
EN31 Alternate Way of Life
EN32 Searching for Dolphin
EN33 What Sort of Man?
EN34 Beginning to Free You
EN35 Exposing Secret Self
EN36 Entry to Encounter (3)
EN37 Threshold Encounter
EN38 Daybreak: Couples
PAX6 Marxism & Literature
PAX7 More Anarchy
PH10 Experiences in Subud
PH11 Sitting
PH12 Looking at Things
PH13 Aquarium to Aquarian
PH14 Zazen
PH15 Decision Analysis
PL3 Beginners Massage (1)
S13 Paradox in Logic
S14 Self-Hypnosis
S16 Biological Research
SP5 Wed Nite in the Nest

Thursday

A27 Stereo Photography
C2 Craft Course
C14 Woods Seminar - Film
C15 Chinese Cooking
C16 Awareness Thru Acting
C17 Sewing
ED5 Insidious Education
EN1 Coordinating Committee
Family Gathering
EN5 415 Encounter
EN39 Thursday Psychodrama
EN40 Openness - Awareness
EN41 Trust-Touch-Tenderness
EN42 For Both to Win
EN43 Trust-Touch-Tenderness
EN44 Parents Discussion
EN45 Agnew Musicale
EN46 Beginning Encounter
EN47 Beautiful You Emerging
EN48 Beginning...
EN49 Together
EN50 Woman's Intimate World
EN51 Gestalt Workshop
EN69 Boffing
PAX8 What Is To Be Done?
PL9 Hands
PL10 Bridge
PL11 Swedish Massage-Singles
PL12 Wines of Germany
SP4 Overeaters Anonymous
SP38 Coordinating Committee

Friday

A14 Flute
A20 Radical Singing
EN2 Workshop for Encounter Group Leaders
EN5 415 Encounter
EN52 Promenade
EN53 Inner You Discovery
EN54 Gentleness Encounter
PH17 Jungian Astrology
PH19 I Ching Study Group
PL13 Don't Bring Your Organ
PL14 Mountain Goat
PL15 Community Dinner
PL19 Golf

Saturday

C11 Raku Seminar
C19 Patchwork Quilting Bee
EN69 Boffing
PAX9 Human Media
PL19 Golf
PL20 Come Fly a Kite
PL21 Football
PL22 Beginners Massage (2)
PL23 Kids Work & Play Shop
S9 Heresies in Forestry

Sunday

A6 Drama Workshop
C22 Macrobiotic Cookery
C29 Create With Yarn
EN55 Entry to Encounter (4)
EN56 A Spring Thing
EN57 Encounter & Beyond
EN58 The Free Woman
EN59 Sensual Contact
EN60 Love
EN61 Gestalt Encounter
EN62 Coupledrama
EN64 Vibrology Thing
PAX10 Radical CIA
PH20 Dawn of the New Age
PH22 Psychedelics
PL19 Golf
PL24 Bowling
PL25 Bach Dancing
PL27 Sailing
S1 Naked Ape
S17 Free Research Forum

Weekends & Marathons

APRIL EVENTS

Day		
12	S11	Magic Mushroom
13	PH1	Visionary Convocation
14	C3	Candlemaking
15	C3	Candlemaking
15	PL6	Let's Go
18-21	EN76	Sadistic Psychodrama
19	EN74	Being Understood
20	C12	Sandalmaking
20	PL1	Free U Picnic
22	C12	Sandalmaking
22	PAX13	Peace Exercise
23	C3	Candlemaking
24	EN75	Dessert
25-26	EN77	Psychodrama Marathon
27	A23	A New Way of Seeing
27	A15	World of Arts and Crafts
28	C12	Sandalmaking
29	PAX13	Peace Exercise

MAY EVENTS

Day		
1	C3	Candlemaking
1	SP7	New Age Celebrations
2-3	EN84	All Woman's Marathon
3	ED1	Teacher's Day
3	ED7	Cybernetics
4	PL1	Free U Picnic
4	S18	Tidepool
7	C12	Sandalmaking
10	PL26	Hitchhiking
13	PAX13	Peace Exercise
16	PH24	Humanity/Rationality
16-17	EN78	Course Leaders' Marathon
16-18	EN79	To Be More Whole
17-18	PAX13	Peace Exercise
18	S18	Tidepool
18	PL1	Free U Picnic
23-24	EN80	Psychodrama Marathon
24	PL30	Huge Treasure Hunt
25	PL26	Hitchhiking
25	C20	Sandcasting Candles
31	EN75	Dessert
31	SP7	New Age Celebration
30-31	PH21	The Illumined Road

JUNE EVENTS

Day		
6-7	EN81	Psychodrama Marathon
7	PL26	Hitchhiking
8	PL28	It's a Beautiful Day
13-15	EN82	Growth Marathon
21	EN75	Dessert
29	SP7	New Age Celebration