

Free University of Berkeley · Winter 1971

Alcatraz Committee \_\_\_\_\_ 23

### Art

Beginning Drawing \_\_\_\_\_ Peter Carter \_\_\_\_\_ 12  
Live Art Modeling & Drawing \_\_\_\_\_ Larry Rabine \_\_\_\_\_ 12  
Matrix Study-Art Drawing, Mixed/ \_\_\_\_\_ Higham Wingate \_\_\_\_\_ 12  
Media, Idea Translation  
Painting, Sculpture, Architecture \_\_\_\_\_ Albert Boyd \_\_\_\_\_ 11  
Construction of Environments \_\_\_\_\_ John \_\_\_\_\_ 13  
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### Astrology

"Advanced" Discussion of Astrology \_\_\_\_\_ Edwin Rosenzweig \_\_\_\_\_ 19  
Astrology & Yoga \_\_\_\_\_ Shivanamoa \_\_\_\_\_ 19  
Beginning Class in Astrology \_\_\_\_\_ Edwin Rosenzweig \_\_\_\_\_ 17  
Astrology Workshop \_\_\_\_\_ Chalon Crawford \_\_\_\_\_ 19  
Aquarian Age Astrology \_\_\_\_\_ Rick \_\_\_\_\_ 19  
The Bhagavad Gita As It Is \_\_\_\_\_ Madhukanthadas & \_\_\_\_\_ 21  
Haribasara Das  
Bramachary

Bureaucracy, Thermodynamics of \_\_\_\_\_ Frank Kegan \_\_\_\_\_ 14  
Berkeley Education Switchboard \_\_\_\_\_ 23  
Bridge Over Troubled Waters \_\_\_\_\_ 23

### Children

Children's Art Class \_\_\_\_\_ Carol \_\_\_\_\_ 9  
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Head Start Volunteers \_\_\_\_\_ Priscille Soual \_\_\_\_\_ 9  
Play Group \_\_\_\_\_ 9

### Communes

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Country Commune "Yes" Trip \_\_\_\_\_ Joel Davidson \_\_\_\_\_ 9  
Encounter: Urban Commune \_\_\_\_\_ Landberg \_\_\_\_\_ 10  
Neverland Intentional Community \_\_\_\_\_ Vernon \_\_\_\_\_ 9  
Farm Commune \_\_\_\_\_ B. Faurot \_\_\_\_\_ 9  
Gay Commune \_\_\_\_\_ Free Particle \_\_\_\_\_ 9  
Gay-Straight Communes \_\_\_\_\_ Free Particle \_\_\_\_\_ 9  
LAW FOR COMMUNES \_\_\_\_\_ ED SHERMAN \_\_\_\_\_ 9

### Community Survival

Counter-Economy \_\_\_\_\_ Craig Karpel \_\_\_\_\_ 10  
On The Road \_\_\_\_\_ Berkeley \_\_\_\_\_ 10  
Street Gang  
Hopi Way of Life \_\_\_\_\_ General  
Wastemoreland \_\_\_\_\_ 9  
Neighborhoods 1-A \_\_\_\_\_ Rod Robinson \_\_\_\_\_ 9  
Own Recognizance Project \_\_\_\_\_ Dan Harrington \_\_\_\_\_ 8  
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Community Control of Police \_\_\_\_\_ 8  
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### Crafts

Ceramics \_\_\_\_\_ Gary Holt \_\_\_\_\_ 11  
Knitting, Needle Point, Crochet & \_\_\_\_\_ Claudia Zeiler \_\_\_\_\_ 11  
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Guitar Building \_\_\_\_\_ Tony Lee \_\_\_\_\_ 11  
Oxy-Acetylene Welding \_\_\_\_\_ Sue Rappaport \_\_\_\_\_ 11  
Ukranian Embroidery \_\_\_\_\_ Laura Stonebreaker \_\_\_\_\_ 11  
Woodcruising Sailboat \_\_\_\_\_ George Buehler \_\_\_\_\_ 11

### Dance

African Dance \_\_\_\_\_ Bev Smith \_\_\_\_\_ 13  
Classical Ballet \_\_\_\_\_ 13  
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Elementary Ballet \_\_\_\_\_ Hyam Glickman \_\_\_\_\_ 13  
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Modern Dance \_\_\_\_\_ Toby Hazel \_\_\_\_\_ 13  
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### Ecology

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Living Ecologically Together \_\_\_\_\_ Don Clancy \_\_\_\_\_ 7  
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### Encounter

An Encounter Group \_\_\_\_\_ Max Iacono \_\_\_\_\_ 16  
Berkeley Rap Center \_\_\_\_\_ Phone 548-2570 \_\_\_\_\_ 16  
Bio-Energetics Functionalism \_\_\_\_\_ Peter Davis \_\_\_\_\_ 16

Celebration \_\_\_\_\_ Harmon Henderson \_\_\_\_\_ 16  
Aree Goldberg \_\_\_\_\_ 16  
Doing Things \_\_\_\_\_ Bob Taber \_\_\_\_\_ 18  
Foundations of Sexual Identity \_\_\_\_\_ Free Particle \_\_\_\_\_ 17  
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Self Government  
Loving Tribes to Replace Oppressive \_\_\_\_\_ Clear Marks \_\_\_\_\_ 18  
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Male & Female Encounter \_\_\_\_\_ Harmon Henderson \_\_\_\_\_ 17  
Men's Liberation \_\_\_\_\_ Andre Carpenter \_\_\_\_\_ 15  
PERMISSION FLIGHTWAYS \_\_\_\_\_ Ursula Steiner \_\_\_\_\_ 16  
Oman's Lib \_\_\_\_\_ Andre Carpenter \_\_\_\_\_ 15  
Radical Psychiatry Rap Groups \_\_\_\_\_ Claude Steiner \_\_\_\_\_ 17  
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Transactional Analysis \_\_\_\_\_ Wade Urbach \_\_\_\_\_ 17

### Films

Barbaric Splendor \_\_\_\_\_ Terry Zientara \_\_\_\_\_ 13  
Film As Art \_\_\_\_\_ Mark Tarses \_\_\_\_\_ 13  
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### Food

Bread Baking Workshop \_\_\_\_\_ Free Particle \_\_\_\_\_ 11  
Natural Foods & Herbs \_\_\_\_\_ Michael & Friends \_\_\_\_\_ 11  
Soybean Cooking Workshop \_\_\_\_\_ Free Particle \_\_\_\_\_ 11

Free Church & Berkeley Switchboard \_\_\_\_\_ 23  
Free Particle Workshop \_\_\_\_\_ 23  
Free Particle \_\_\_\_\_ 23  
Games \_\_\_\_\_ Don Brown \_\_\_\_\_ 10

### History

Paleontology - Natural History of \_\_\_\_\_ Sara Glickstein \_\_\_\_\_ 14  
Vertebrates  
The Russian Revolution \_\_\_\_\_ Doug & Dale \_\_\_\_\_ 8

### Language & Travel

Attic Greek \_\_\_\_\_ Chris Kennedy \_\_\_\_\_ 14  
Beginning Chinese \_\_\_\_\_ Ernest Wu \_\_\_\_\_ 14  
Foreign Language Learning \_\_\_\_\_ Edna Infante \_\_\_\_\_ 14  
Foreign Travel \_\_\_\_\_ Edna Infante \_\_\_\_\_ 14  
French Party \_\_\_\_\_ Jacques DuBois \_\_\_\_\_ 14  
Travel To Asia \_\_\_\_\_ Jacques DuBois \_\_\_\_\_ 14

### Mechanics

Auto & Motorcycle Mechanics \_\_\_\_\_ Geo. Myers \_\_\_\_\_ 11  
Ten Speed Bike Repair \_\_\_\_\_ Jim \_\_\_\_\_ 11  
Volkswagen Tune Up \_\_\_\_\_ Steve \_\_\_\_\_ 11  
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### Mathematics

Human Use of Computers \_\_\_\_\_ Tzigane \_\_\_\_\_ 14  
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### Meditation

Home Meditation Group \_\_\_\_\_ Tom Schaefer \_\_\_\_\_ 21  
Meditation, With & Through Other \_\_\_\_\_ Anna Stanislauski \_\_\_\_\_ 21  
People  
Massage \_\_\_\_\_ Corine \_\_\_\_\_ 10

### Music

Beginning Musical Training \_\_\_\_\_ Carlisle School \_\_\_\_\_ 12  
Chamber Music \_\_\_\_\_ of Music \_\_\_\_\_ 12  
Ear Training, Sight-Singing & Basic \_\_\_\_\_ Earl Baldock \_\_\_\_\_ 12  
Music Skills \_\_\_\_\_ Jim McGriffin \_\_\_\_\_ 12  
Experimental Energy Music Performing-John & Steve \_\_\_\_\_ 12  
Guitarists' Workshop \_\_\_\_\_ Phil Canon \_\_\_\_\_ 12  
Indian Music \_\_\_\_\_ Michael Stephens \_\_\_\_\_ 12  
Music & Art In The Western World \_\_\_\_\_ Westminster \_\_\_\_\_ 13  
Audio Service  
Music Ma king \_\_\_\_\_ Larry Graetz \_\_\_\_\_ 12  
People's Gregorian Chant Choir \_\_\_\_\_ Arthur Greene \_\_\_\_\_ 12  
Piano, Classical \_\_\_\_\_ Tim Brown \_\_\_\_\_ 12  
Recorder Playing \_\_\_\_\_ Paul Gifford \_\_\_\_\_ 12  
Rock & Roll Workshop \_\_\_\_\_ Jeff Hersh \_\_\_\_\_ 12  
Vivaldi, Bach, Corelli - Music for \_\_\_\_\_ Judith Guertin \_\_\_\_\_ 12  
Two Violins & Piano

### Mystical & Occult

Mystic Arts, Cabala & The Occult \_\_\_\_\_ Anthony Gardiner \_\_\_\_\_ 17  
Including Meditations & Practices



Theatre

Bertolt Brecht	Robert Hendricks	14
Drama Play Life Drama	Trisha	14
Magical Theatre	Gordon Grant	22
Theatre Laboratory	Terry Pines	14
Acting Workshop		
Theatrical Make-Up	Robert Hendricks	14
Theatre & Protest	Robert Hendricks	14
PLAY REHEARSAL + PERFORMANCE	R. HENDRICKS	14
University Lutheran Chapel		23

Writing

Berkeley Poetry Commune	Herman Berlandt	13
Newspaper Composition	Lynn Cain & Berlandt	14
Open Cell: Working Writers' Workshop	Jennifer & Jan	13
Gay Poets Workshop	Free Particle	13
Tools for Revolutionary Propaganda	Lloyd Watson	13
Revolutionary Writing (Creative)	Joaquin Carpenter	13
Writing Novels	Ray Nelson	13

Women

Birth is Beautiful	Esther Grant & Jeannie Reitz	11
Childbirth for Fun & Survival	Pat Mitchnick	11
Women's History Research Center, Inc.		6
Women's Liberation & Revolution	Socialist Workshop	6
Woman's Page		6
Women Rap About Motherhood	Alice Abarbanel & Marianne Brown	6
Women's Theatre Group	B. Melick	6
Youth Hostel		23

Yoga

Combining Hatha & Kundalini Asanas	Michael & Friends	21
Comprehensive & Systematic Study & Practice of Yoga	Shri Jaya	21
Kundalini Yoga		21
First Aid & Midwifery	Tom Beil	11

The Occult Thing Gordon Grant 19

Mental Alchemy, Magic & Mysticism-John Staude 18

Tarot Geordie Lawing 19

Natural Things

National Parks Westminster Audio Service 14

Native Life & Environment of California Bruce Provin 22

Organic Gardening Lucy Hupp 11

Photography, Beginning John Friedman 11

Psychology

Analytical Tracking Kevin Langdon 14

Dreams To Share Anna Stanislauski 18

Ego Exorcism J. 15

Growth & Metapsychology Bruce Cole 18

Radical Psychiatry Claude Steiner 17

The Inner Revolution & Its Possible Outer Consequences Andre Carpenter 15

Self Psychology & Mysticism Noel Goldberg 18

Real Estate Ownership & Investment-Michael Yovino 10

Resistance

Making Friends With A Gun Cathy Colt 8

Non-Violent Revolution Peace Brigade 8

Resistance Showdown Peace Brigade 8

Revolutionary Non-Violence Paul Hammonds 8

Rich's Song & Farewell - Rich Rishi alphabet S. Heisler 21

Self Defense

Karate N. Gingola & A. Schwartz 8

Karate Craig Johnson 8

Self-Confidence Fred Jordan 10

Sports

Good Old Sunday Afternoon Footballs-Rob Mayer 10

Horseback Riding Lynn Hollander 10

Weight Lifting Erwin Somogy 10

Nothing was said about the war; it was absorbed by the silence before it was spoken. Silence was for a time more potent than all the horrors of war. . . .

Animals are creatures that lead silence through the world of man and language. Many things that human words have upset are set at rest again by the silence of animals.

Everything is carried along in the noise, and any and everything can develop out of it. . . . For example, if the surrounding world is Nazi, then Nazi ideas are conveyed by the noise, and this takes place *without our having decided for Nazidom by a deliberate set of our own conscience*. We are so much a part of the verbal [and other] noise going on all around us that we do not notice what is being conveyed to us . . . the constant noise of the war reports levels down the sound of guns and of the cries of the dying to the general and universal noise [of the western megamachinery]. . . .

It is as though the last residuum of silence were to be destroyed; as though an order had been made for a census of the residue of silence in every person and every house, and for that residue to be exterminated, as an enemy. Aeroplanes scour the sky for the silence encamped behind the clouds. . . .

Nothing has changed the nature of man [sic] so much as the loss of silence. The invention of printing, technis, compulsory education—nothing has so altered us as this lack of relationship to silence, this fact that silence is no longer taken for granted, as something as natural as the sky above or the air we breathe. We who have lost silence have not merely lost one human quality, but our whole structure has been changed thereby. —Max Picard, *The World of Silence*, mid-1930s.

220 Parker, 841-6794

**FUB**

2-6 p.m.

FUB is self-supporting thru a \$10 fee—regard it as a share or membership—which entitles you to an unlimited number of "courses." We resurrect three times a year—summer, fall, winter—with a catalog. Courses, groups, projects may be formed and people may sign up at any time.

**Saturday, Feb. 6  
SIGN UPS BEGIN (hours 1-7 p.m. thru 2/16)**

**Sunday, Feb. 7, 6 p.m.  
POTLUCK GET TOGETHER (and maybe a film)**

**Finnish Hall  
1970 Chestnut (north, off University)  
This is a good time to meet and rap with course organizers.**

Communication among a group of people as large and spread out as we are is very hard. The coordinators are willing to help put out a newsletter once a month to the course organizers (who can pass it around in the groups) if you have usable information or want to relate something substantial about a "course" meeting or project. There is a bluegray notebook on the desk in the office which functions as a kind of log—notes from meetings, ideas for present or potential projects, shitwork that has to be done are in it—which is for everybody's use. During sign-ups we'll start a resource pool (sort of like labor-gift plan) for everybody to take part in. There's a kitchen in the building which you can use and take care of and help stock with coffee and tea. Anybody who wants to volunteer, come in and do it—we always need lots of help during sign-ups and for a couple weeks after. Everybody gotta chip in on the cleaning. This is all organizational bullshit if we don't know each other face to face.

**FUB open meetings:** Potluck on the first Sunday of every month, 5 p.m. at FUB and a meeting Monday, 8 p.m., at 2339 Parker on 2/22, 3/22, 4/19, 5/17; the meetings are for feedback, discussion of any ideas and decisions. (There may be more Monday meetings if the need arises—info will be posted on the office door.)

**Feb. 17-21, 7 p.m., at FUB**

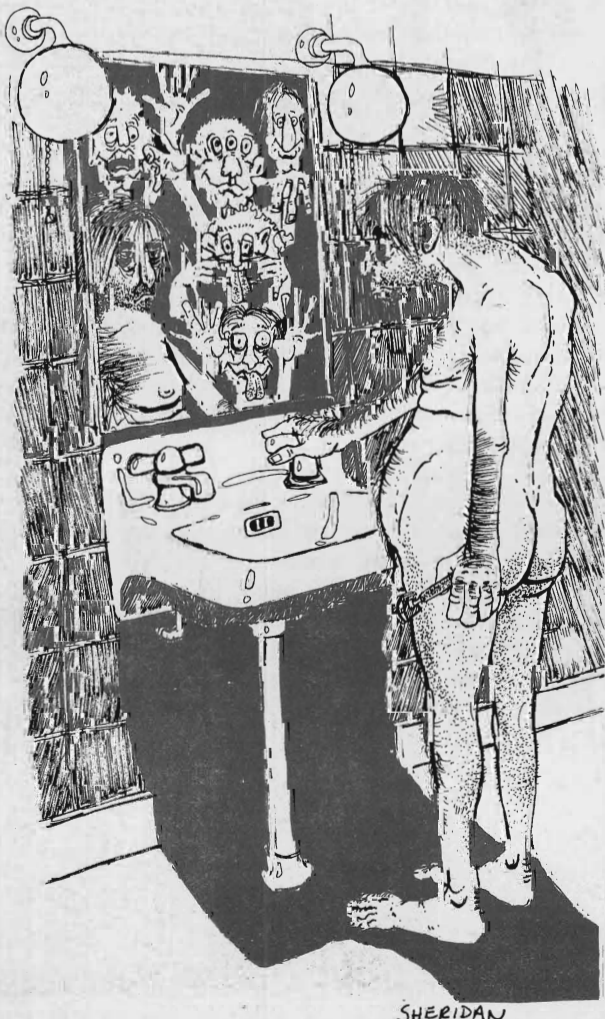
There will be a series of workshops at the Free U following the first ten days of sign-ups. These are set up to encourage communication of ideas, needs and resources between people with similar concerns who would not otherwise be in touch. Maybe new concepts of organization will come from them. Hopefully people will be clearer about where they do or should fit in the community as a whole.

- Wednesday, Feb. 17—Collective and individual survival; community control and national politics**
- Thursday, Feb. 18—Art; media; crafts**
- Friday, Feb. 19—Body; gardens; mechanical skills**
- Saturday, Feb. 20—Intellectual things, spiritual disciplines**
- Sunday, Feb. 21—Encounter; therapy**

(If you can't relate to categories, come any night.)

*... nothing more can be attempted than to establish the beginning of an infinitely long road. The pretension of any systematic completeness would be, at least, a self-illusion. Perfection can here be obtained by the individual student only in the subjective sense that he communicates everything he has been able to see.*

—Georg Simmel  
(from the *Teachings of Don Juan*)



SHERIDAN

**COURSES THAT PEOPLE WOULD LIKE TO SEE HAPPEN**

Quarter. Macrame. Carpentry. If anyone has these skills or others that they would like to share let us know right away so that they can happen.

Pantomime. Antiques. Macrobiotics. Taoism. Basic and Advanced Chemistry. Breadmaking. SciFi. Folk Song Writing and Singing. Canning and Preserving Organically. Massage. Auto Mechanics. Electricity (installing wires, etc.). Wild Edible Plants. Leather Work. Sane, excellent education on Mao. Knitting. Three and Ten Speed Bike Repair. Permanent Courage. Fundamental Music with Guitar as Medium (for beginners). Basic Art Trips—Drawing and Painting. Class in Basic Magic. Crochet (for people who already know some). Tai Che. More Ceramic Courses Than Last

**JOBS**

A lot of people come into the Free U. looking for part time jobs, so that they can earn some bread for rent and food and still would like to help accommodate this need by starting a job resource file. Those seeking jobs and those who have jobs available can call the Free U. and we'll help get it together.

FREE U(s) is what you do about it and what I do. No institution, no rules, no policies—except do what you want and get what you need and above all: we're in it together.

Live the revolution and build it with your life.

*Jone*

The Free U began as a protest against the railroading of students into exploitative and exploited roles in the Great Consumer Society. It has served as a reminder that the System ain't necessarily so. But, in the tradition of American Safety Valves, it has also served as a stop-gap institution, a therapeutic halfway house for dropping out and still having Something to Do. Our ties with each other and the needs expressed in the Free U are often arbitrarily chosen and temporary—and there is an insidious expectation that somebody else is fitting together the structure of a university where you can find all the New Life skills.

Alternative is a schizy word because we're living only one life; the People exist as people—with community, needs and resources—and self-determination depends on establishing and maintaining the means of living self-sufficient lives in our present situation. This won't happen here so long as people expect an institution, even an alternative one, with educational commodities (and need chicks in the office). FUB is meaningless if it's not a mutual space, an extension of our actual community. The rooms of the building, the pages of the catalog and whatever meetings take place between people are an open space whose nature and value is continually being determined. FUB's structure is the reality of as many people as choose to be present.

This time round we're making an effort to bring people together in workshops to discuss the means toward a more genuine community of skills and resources. We set up the workshops because there wasn't an adequate opportunity for everybody in FUB to get together outside of the particular context set up by a course organizer and actually pool what resources we have to follow through with—anything is possible—what might be done.

—Erica

The free u. is a type of educational art form. There are no grades, credit, degrees and anyone can teach who feels the urge. Sometimes courses work out and everyone has a good time and sometimes they don't work out, the teacher splits town or never existed. It's learning for learning's sake. Those taking courses and those giving courses come together in a free atmosphere to do what they want with what they are without the usual social-educational pressures. One of the first ecology groups in the nation, Ecology Action, came out of a free u. course. The Moving Co., a street theatre group, Peoples Community School and the Open Cell, a graphic literary journal written by a commune of writers, came out of free u. courses, and many communes have received their impetus and reinforcement from commune courses given through the free u. People give courses on a voluntary basis, and I guess there is a different motive for everyone. Some want to feel what it's like to be in that role, to share with others, some want to experiment with new ideas, it's a good way to meet people and one person came to us needing some models and wound up giving a life-drawing course in which everybody in the class took turns modeling.

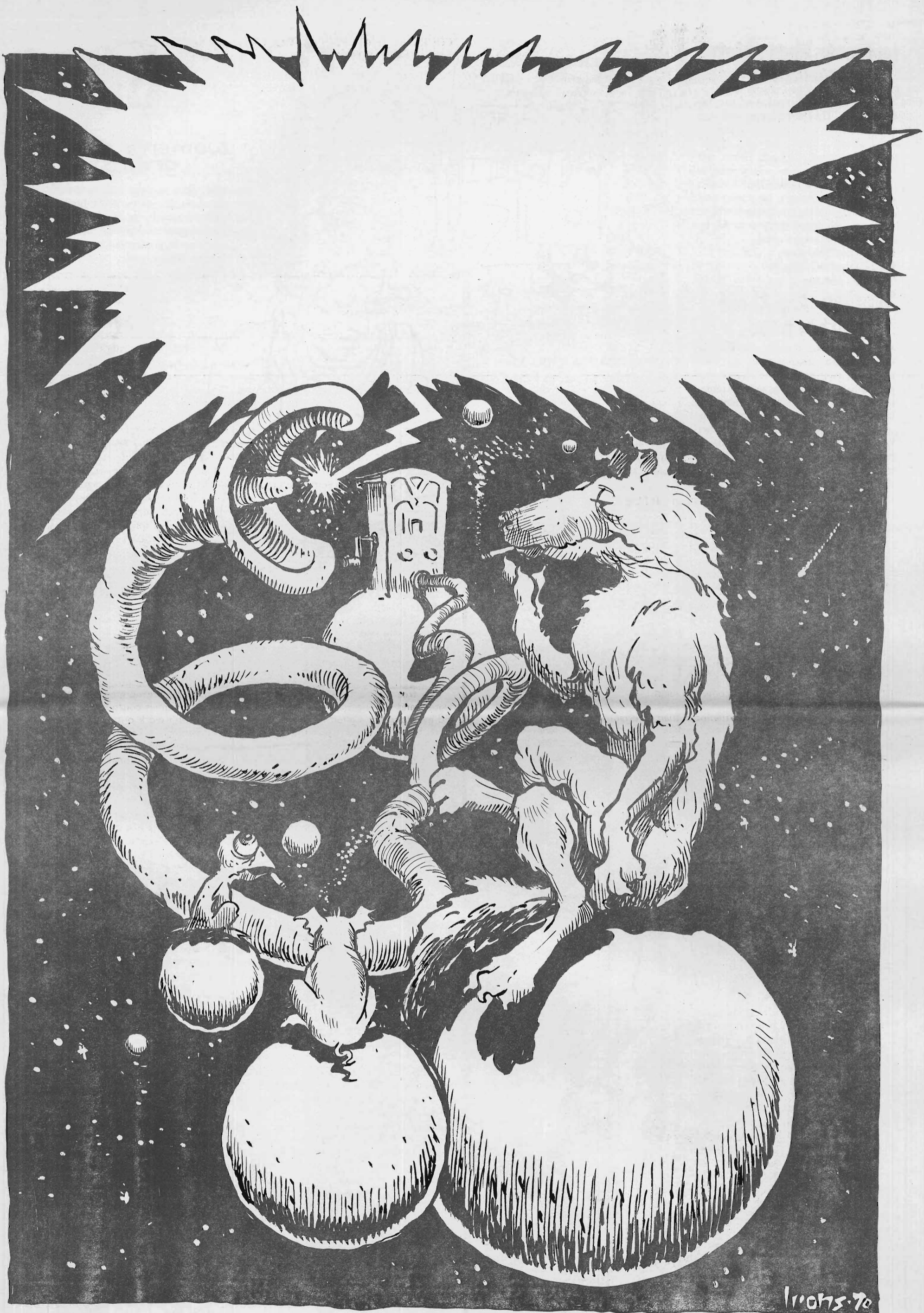
The free u. survives on love and a \$10 donation at the beginning of each session for as many courses as a person wishes to take. Nobody is turned away if they don't have the bread. If they don't have all of it then they can give part of it, and pay later if they can. And if they can't do that then they can sign up to do some volunteer work. We need approximately \$7,000 for each of the (3) four-month sessions to exist, to pay three part-time coordinators (soon to be expanded to four), to pay the rent, utilities, supplement course supplies, to keep the free u. building together and often money is given to community organizations that are in need or to other movement-oriented causes, and the catalog usually costs about \$1000 for each session. At the end of each session we are usually completely broke with bills to be paid, but somehow we are able to keep on doing it.

F.U.B. had its beginning during the the Free Speech Movement at the University of California in December of 1964. Its first courses were held in the hallways and on the staircases of Sproul during the FSM sit-in. From the campus it moved into the community and its concept spread to other parts of the country, to the establishment of experimental colleges in many universities and other free u's in the United States, Europe and Australia. In Oct. of 1967 f.u.b. had thirty-one courses and 200 people participating in these courses. Last session there were almost 200 courses and over 1200 people taking courses. Where we go from here is hard to say. We're here today and will probably be here tomorrow.

The free u. is not only a place of learnin' but also serves the people as a community cultural center. People come into the building to meet others, to locate other community services, to talk with Mr. Page from across the street, to pick corn from the garden, to read the leaflets on the bulletin boards, personal notices, to become part of a course, to read, to get free clothes and free books, to help us in the office and just generally to become part of our madness and fantasy.

What does it mean? There's a lot to say or just a few words or you can ask anyone who has experienced f.u.b. We are defined in time and meaning by the courses people offer, what they say or read in the building, or what they write on the walls, we are what they are and become whatever happens.

—Frank



Irons 70

## Women's Liberation & Revolution

This will be a continuation of our fall class series. This second part will deal with the history of the women's movement, women's liberation today, women and the Russian, Chinese, Cuban and Vietnamese revolutions and women in the coming revolution. The Socialist workshop of Women's Liberation will make brief presentations, which will be followed by general discussion. All interested people are welcome.  
The Socialist Workshop  
Sun (Alternate) 7:30 p.m.

## Women Rap About Motherhood

We want to talk about ways society puts its trip on women as mothers—ways this oppresses us as well as benefits we may get from this role. Myths to be explored (and probably exploded): Mother-earth concept, maternal instinct, good mothers are nursing mothers, motherhood ties you down, etc. Right now we have planned rap sessions on the following: Pregnancy, Birth; Nursing and/or the Bottle; Childcare; the Second Child; and The Role of the Father. These sessions are for women only. Men are invited only to the last session.  
Alice Abarbanel & Marianne Brown  
Time TBA

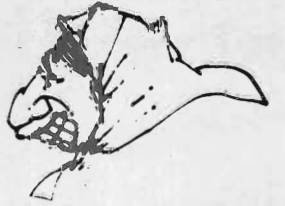
## THE WOMAN'S PAGE

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## WOMAN'S HISTORY RESEARCH CENTER, INC.

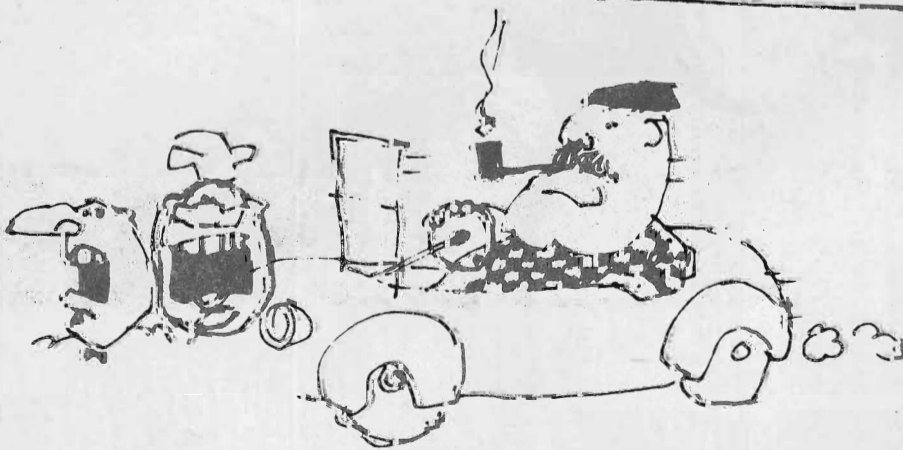
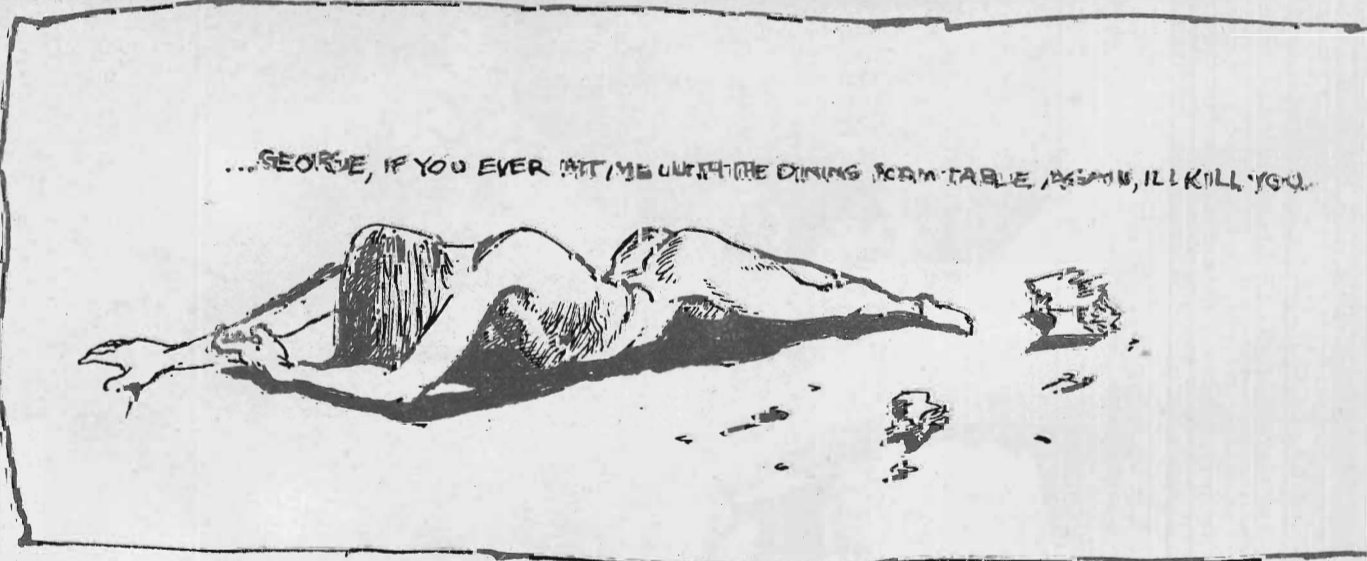
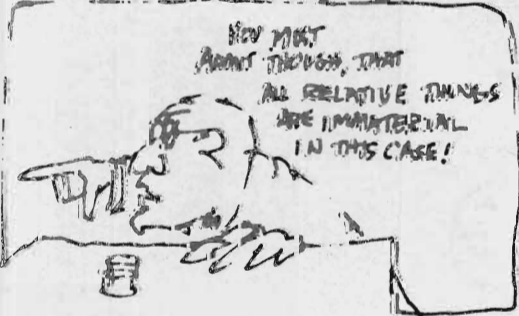
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A research, lending, corresponding, and selling library of women's literature; books, periodicals, pamphlets, bibliographies, articles, clippings, tapes, and pictures. Topics include women in countries, in women's groups, specific women, roles, subjects, women in history, action projects, specific men's statements on women. Work done by women using it. A running catalogue including addresses to order materials is available at cost to other groups to avoid having to start from scratch. A synopsis of women in world history is available for \$1 including poster and postage. A paper on the suffrage movement in Western Europe is .15 cents plus stamp. Redstockings Manifesto East and West likewise. A SPAZM newsletter of women's news, April to December 1969 (personal statements, news events, reviews, etc.) is available: 30 issues for \$15 to individuals, \$20 to institutions. (Tax deductible.)



## women's theater group

Write, and produce your own thing. Interested women writers, film-makers, dancers, singers, actresses who are into their heads enough to stick to this multi-media production, please join.  
Barbara Melick  
Time TBA



**ECOLOGY AND REVOLUTION...**  
 or what's going on around here, or its happened before folks and the people got fucked.

We'll look into and behind the ecology fad (and ourselves) to see what's hap- pening here, in other countries (Cuba) and other times (the old frontier) ... and get together to do something.  
 Phil Miller  
 Tues 8 p.m.

**LIVING ECOLOGICALLY TOGETHER**

We at the Center for Ecological Living, are sponsoring a new series of work- shops. We meet on a Saturday morning at the Center and spend 12 hours to- gether preparing food from basic ingre- dients, nature walking and learning some principles of organic gardening, composting and recycling. There will be opportunities for those who wish to, to practice yoga and meditation. The eve- ning meal is a celebration of sharing the food that has been prepared that day. The rest of the evening will be spent in exploring ways in which principles of ecology can be actively integrated into our personal lives. We will send you our latest workshop schedule and a copy of our recently published *Ecological Living Handbook*.  
 Dan Clancy  
 Time TBA

There was a time when our people covered the whole land as the waves of a wind-ruffled sea covers its shell- paved floor, but that time has long since passed away with the greatness of tribes now almost forgotten. I will not dwell on nor mourn over our untimely decay, nor reproach my paleface brothers with hastening it, for we, too, may have been some- what to blame. . . .

We are two distinct peoples, and must ever remain so, with separate origins and separate destinies. There is little in common [culturally] be- tween us.

To us the ashes of our ancestors are sacred and their final resting place is hallowed ground, while you wander far from the graves of your ancestors and, seemingly, without regret. . . . Our dead never forget this beautiful world that gave them being. They still love its winding rivers, its great mountains, and its sequestered vales. . . .

Every part of this country is sacred

to my people. . . . Even the rocks which seem to lie dumb as they swelter in the sun along the silent seashore, thrill with memories of past events connected with the lives of my people.

The very dust under your feet re- sponds more lovingly to our foot- steps than to yours, because it is the ashes of our ancestors, and our bare feet are conscious of the sympathetic touch, for the soil is rich with the life of our kindred. . . .

Your religion was written on tablets of stone by the iron finger of an angry God. . . .

Our religion is the traditions of our ancestors—the dreams of our old ones given to them in the solemn hours of night by the Great Spirit . . . and is written in the hearts of our people. —Chief Seattle of a north- west Indian tribe. The occasion was a "speech" at the signing of a "treaty" about 1850, which gave up to the U.S. government the land on which the city of Seattle now stands.

**ecology research group**

Eco-freaks—I am trying to organize a research/study group to examine such topics as detergents, recycling, herbi- cides, etc. Eventual goal is publication of research papers and their sale if good enough. Will meet twice a month to coordinate work and exchange ideas.  
 Douglas Hamilton  
 Wed 7:30 p.m.

**ecological alternatives**

A discussion group on life style changes including presentations of workable eco- logical alternatives. Possible subjects in- clude ecological: energy sources, enter- tainment, economics, food production, garbage disposal, politics, philosophy, and transportation. Our aim is to devel- op practical directions and actions to take in creating a new world.

The 16 members of Ecology Action commune are trying to eliminate waste and excessive consumerism from their lives in an attempt to demonstrate a life least environmentally destructive. Work- ing toward a cultural transformation which may help us survive the impend- ing ecological disaster. We stress accep- tance of personal responsibility for every individual act and its conse- quences. Our most active project at the present is our recycling depot where in addition to collection of solid waste, we offer educational materials to about 14,000 people every weekend. Planned projects are a re-distribution center, a children's book, and organic cultivation of Berkeley's vacant lots which we call Berkeley Farms.  
 Ecology Action  
 Time TBA



**NONVIOLENT REVOLUTION: IN PRINCIPLE AND IN PRACTICE**

The Peace Brigade, in conjunction with Newman Hall, is sponsoring a weekly Thursday evening series on Nonviolent Revolution. The series is designed to deepen the community's awareness of the nonviolent alternative and to spur involvement. The program will run from January 7 to March 11 and will begin at 8 p.m. on the scheduled dates. The format will be informal, usually consisting of a presentation followed by a discussion period. (The scheduled topics are subject to change or revision. Advance notice will be given.)

January 7: **WHY NONVIOLENT REVOLUTION?** (John Jackson and Steve Ladd, Peace Brigade members)

January 14: **ALTERNATIVE LIFESTYLES.** (Jim Webb, Paul Hammond, Nancy Rothenberg, Peace Brigade members)

January 28: **ROTC: WHAT IS IT? WHAT CAN WE DO?** The non-violent approach. (Liz Hendrickson, Lisa Hescong, and Terry Hutchinson, enrolled in ROTC courses, Peace Brigade members)

January 21: **DANILO DOLCI: HIS WORK AND HIS LESSON.** Dolci is a world-famed Sicilian social activist. Included will be a film on his work—"Mafia! No!" (Professor Marc Mancall of Stanford History Department)

February 4: **STRATEGY FOR NON-VIOLENT ACTION.** (George Lakey, well-known author and Quaker activist)

February 11: **GANDHI AND HIS RELEVANCE.** (Bill Gray and David Lumsdaine, Peace Brigade members)

February 18: **WAR RESISTANCE.** (Marc Coleman, draft resister; Virginia O'Rourke, tax resister; and Steve Ladd, draft resister. All are members of the Peace Brigade.)

February 25: **COMMITMENT AND FEAR—COPING WITH OURSELVES.** The format will reflect the personal nature of this topic. (Rick Eckel and Sally Brook, Peace Brigade members)

March 4: **VISIONS OF A NON-VIOLENT WORLD.** What is the future world society we are working for, and how can we get there? (Kent Smith, lecturer at San Francisco State in diplomatic history, Peace Brigade member)

March 11: Open date; to be announced; any suggestions?

Peace Brigade  
Thurs 8 p.m.

**RESISTANCE SHOWDOWN**

Showdown is a nationwide program designed to encourage the most massive resistance movement yet to the war and the draft. We believe the time is right for *collective* non-cooperation as a tool to end the war and to phase out the draft before it is extended to June by Congress. People are needed to help in all areas, including strategy, publicity, finance, and Resistance rapping. In addition all draft resisters should contact us so we can begin collecting the names of resisters and publicizing the numbers of non-cooperators.

Peace Brigade  
Mon-Fri, All day

**OWN RECOGNIZANCE**

There is an ongoing project to aid members of the Berkeley community escape the oppression of the bail bondsman. Each weekday morning people arrested fill out forms (if they so desire) listing personal information and references. This information is verified by volunteers during the morning and returned to court by 1:30 p.m. For people with strong local ties, the judge is often willing to set low bail or even release the person on their "own recognizance." Volunteers are needed each weekday from 9 a.m. to 2 p.m. to make phone verifications of references.

Dan Harrington  
Time TBA

**THE RUSSIAN REVOLUTIONARY MOVEMENT—1898 to 1928**

A fairly detailed survey of the historical events and political issues which accompanied the triumph of the first socialist revolution in history. In particular, we will concentrate on the political method of Lenin, his position on the national question, war, revolutionary philosophy, inner-party democracy. At least one class session will be devoted to women in the Russian revolution. The class will be for those who consider themselves revolutionaries, but no previous knowledge of the subject is required.

Dale and Doug  
Time TBA

**REVOLUTIONARY NONVIOLENCE**

Despite all violent revolutions of the past, our present world is hostile, hungry, and inhuman. Again today we are faced with a society in need of revolutionary change. Yet it seems self-defeating to revert once again to violence. Can we then accomplish constructive, long-lasting radical change? The alternative is aggressive and committed nonviolent action. We will explore this relatively new tool for social change and discuss how we can build an effective revolution.

Paul Hammond  
Wed 8 p.m.

**COMMUNITY CONTROL OF POLICE**

At present, only about 15% of the Berkeley Police Force live in Berkeley. With Community Control of Police ALL policemen will live in the neighborhoods in which they work. The City Charter Amendment for Community Control will replace an absentee police force, controlled by economic and political interests, with local forces sensitive to the needs of the communities from which they are drawn.

**THE PRESENT STRUCTURE:**

The Berkeley Police Department is now controlled by two men: the City Manager and the Chief of Police. The City Manager is appointed by the City Council for an "indefinite period" and provides administration of all city departments. He appoints the Police Chief who runs the Police Department. The Council has no jurisdiction over who the City Manager hires. The functioning of the Police Department is far removed from the people. We exercise no control and have no meaningful method for redress of grievances. All we have is the Internal Affairs Department of the Police Department which means we have the police policing the police!

**THE PROPOSED STRUCTURE:**

There will be three autonomous police departments run by elected officials from the community. Each department will consist of two Neighborhood Divisions (except the campus community) and each Neighborhood Division will be divided into 5 Police Council precincts. One person from each of the 15 precincts will be elected to sit on the Police Council and each Council will elect a Commissioner. The Police Commission deals directly with the functioning of the Department "under the instructions of its Council." All Council meetings will be open to the public and held at a time when the majority of the residents of that area can attend. It is at these meetings that all policies and procedures will be worked out and Councilmen and Commissioners will be subject to recall if they do not respond to the needs and desires of the community.

NCCF  
3106 Shattuck  
841-5501

**KARATE**

Tired of rapes, rip-offs, rednecks, and pigs? Get some class and knock them on their ass. Class designed for immediate and practical use. The majority of the class time will be freestyle sparring. Students of various schools of self-defense are encouraged to come and share experiences.

Craig Johnson  
Fri 5-7 p.m.



**MAKING FRIENDS WITH A GUN**

A course designed for men and women who are not familiar with firearms and who want to be. Emphasis will be on the use of weapons in a self-defense context—this is not a course on guerrilla warfare. We will cover rifles, shotguns and handguns, how they work, how to use them, how to maintain them and do simple field maintenance... (unjamm-ing). You do not have to own a weapon in order to take part. We will go out to the country for practical work, which will include firearms safety, target shooting and firing from defensive positions in a simulated combat situation. We are not "gun-nuts" but active revolutionaries who see ignorance of firearms as a weakness which must be overcome. We will seek to de-mystify the gun trip.

Cathy Colli & Robert Remington  
Thurs 7-9 p.m.

**KARATE**

Armed Love School of Self-Defense is giving a course in street combat stressing Karate fighting techniques. This is not a course in Zen. Meditation through controlled violence is extremely difficult and takes many years to learn properly. Armed Love is concerned with the immediate value of self-protection now. Armed Love is a system of defense and attack taught by black belt instructors using Karate as a basic, with some realistic techniques from other defense systems. Regular attendance and hard work are required. Limit 15 people.

N. Gingold & A. Schwartz  
Wed 12-2 p.m.



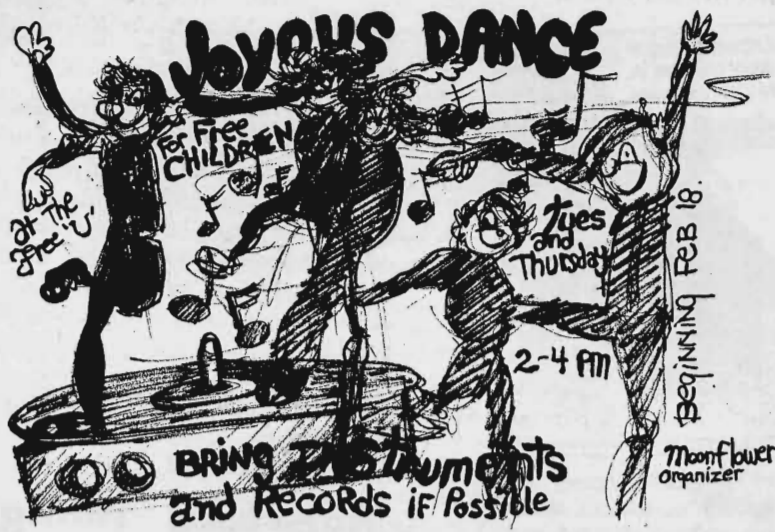
**PLAYGROUP**

There will be a playgroup at FUB: Tuesdays and Thursdays 12-6 to begin with. A playgroup, for the uninitiated, is largely a cooperative babysitting arrangement—free time for parents—other kids for kids. Bring your kids, stay when you can, or leave them. The important things to have are: a group of people willing to *be there* regularly for, say, 2 or 3 or 6 hours at the same time every week; and *enough* people participating steadily or intermittently to allow some flexibility. At first it may be necessary for a few people to do much of the work. It ain't fair or right, but the need for such set-ups is great and it's important to hold it together until people can relate to it as a real thing.

Kids are everybody's responsibility. People without children who want to play with them, anybody any age who can help.

Be realistic about the amount of time you sign up to work—better two hours for sure than six you can't keep up.

There is also a need for babysitting at other times—for FUB classes or whatever. People participating in the playgroup or anyone willing to stay with kids sometimes should leave name, address, phone number and times you would be available.



**PEOPLE'S COMMUNITY SCHOOL**

The class organizers have been members and organizers of a free, community-created alternative elementary school in Berkeley for two years. The goal of the class is to share ideas and in turn to possibly share skills, interests, arts in this enterprise. "The people who wish to take part in the school can find their way by working with us." If you dig kids and want to meet people you qualify.

Jan, Ginny, Rocky  
Mon 8 p.m. Feb 22  
(one meeting only)

**CHILDREN'S ART CLASS**

My name is Carol Moore and I'd like very much to teach a children's art class. I'm into art and life. So much can happen and much can be expressed through art. I don't have a structure set up for the class, I'd like to wait and feel the kids.

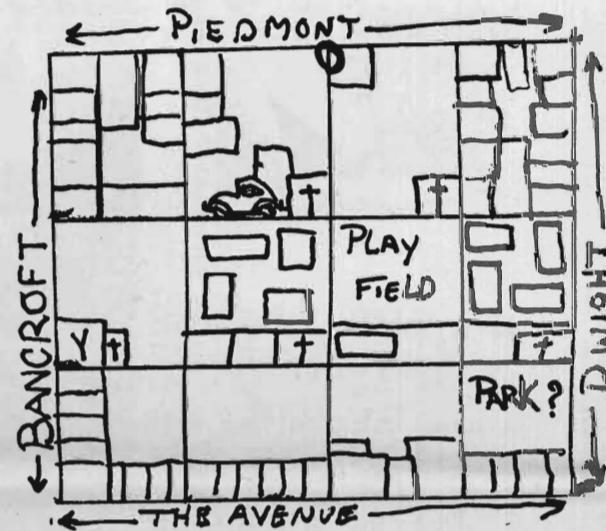
I'm an artist who loves watering flowers, and watching them grow.  
Carol  
TBA

**HEAD START VOLUNTEERS**

People interested in working with 4-year-olds can come to Richmond one afternoon per week and play with us. You can do special things, i.e., art projects, carpentry, dance, etc., or just general tripping.  
Priscilla Soval  
Weekday Afternoons

**NEIGHBORHOODS 1A OR OUR COMMUNITY AS A COMPOST PILE**

What will we do? Maybe—organic gardening food conspiracy, bulletin boards, bicycle shop, compost piles, transportation, livestock, swimming pools, sauna, child care, community council, community police, labor sharing—what else? Prerequisites: algebra and trig, home economics, auto shop, varsity letter in golf, or consent of the instructed. If you live in the area between Bancroft and Dwight and between The Avenue and Piedmont, come for breakfast.  
Rod Robinson  
Sat 8:30 a.m.



**COUNTRY COMMUNE "YES" TRIP**

Are you willing to learn much and work hard to create a real, live country commune? Do you realize that instant success is an illusion? This is more than just a class—we will work toward the awareness necessary to create a real "yes" trip. (Families welcome) This is a non-violent, pro-life, down-home and a little technology approach to making it work.  
Joel Davidson  
Mon 7 p.m. Feb 22

**FARM COMMUNE**

I'm interested in getting together with people who want to form a rural farm commune *this spring* as an alternative to conventional society's jobs, careers, and suffocating life-style. One goal is to be as self-sufficient as possible, doing crafts, our own building and repairs, raising our own food and selling organic vegetables as a way of meeting expenses. Work will be shared equally. I am also looking for people interested in a self-realization trip. A genuinely communal situation requires a personal willingness to grow and change—not to be afraid to try to break down the barriers and inhibitions that keep people apart. There must be a commitment to honest and open communication and non-exploitative relations between people (using encounter techniques if needed). I am currently living in a communal house that is part of a planned intentional community with goals that are similar to, yet different from mine. If interested, call or visit.  
Bruce Faurot

**NEVERLAND INTENTIONAL COMMUNITY**

We of Neverland are in the process of starting an economically stable, self-supporting, agrarian-based intentional community in which we can lead a more ideal life-style while serving as a model and a focus for the expanding community movement. This community will be near a small city to provide convenient exchange of goods and services while being distant enough from the ecological disaster areas of the megalopolis. Turning the dream into reality is no simple matter, but we have progressed since our inception last year. As of now, we have several communal houses in the Bay Area, and we meet many people through free U community courses, ads in periodicals and daily socializing. We need more people and more money before purchasing land. There is, of course, much planning and work to be done, and we invite you to join and grow with us.  
Vernon Jeffries  
Mon 7-10 p.m.  
First meeting Jan 11

**GAY COMMUNE FORMATION**

A communal meal for those who wish to connect the Bread Baking, Soybean Cooking, and Gay-Straight/Gay Communes **FREE PARTICLE SEMINARS** by taking part in all three and participating in this meal and its preparation. Beginning from these meetings over dinner, we try forming a commune. A Free Particle seminar.  
Sun 4 p.m.

**GAY-STRAIGHT AND GAY COMMUNES**

Discussion, primarily for Gays interested in or part of communes. Personal experiences and interests, visits to communes, and such reading material as *Whole Earth Catalog*, *Modern Utopian*, *Kaliflower*, *History of American Socialism*, and relevant Gay Lib material will form basis for discussion. A Free Particle seminar.  
Sun 2 p.m.

**COMMUNE CLEARING HOUSE**

A place for people interested in starting communes, getting into communes, or getting people into communes to get together and get it together.  
Carol Frome  
Wed 8 p.m.

**HOPI WAY OF LIFE**

This is a seminar on the Hopi ("Peaceful ones") way of life, how it relates philosophically-religiously to the hip-culture in the United States. Also aim to help Hopis get in the U. N. according to prophecy.  
Tom Dunphy (General Waste-More-Land)  
Sun 5 p.m.

**LAW FOR COMMUNES**

Lawyers rap—law for communes. Some local lawyers think their brothers and sisters are incredibly naive as to realities of the legal system, especially as it relates to farming communal groups and new social organizations, not to mention street tactics. If you would like to discuss any of these or other socio-legal topics, join us.  
Ed Sherman  
Thurs 7:30 p.m.



PHOTO: BEN BLACKWELL



### REAL ESTATE OWNERSHIP & INVESTMENT

A survey course on what real estate ownership is all about, emphasis on income-investment properties, the motivation, goals, risks, income expectations, costs of operation, etc. Inquiry into what is a "fair rent"—how it is determined, landlord vs. tenant interests and conflicts. I envision perhaps 10 meetings, possible "guest experts" sitting in as seems appropriate to direction course is taking. Limit 10 people. note: Same class was announced for Fall Catalog but cancelled due to confusion on enrollment and lack of suitable meeting place. Please note request above to have registrants call organizer prior to meeting date.

G. Michael Yovino-Young  
Tues 4 p.m.

### ENCOUNTER GROUP FOR PEOPLE WHO WANT TO FORM AN URBAN COMMUNE

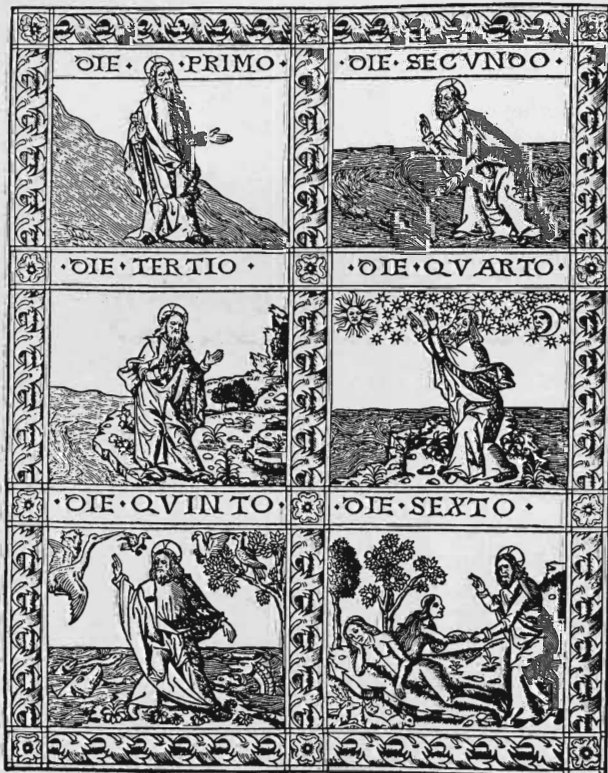
I'd like to turn up a dozen responsible singles and couples—with or without children—in order to establish an urban commune. What's needed are sane, turned-on people with complementary skills and some capital to invest, who want to create a life-style that is loving and natural. We'll leaven the artificiality of verbal encounters with visits to one another's homes and by finding ways to work and play together. A few months of this should create one or more affinity groups. With luck, a variety of communes will emerge. Questions to be discussed: shares vs. community ownership; monogamy, group marriage, freedom from expectation; age limits, if any; leadership—authoritarian, democratic, or responsibly free; human vs. financial accounting; etc. Most importantly, why do you want to live in a commune?

Edward Landberg  
Wed 7:30 p.m.

### COUNTER ECONOMY

Discussion, research and action toward an alternative sub-economy: producer/consumer cooperatives, critique of hip capitalism, intercommunal free trade, bread or barter, credit unions, syndicates, brotherhoods, potlatches, free stores food conspiracies, commune-ism, dymaxion tax-shelters, under-the-counter-culture, bootlegging, dealing, liberation businesses, funny money, revolutionary grease, non-negotiable supplies, selling America short, TCB, the Mormon Church, ancient Greek burial societies, syndicalism revisited, tender offers and takeover bids, collective bargaining, a more perfect union, and burning banks without matches. All power from the people, recycling dollar bills, spare change, the gross national product as a California grape or what did the barbers ever do to us. Thank you.

Craig Karpel  
Time TBA



### SELF-CONFIDENCE IN SELF-DEFENSE

This style deals with a very sensitive philosophy and for this reason a limitation to a certain number of people at a time, so that I can work with people on a person to person level. This basically is offered to women because of a need for indiscriminating self-defense and because ego-motivated persons would not be able to understand the sensitivity of this style. There may be exceptions so seriously interested males can inquire.

Fred Jordan  
Mon 7-10 p.m. Mar 8

### horseback riding

Interested in getting together with people who want to ride; plan trips of one hour, day, weekends, etc. Around the Bay Area or farther afield. (No lessons—but perhaps we could find a teacher if desired.)

Lynne Hollander  
Time TBA

### good old Sunday afternoon football (touch)

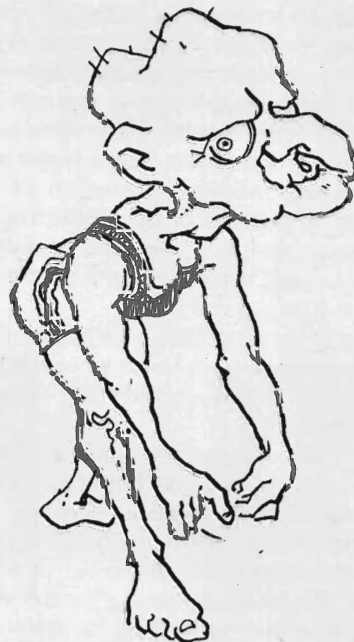
... I love playing football, but no one I know seems to appreciate the joys of pigskin ecstasy. If you like an enthusiastic game of touch, too, maybe we can get together. I have a football, and live near a beautifully sodded field no one ever uses. Soooo, if you'd like to form a loose-knit group of like-minded individuals, join the class.

Rob Mayer  
Time TBA

### massage

Bring a mat, light oil, (sesame, almond) a towel and you. (4 ounces of oil should be enough.) Limit 15 people.

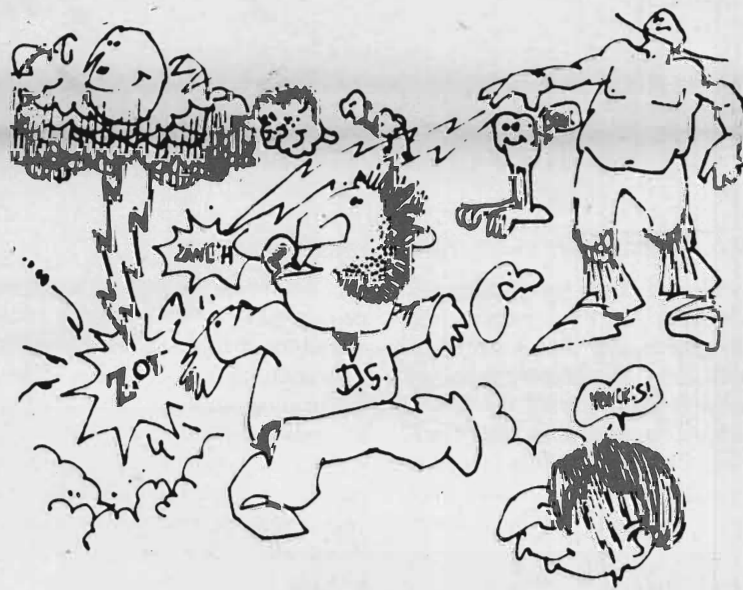
Corinee  
Mon 6-8 p.m.



### weight lifting

Coed weight lifting. For those who want to get into better shape. If you're not too hot for lifting weights you can come over and exercise running around the block.

Erv Somogyi  
Mon, Wed & Fri 8 p.m.



### GAMES

Topics considered in course; copyright law, production, invention of games, critical analysis of new games and marketing. Limit 15 people.

Don Brown  
Time TBA

### ON THE ROAD

Attention all free spirits (drop outs) and potential free spirits: Street people's collective offers a course for those on the road or those getting it together to hit the road. Raps will include on the road techniques, styles, a look at the international street scene and heavy political aspects such as tribal face painting and construction of bong. The street gang encourages interested participants to blow a few numbers, relax, and read *Dharma Bums* and *The Master Game* before coming to class. This is the first day of your life. Happy Trails!

Berkeley Street Gang  
Thurs 8:30 p.m.



SHERIDAN

**BIRTH IS BEAUTIFUL**

For men and women, both, natural childbirth and rebirth from assumptions: who is an adult, who is a child? What is a mother, what is a father? What is a couple, what is togetherness? Why medicine? Why doctors? Where do babies come from? Who are we really? We want to explore natural births. Esther Grant & Jeannie Reitz  
Time TRA

**BASIC AUTO MECHANICS**

A series of lectures on how cars are put together, basic mechanics. No actual repairs will be done, but ample time for questions. There must be at least 50 sign-ups. John Redd  
Meets twice a week for 2 hours TBA

**AUTO AND MOTORCYCLE MECHANICS**

Teach auto tune-up, repairs, overhaul, etc.; also motorcycle same. Theory or practical application for beginners or the experienced. I'll let the class tell me what they want to know. George Myers  
Time TBA

**volkswagon TUNE-UP**

This workshop meets only twice. The purpose is self-explanatory. Steve Crystal  
Sat 10 a.m. Feb 28  
Wed 4 p.m. Mar 3

**TEN SPEED**

**BICYCLE REPAIR**

Ten speed bicycle repair and maintenance ... anything pertaining to bicycles can be discussed. Jim Brittain  
Time TBA

**CERAMICS**

Class will cover hand-building, wheel throwing, and, if there's enough interest, raku. It will have to be limited to 15 people unless everyone wants to do a lot of hand building. I have a studio, wheel, and access to kiln. The only costs will be for clay, glazes, and firing. Gary Holt  
Fri 7:30 p.m.

**oxy-acetylene WELDING**

Inexpensive welding process for metal. Materials are cheap, and the process can be used for sculpture or putting a car together. I'll ask for \$3 a month to pay for rent & utilities. Sue Rappaport  
Mon 8 p.m.

**UKRAINIAN EMBROIDERY**

Patterns applicable to peasant blouses, shirts, place mats, tablecloths, etc. Authentic traditional Ukrainian embroidery. Laura Stonebreaker  
Wed and Fri 7 p.m.

**CHILD BIRTH FOR FUN & SURVIVAL**

Childbirth preparation, hospital and home deliveries, using Lamaze, Dick-Read and my own theories and techniques. Exercise and discussion. Women and couples. Pat Mitchnick  
Tues 7-10 p.m.

**FIRST AIDE AND MID-WIFERY**

Sew your own. Deliver your own. Special attention to street situations, survival predicaments, and childbirth in the privacy of your own home. Classes until April 28. Tom Bell  
Time TBA

**RENAISSANCE RAP**

Renaissance rap for artists—straight, gay, bisexual—concerned with discussing their works, and exhibiting their works in group showings, one man shows, in museums, galleries, street exhibits, etc. Tentative raps every second Thursday of every month. Anthony Valentino  
a Free Particle seminar  
every 2nd Thurs 7 p.m.

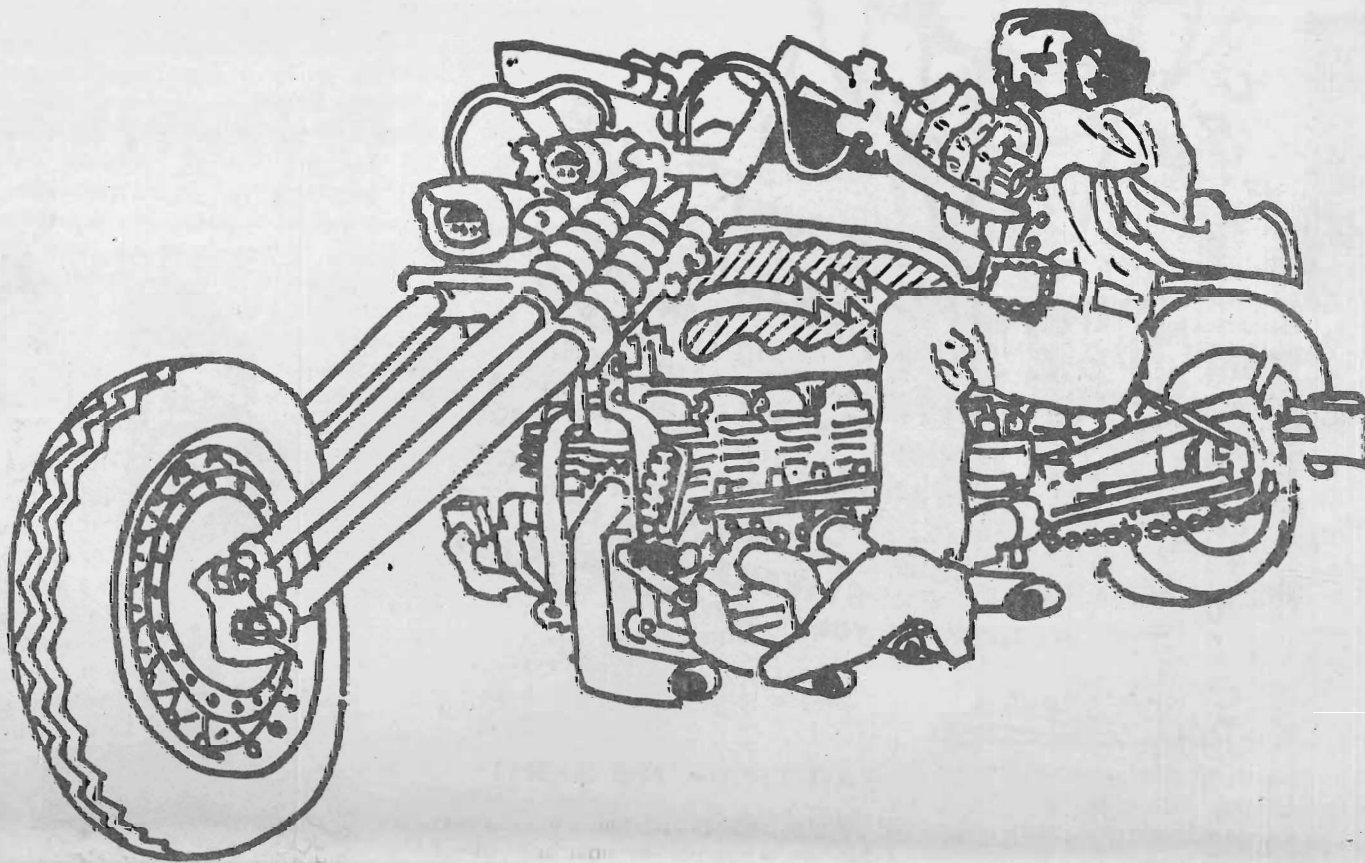
**BASIC ELECTRICITY**

Basic theory; how to wire a house, some appliance repair. Michael Aaronson  
Tues & Thurs 7:30 p.m.



**ART: PAINTING, SCULPTURE, ARCHITECTURE**

This class will be about and how to make art you can really dig when you're high. I think that's where all good art is. Limit 20 people. Albert Boyd  
Mon Wed ... Hour TBA



SPAIN

**BEGINNING PHOTOGRAPHY**

This is a workshop course for those who want to do their own black & white processing or improve technique. Along with the actual darkroom work the course will cover the basics of image control inside the camera, in negatives and prints. In addition to the occasional expenses for personal supplies, small charge for the darkroom costs. John Friedman  
Wed 8 p.m.



**knitting, needlework, crochet, sewing, you name it**

I will teach any of the following that people are interested in learning. Sewing, embroidery, needlepoint, macrame, crochet, card weaving, and inkle loom weaving (if you have a loom). You can make a loom or buy one for \$10. I would like to have someone in the class who can teach a few classes in knitting and someone who can teach basket making. The class will meet in Walnut Creek so a car or ride is required. Claudia Zeiler  
Time TBA

**Guitar Building**

I would like to show people how to build electric guitars for about \$35 to \$50 each. We would need table saws, band saws, drill presses and spray painting equipment for this project. Tony Lee  
Time TBA

**SOYBEAN COOKING WORKSHOP**

Cooking from recipes in *The Soybean Cookbook* and/or other recipes participants can demonstrate. A Free Particle seminar. Fri 4 p.m.

**BREAD BAKING WORKSHOP**

Those who have favorite recipes they're used to, can cook and show the others. A Free Particle seminar. Thurs 4 p.m.

**ORGANIC GARDENING**

Just what the title says. Starts March 15th. Lucy Hupp  
Sat 11 a.m.

**THE WOOD CROISSING SAILBOAT**

How to build and/or design a small sailing boat capable of being lived on and sailing to any place you might care to go. Tools, materials, etc. George Buehler  
Sat 7 p.m.

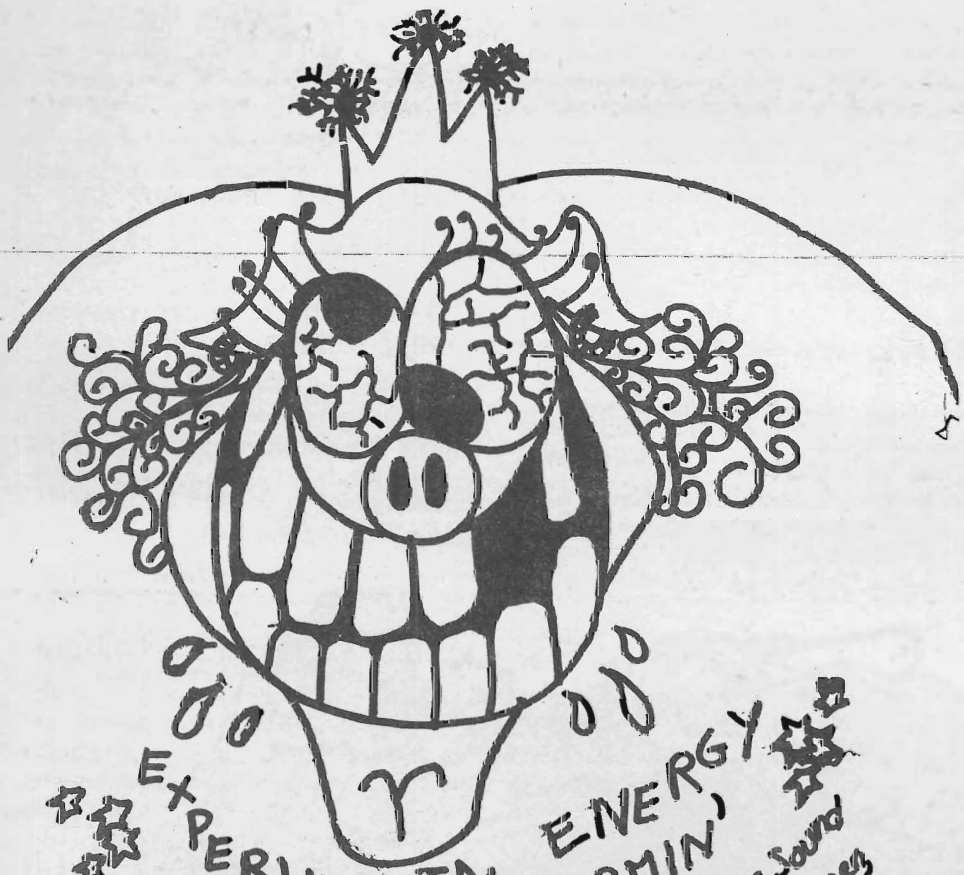
**natural foods and herbs**

Raps on diet, uses, what they are, where to get them, potluck dinners, recipes, cures and remedies. Michael and friends  
Time TBA

**FISH EYE THE MACROBIOTIC SAIROR**



SPAIN



**EXPERIMENTAL MUSIC PERFORMING ENERGY**  
 humans to perform in free-energy, one sound group as in Sun Ra, Ayler, Stooges, Stockhausen, King Howg, Velvet Underground etc. Should have instruments, particularly Drums, Bass, Bass 601 for Tenor Sax, Bass Clarinet, Electric Viola, Cello, Piano and ENERGY IMPORTANT - EXPERIENCE NOT. need tape recorder and good acoustical room. Instructor - John + Steve

**ROCK + ROLL WORKSHOP**

I am a guitarist who would like to get together with other musicians to jam, form bands, exchange ideas, etc.  
 Jeff Hersk  
 Time TBA

**GUITARISTS' WORKSHOP**

A get together for blues, country-folk, jazz-rock guitarists. This workshop will provide an opportunity for accomplished musicians to meet and discuss various styles and techniques of guitar playing. In addition, I (and hopefully other advanced class members) will offer instruction in the fundamentals of the instrument for beginners. Bring an axe and be prepared for some pickin' and grinnin'.  
 Phil Cannon  
 Time TBA

**BEGINNING MUSIC TRAINING**

Introducing Carlisle School of Music's new approach to learning to play the music of your choice more quickly than the time it has taken in the past. Special classes on most of the popular orchestral instruments. Students need instruments.  
 Carlisle School of Music  
 Mon 1 p.m.

**RECORDER PLAYING**

This is not a class for beginners, it is for people who can read (and maybe supply) music and want to play duets, trios, etc. I imagine we'll have one mass meeting and then break into groups from then on, but...  
 Paul Gifford  
 Time TBA

**CHAMBER MUSIC**

Anyone interested in getting it together with their instruments: flute, violin, cello, piano, etc. for turned on evenings of chamber music—contact this class. A Free Particle seminar.  
 Earl Baldock  
 Time TBA

**EAR-TRAINING, SIGHT-SINGING & BASIC MUSIC SKILLS**

This course will use the book *Sightsinging and Eartraining* by Maurice Lieberman, and will demand regular individual practice. The skills learned in this course will greatly help anyone interested in music, no matter what their prior experience is.  
 Jim McGiffin  
 Time TBA

**PEOPLE'S GREGORIAN CHANT CHOIR**

We have too little experience today in singing early monody and its close derivatives, in grooving on pure fourths and fifths, in the beginnings of early polyphony. So, let's get it together, following whither the spirit leads perhaps forward into more complex vocal styles, up to and including Palestrina. You needn't read music, but sense of pitch would help. We're looking for a place to meet, preferably with a piano.  
 Arthur Greene  
 Tues 7:30 p.m.

**CLASSICAL PIANO PLAYING**

(INTERMEDIATE AND ADVANCED)

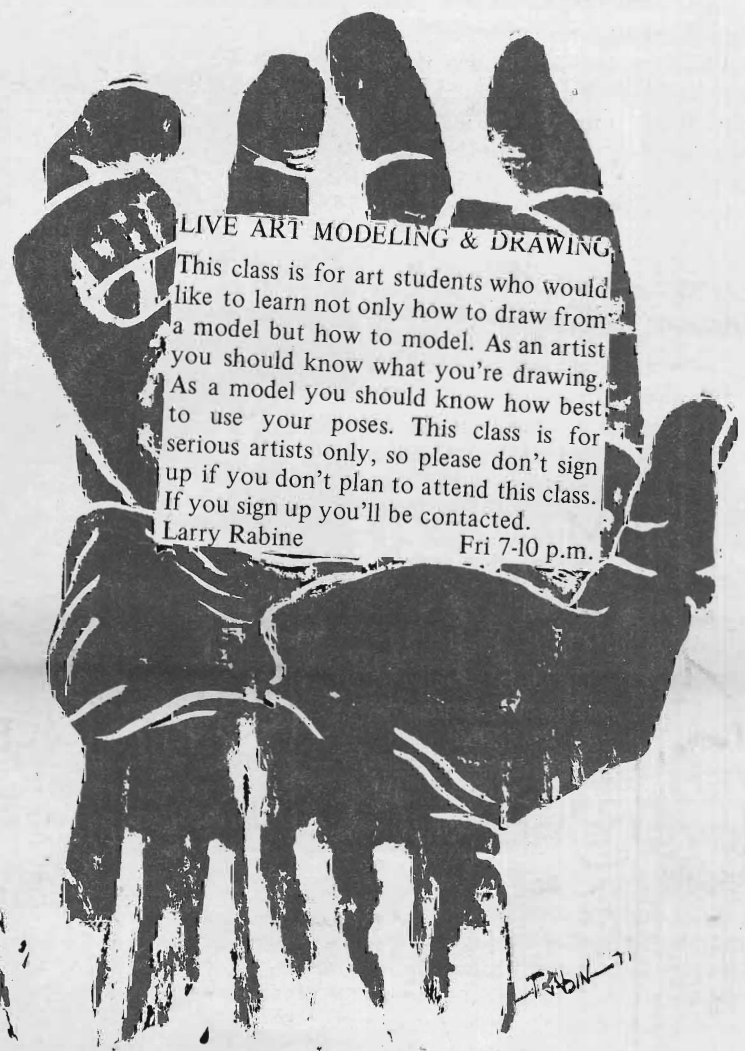
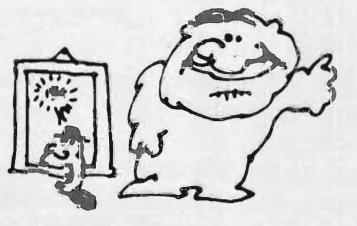
I can work with a small number of persons who want to expand their musical experience and personal expression via the works of Bach, Brahms, Beethoven, Schubert, Chopin, Schumann, Mozart and others. You must have a practice piano available, and be familiar with musical notation. We may want to Xerox music, we can use libraries, or whatever you already have. Work is mainly individual, with occasional group meetings where we will play, hear unfamiliar pieces or whatever we want. Transportation may be a problem since the instructor lives about a 5-minute drive or 20-minute walk from Arts and Crafts.

Timothy Brown  
 Time TBA (Instructor will contact those who sign up)

**MUSIC MAKING**

Bring any musical instrument you can, congas, flutes, oboes, tin cans, sticks, noise makers, voices, saxophones, etc. No telling what kind of music this energy will create. Limit 10 men, 10 women.

Larry Graetz  
 Sun 6-8 p.m.



**LIVE ART MODELING & DRAWING**  
 This class is for art students who would like to learn not only how to draw from a model but how to model. As an artist you should know what you're drawing. As a model you should know how best to use your poses. This class is for serious artists only, so please don't sign up if you don't plan to attend this class. If you sign up you'll be contacted.  
 Larry Rabine  
 Fri 7-10 p.m.

**VIVALDI, BACH, CORELLI - MUSIC FOR 2 VIOLINS + PIANO**

Violinists and pianists—let's get together and create something beautiful.  
 Judith Guertin  
 Sat 7:30 p.m.

**INDIAN MUSIC**

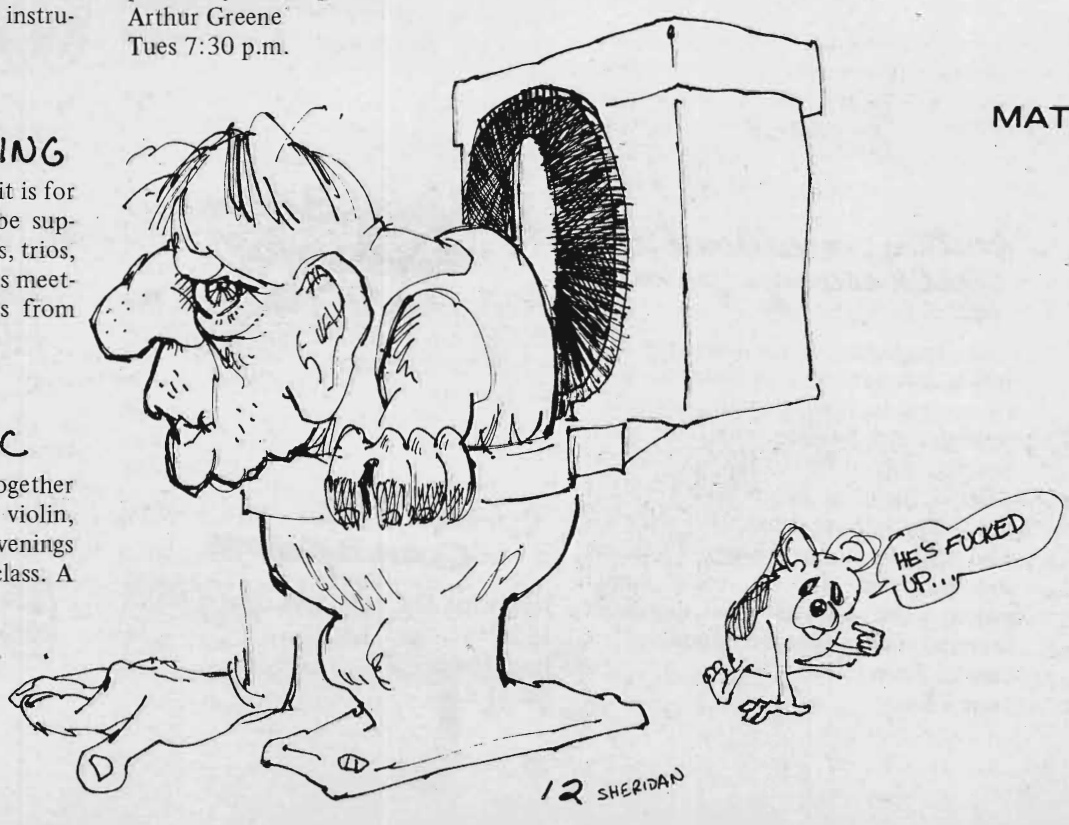
North Indian classical music both for listeners and musicians. Ragas & talas explained. Exercises will be given for those who are interested. Records & live demonstrations. Taught by student of Ali Akbar Khan.  
 Michael Stevens  
 Time TBA

**MATRIX STUDY - ART DRAWING, MIXED MEDIA, IDEA TRANSLATION**

Join with the intent upon exploring and translating ideas into meaningful forms. Projection of ideas; how to develop them—how to use them—how to work with them, how to see them, how to enjoy them. Materials open and variable.  
 Highram Quincy Winggate  
 Wed 7:30 p.m.

**BEGINNING DRAWING**

This class is for people who want to learn to draw. Realistic (representational) drawing will be taught—drawing three dimensional forms in space, in two point perspective, still-life, landscape, etc.  
 Peter Carter  
 Mon & Wed 1 p.m.



## MUSIC AND ART IN THE WESTERN WORLD

A series of Tuesday evening seminars devoted to tracing the development of music and art in the West. The presentations will emphasize looking at the art and listening to the music. Starting with Gregorian Chant the series will proceed in reasonable chronological order through the centuries. It is desired to follow the development of both the visual arts and the auditory arts simultaneously and to delve into the question of what influence the society of an era had on the arts. The similarities and differences between the media in any given era will also be examined. Each participant will come to his or her own conclusions as far as these questions are concerned.

The procedure to be followed will consist of spending one session sampling the music produced in an era and looking at the paintings produced during the same era with comments and discussion. The next session the complete compositions sampled the week before will be listened to while the slides are projected without comment. There will be opportunities for browsing through the various art books that will be on display. These are from a private collection and people attending the sessions must have a proper respect for fine books. The seminars will be reasonably informal and will progress at a leisurely pace. The recordings will be played on custom high fidelity installation.

Westminster Audio Service  
Tues 7:30 p.m.

## BALLET—CLASSIC

Black tights, leotards & slippers required.

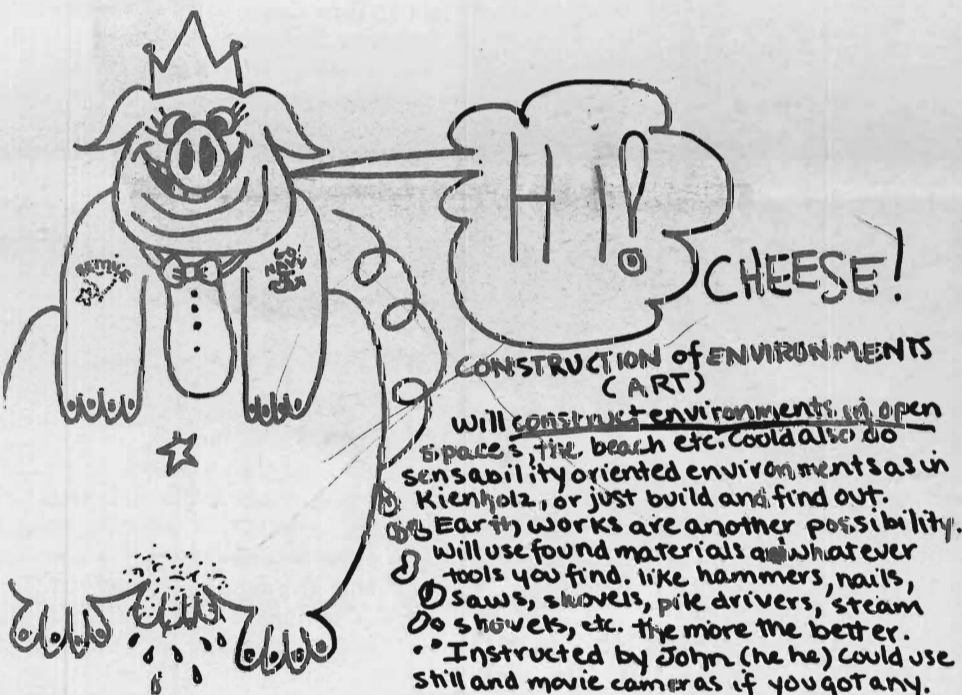
10 people—beginners—5 on Wed and 5 on Sat. 5 people—elementary, intermediate—Thurs.

Students to audition. Those accepted are expected to come to class regularly. Wed 4 p.m., Thurs 4 p.m., Sat 11 a.m.

## ELEMENTARY BALLET

The ballet, as taught by Maestro Enrico Cecchetti and his certified pupils, is a method of training the body of the student so that it will be a responsive instrument in professional performance, personal enjoyment, or in everyday living. Its basic emphasis is on development of a strong center from which the body can move in any direction, with any dynamic. Toward this end, the small inner muscles are developed. The student is also helped to develop a sense of pure line which can be altered or distorted at will. Much of the training is arduous and boring, but a concentration of effort will bring great rewards in joy and significant and economical movement. Class size is limited. Note: this is not calisthenics. You won't get a good workout or work up a sweat. If that's what you want, try another course.

H. Glickman  
Mon 7-9 p.m.



## FILM CO-OP

All phases of film production: producing, writing, directing, acting, lighting, sound, editing, distribution will be discussed and explored with a view toward making films for distribution.

Keith Sonner  
Time TBA

## BARBARIC SPLENDOR

*Barbaric Splendor* is an independent film based on the epic tradition of the nomad tribes of the Central Asian steppes; it will not be misleading to describe it as a cross between *Shadows of Forgotten Ancestors* and *Lonesome Cowboy*. We need extras, technical assistance, costume builders and anyone else interested in working on such a product. Filming will take place mostly in April and May. This film will be a vision of amazing glory, a remote chance at stardom, and more fun than kicking pickles.

A Free Particle Seminar.  
Jerry Zientara  
Time TBA

## MOVING

Exhilaration and exhaustion-relaxation-quiet, loud-exercises for a loose, directable and healthy body-breathing-being together, getting into yourself-slow, fast-making shapes, dancing emotions, sounds or weather-at homeness with bodies-thrust-sensitivity, compliment, contrast combination.

Donna Gerry  
Tues & Fri 7 p.m.

## FILM AS AN ART

How to watch movies. Movie history, techniques, style, important stars, producers and directors. We'll see a movie a week and then rap about it. This will be restricted to early Hollywood and some foreign films. Stag, underground, and experimental films are another course.

Mark Tarses  
Thurs 9 p.m.

celebrate!  
the second  
OPEN CELL READING  
\*stories\* tales \*poems  
explorations\*  
PARTICIPATE\* bring  
your own work to the  
FREE U. at 7:30 p.m.  
on Sunday, January 31  
donations: 25¢ for the latest issue  
\$1.00 for a 5-issue subscription

## MODERN DANCE

An introduction to modern dance. Beginners only.

Margaret Haines  
Mon 4-6 p.m.

## MODERN DANCE

Hawkins' modern dance technique with a yoga emphasis.

Toby Hazel  
Wednesday 4 p.m.

## AFRICAN DANCE

Beginning African dance to learn basic movements.

Bev Smith  
Sat 1 p.m.

## ELEMENTARY FOLK DANCING

Beginning folk dancing from: Greece, Yugoslavia, Hungary, and Bulgaria, first hour includes teaching, the second hour includes dancing. Line and couple dances will be taught.

Tzigane  
Sat 7-9 p.m.

## MOVEMENT CHOREOGRAPHY

Dance interpretations using primitive and modern dance forms, all improvisational.

Yo  
Thurs 8-10 p.m.

## WORKING WRITERS WORKSHOP: THE OPEN CELL

The Open Cell, a literary tabloid, and mellow writers' workshop, continues with 13 issues published to date, with your help maybe more. Bring artists friends, we're not on an analysis trip, but find we do our best work by paying attention to the heart and mind.

Jennifer McDowell & Jan Fichtel  
Wed 7:30 p.m.

## GAY POET'S WORKSHOP

Weekly meeting for Gay poets to read and discuss poetry. Sometimes much more talk (or listening to music) has taken place than reading. Also, perhaps public readings. A Free Particle seminar.

Sun 8 p.m.

## BERKELEY POETRY COMMUNE

A gathering of underground poets, experimenting within various media and publishing an underground anthology of poetry.

Tues 7:30 p.m.

## REVOLUTIONARY WRITING

The purpose of the course is to stimulate creative activity in the field of revolutionary writing. Existing examples of revolutionary propaganda will be studied to raise the political level of the student and to guide the student toward excellence in the type and function.

Joaquin Carpenter  
Sun

## WRITING NOVELS

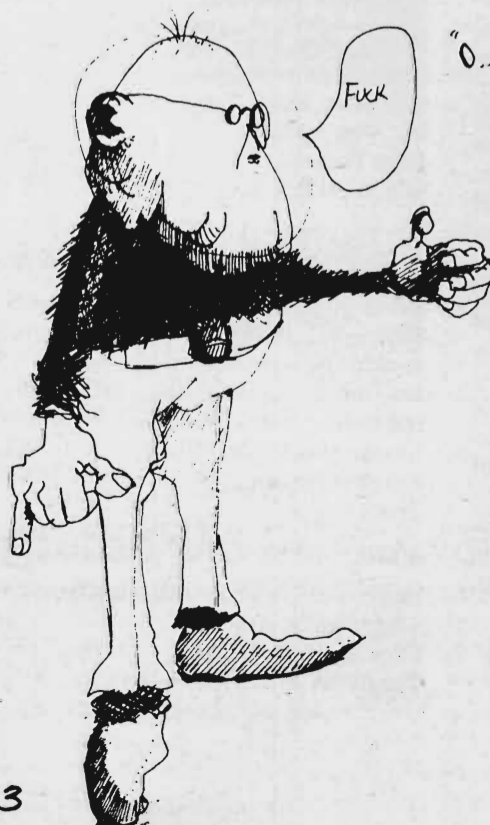
Writing novels, prose workshop for both beginners and old pros. Group lead for several centuries has been Ray Nelson, who has established a pattern of group criticism and shared responsibility which, hopefully, will continue without him, since in the coming quarter he will be easing himself out of the scene as quietly as possible.

Ray Nelson  
Thurs 8 p.m.

## TOOLS FOR REVOLUTIONARY PROPAGANDA

A multi-media course in people's propaganda ... written, filmed, and radio. The aim is not so much to teach, but to provide for distribution ... posters, leaflets, film, and news for movement groups. With Lloyd Watson. We'll beat the pig press.

Lloyd Watson  
Tues 7:30 p.m.



#### NEWSPAPER COMPOSITION

A course to teach the techniques of composing a newspaper or magazine. The techniques will consist of layout, proof-reading, paste-up and basically things one has to know about offset printing and color process. I have three years of experience working in a publishing house in Boston, Massachusetts. I worked as head of the art and composition department while in Boston. For those interested in this course you may contact Lynn Cain for further information. This course will be attended by both straight and gay people. Free Particle seminar.

Lynn Cain  
Time TBA

#### THEATER PROTEST

A survey of protest in theater throughout history. The course focuses on representative classics of diverse topics and their relevance to current problems as they apply to society. Under consideration: *The Bacchae*, Euripides, (Religion); *Trojan Women*, Euripides, (War); *Julius Caesar*, Shakespeare, (Politics); *The Birds*, Aristophanes, (Capitalism); *Long Days Journey Into Night*, Eugene O'Neil, (Modern Society); *Hedda Gabler*, Henrik Ibsen, (Women's Liberation); *The Boys in the Band*, (Homosexuality); and *The Dutchman*, Leroy Jones, (Race). The last two selections are considered by this individual to be classics regardless of their current authorship. There will be few formal lectures except as related to the genre of the period, theatrical devices and concepts that are not available upon reading the plays. We should intend to investigate the problem of theater's meaning in our times and particularly the classics' place in "OUR" theatre. A Free Particle seminar.

Robert Hendricks  
Time TBA

#### SEMINAR: BERTOLT BRECHT

A seminar structured class whose aim it will be to analyse the validity of the German playwright's effect on modern theater. While much consideration will be given to his plays, it will be hoped that the group will also see fit to consider his letters, writings, and legendary appearances before the House Un-American Activities Committee. Included in the meetings will be an extensive analysis of "alienation" as a theatrical form and a political-propaganda device. A Free Particle seminar.

Robert Hendricks  
Time TBA

#### PLAY REHEARSAL AND PERFORMANCE

The complete rehearsal and performance of one full-length play. One may enroll as an actor, stage hand, stage manager, costumer, fitter, etc. The environment should be that of a company in which all are bound to the final product and the total quality of production. The plays for consideration will be chosen from the following list: *Julius Caesar* (Shakespeare), *The Frogs* (Aristophanes), *Mother Courage* (Brecht). The final selection of the play will be determined by the wishes of the group, the technical problems of the production, i.e., theater, actors, set, and production costs. In any event the production will be considered in the light of current theater trends and the creativity of the group. Audition dates will be announced at the first meeting! Attendance mandatory from the first meeting. A Free Particle seminar.

Robert Hendricks  
Time TBA

#### DRAMA PLAY LIFE DRAMA

Beginning each time in silence, going inside, following the feelings lead. Drama being a way of acting out the life between us, letting it happen as it does. Bridges, through movement, sounds words, laughter, crying, screaming, jumping, crawling, embracing. Playing out our masks, to see them, to let them fall. In this sacred space, we may soften, open, become more ourselves, more each other.

Trisha  
Thurs 2 p.m.

#### THEATER LABORATORY ACTING WORKSHOP

Total communication through acting, the art of self-expression and personal development. Methods of applied research in human potential development.

Terry Pines  
Wed 8 p.m.

#### THEATRICAL MAKE-UP

A creative introduction and development in the art of theatrical make-up. Special consideration will be given to historical make-up forms from the Greeks to the present. The course intends to investigate the effect of make-up in creating the character beyond the actor's own concept. Specific emphasis will be placed on make-up's role in current or revolutionary theater forms. Labs will be numerous, supplies will be kept at the minimum. Fieldtrips? Many demonstrations on application procedures. A Free Particle seminar.

Robert Hendricks  
Time TBA

#### TRAVEL TO ASIA

For the people who plan to travel to Asia. Let us exchange some information.

Jacques DuBois  
Thurs 7 p.m.

#### NATIONAL PARKS OF THE USA

A series of twenty or so color slide programs. These will present slides taken while wandering along the trails and scenic roads in these areas. The pictures will present the beauties of nature as found in the less frequented sections of the parks as well as views of the major points of interest in each park. They will touch on geology, geography, ecology, botany and natural history plus photography in one way or another. Each program will present a different part or section of a park. A great deal of physical effort was expended to get these slides of our National Parks and we would like to share with others the beauties that were seen and photographed.

Westminster Audio Service  
Thurs 7:45 p.m.

#### NATURAL HISTORY OF VERTEBRATES/PALEONTOLOGY

Seminar like meetings—would like participants to present individual topics and interests for discussion—some skeletal material to be learned. Bring your own collections of bones, fossils, specimens to be looked at by all of us. Limit 12 people.

Sara Glickstein  
Tues 8 p.m.

#### HUMAN USE OF COMPUTERS

The purpose of the project will be to define the use of computing machines in terms of making the human condition better—not worse. What is a computer? When should a computer be used or not used? How can machines be applied to problems like scheduling and information handling? (Hypothetical design for aiding projects like the food conspiracy or food alternative will be discussed.) You do not have to be technically oriented to attend this project, in fact non-technical people are encouraged to take part.

Tzigane  
Sat 7 p.m.

#### MATHEMATICS—PROBLEM SOLVING WORKSHOP

I would like to get together a group of people who have studied introductory calculus, analysis, or number theory who might be inspired by each other to take an active interest in mathematics, physics, chemistry, biology, or an art if we worked together as a workshop when it came to the mathematics problems each of us would encounter as we pursued our various studies. As I imagine the workshop, each member would bring before the group problems he found difficult or simply interesting, and would try his hand at problems others brought before the group. If the course needed more structure I would suggest centering it around work in the book, *Induction and Analogy in Mathematics*. For further information call Dunbar Aitkens. Free Particle Seminar. Dunbar Aitkens  
Time TBA

#### THE THERMODYNAMICS OF BUREAUCRACY

The application of the principles of thermodynamics to the only area they can be shown to be valid—namely bureaucracy. Discussion of the history and invalidity of thermodynamics for dealing with engines or matter.  
Frank R. Kegan  
Mon 1 p.m.



#### FOREIGN TRAVEL

People who have traveled in or come from other countries, or plan to travel, will share ideas, impressions, addresses, etc. One meeting.

Edna Infante  
Mon 8:30 Feb 23

#### FRENCH PARTY—FRENCH MOVIES

Brush up your French in a house where there are always a few Frenchmen around. We have discussions, we watch a few movies about fiction, art, history, sightseeing (free). We trade French wine for American pies. Bring your friends.

Jacques Dubois  
Thurs 8 p.m.

#### ATTIC GREEK

Emphasizing and investigating Greek as a linguistic source.

Chris Kenney  
Time TBA

#### BEGINNING CHINESE

Written, spoken, classical, modern—a broad introduction to the Chinese language, using the national language (Mandarin) as a basis. Be prepared to attend regularly (two 2-hour sessions weekly) and put in some serious effort.

Ernest Wu, Tom Schaefer  
Tues & Fri 8 p.m.

#### FOREIGN LANGUAGE LEARNING

For anyone who wants to learn a foreign language or teach his own language to others. Foreign students who wish to improve their English are very welcome. Hopefully small groups of those working on the same language will be formed, and trade arrangements will be made to teach each other.

Edna Infante  
Tues 8:30 p.m.



**OMAN'S LIB (MAN PLUS O AND WOMAN LESS W)**

An oman is not a man nor a woman, but happens to be in a "more-or-less" male or female body, the same way as a human being can be tall or short, black or yellow, blue or brown eyes, etc. . . these differences can be relatively relevant, but terribly secondary. An Oman is a human being regardless of its gender. Being an oman is not just an assumption, it's an active realization. People are potentially human beings; this potential doesn't have much value if not realized (made real).

Andre Carpenter  
Time TBA

**THE INNER REVOLUTION (AND ITS POSSIBLE OUTER CONSEQUENCES)**

"It's absolutely necessary and urgent that a radical revolution occur in consciousness: a true mutation of the entire psychological structure of the human being."

Krishnamurti

It's about meeting oneself and others for real. It's about expanding and refining awareness and freedom. It's about confronting the fascist part of the mind that value-judges and condemns real feelings. It's about unburdening oneself from the cults of freedom and resignation. It's about understanding, it's about being compassionately wise and wisely compassionate. It's about growing as living creatures instead of as concepts. We'll confront, we'll reveal . . . we might dance, play, rap, sing, touch, laugh . . .

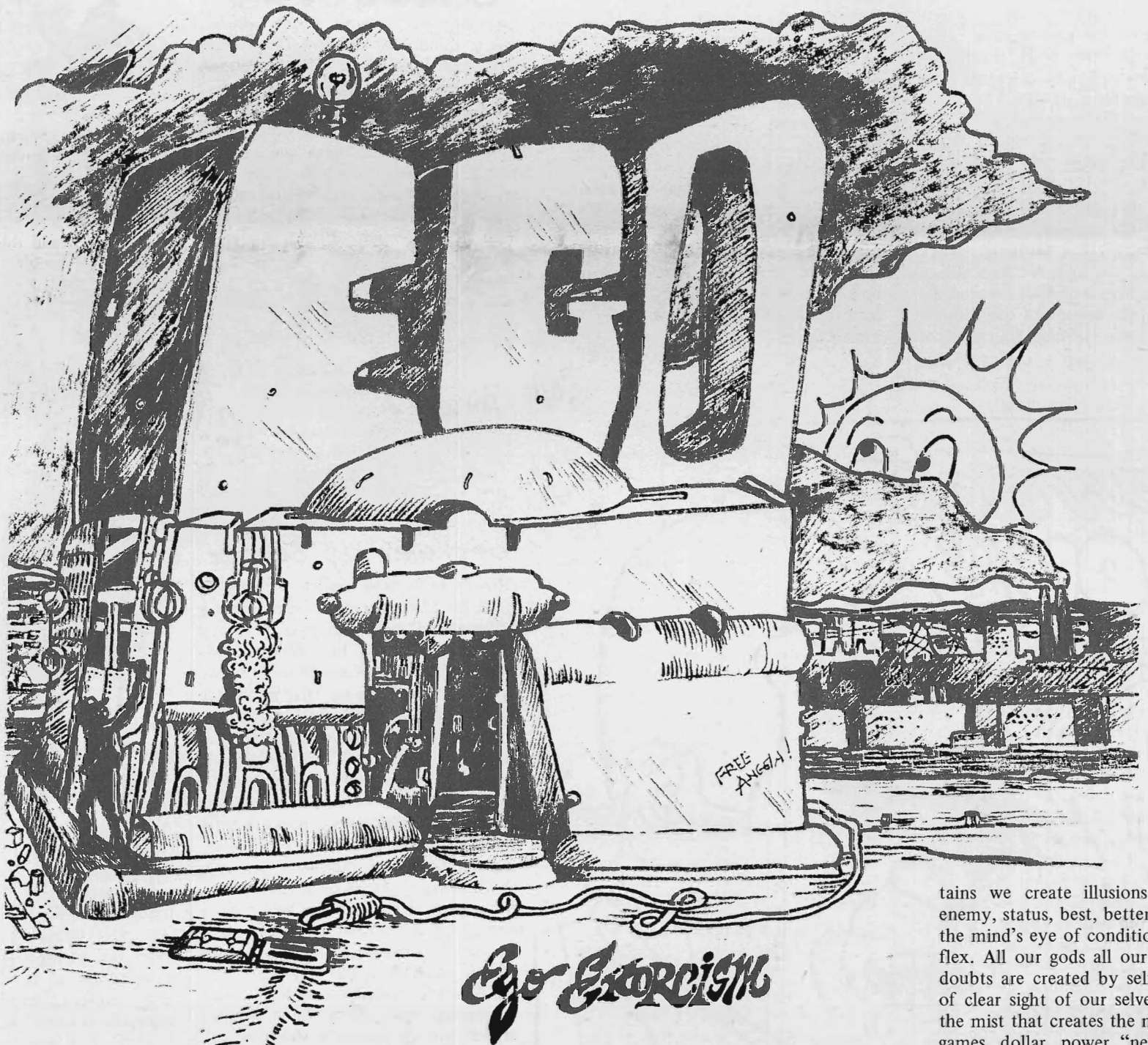
Andre Carpenter  
Sun 8 p.m.



**MEN'S LIBERATION GROUPS**

This is a men's consciousness grouping, which will be made up of a number of small groups, cooperating with the large group, and other small and large groups. Growth will come through the union of personal and political awareness, as differently achieved by the interests and approach of the men in the various groups.

Time TBA



Me, you, "they," it, we; all are species concepts to "reality" views. It will be the purpose of this course to discover in some small measure who or what that is "being you," is; and how that "you" can and should relate and interact with others of our fellow spaceship earth travelers. Ego and its relative stability and the real problems, pain and loss found in its instability, disfunction, or imbalance are real threats to our per-

sonal, tribal, and human fellow relationships and in wider time social perspective, our survival and peace or joy on this our Home in this our age. We will examine the place, era, and condition of being we are in; to relate in real ways to known and well-perceived realities is of value and creates valid and effective perspectives towards change or movement toward active alternatives. By our walls by our towers by our caves and moun-

tains we create illusions of distance, enemy, status, best, better, or higher in the mind's eye of conditioned social reflex. All our gods all our fears or self-doubts are created by self-view or lack of clear sight of our selves. Ego fog is the mist that creates the maze of social games, dollar, power "needs," or illusory social emotional benevolence. The class will be divided into three parts: culture arts, eco-survival, and political social community action. Be you, know that you are the only one that can be you, know also that in each of us there is someone discovering and living with the you they have discovered themselves to be.

J. V. M.  
Time TBA

## CELEBRATION

A weekly encounter group devoted to the celebration of life in as many of its forms as possible, and in as many ways as we can think of. Class will be open but prefer on-going members. The motto is "Get it on!!"

Harmon N. Henderson  
Sat 11 a.m.

## Gestalt individual sessions

A free forty to sixty minutes of individual work using the Gestalt method of Fritz Perls. The method works best when risks are taken in opening ourselves, working with moment to moment feelings and awareness, as opposed to explaining and analyzing. It is the nearest there is to a Western Zen. Those signing up telephoned over the next months until all are contacted.

Bob Hartley  
Time TBA

## permission flightways

Brothers, sisters, freaks, let's fly higher straight . . . drugless trips get you higher with love vibrations, in verbal and non-verbal encounter. No fucking, no rip-offs, no paranoia, no dealing, what is left? A place to allow permission to the child in you a two-hour space to do whatever it wants to do. Be ready for surprises. Limit 20 people.

Ursula Steiner  
Time TBA

## BIO-ENERGETIC FUNCTIONALISM A REVOLUTIONARY THERAPY

Bio-energetics works with the basic expansion-contraction energetic-plasma motion of the body. All "higher" functions, such as dancing or thinking are specialized functions of this basic somatic plasma action. Life is breath-exhalation is pleasure: so we work with making breathing more natural, more involuntary, so that body energy and consciousness-awareness increases. This is our formula for working:

1. Remove emotional blocks.
2. Feelings of losing "control" are felt and anger and joy are released.
3. With this, and with freely expressive body and psychic energy the person actualizes his potential as a loving, pleasure seeking human being. This enables us to read the body expressions of our fellows, in a sense—to read the mind of others.

We plan to discuss Wilhelm Reich's work, the work of Fritz Perls, and the concepts of sex-economy (the most important concept in the universe), self-regulation, functional, organic thinking (which opposed to mystical or mechanistic thinking, understanding, *automatically* the true nature of man, animal and cosmos). We'll discuss radical psychology and its basis, which is bio-energetic functionalism.

The basis of *all* rational humanistic thought, the basis of the *knowing* of all that exists, is organomic (bio-energetic) functional thinking and living—this is self-evident once you have consciousness of bio-energetic feeling, once you have free body energy. LOVE.

Time TBA

## ENCOUNTER

"An encounter group" words which come to mind: here-and-now, feedback, hearing and listening to others, expression of feelings, contact, being in touch with one's own feelings and those of others, choice; as a group we will try to develop ourselves in these and other areas . . . a basic encounter group. A commitment to come will be discussed. I will call you to speak individually to be in touch beforehand with those interested.

Max Iacono  
Tues 7 p.m.



## berkeley rap center

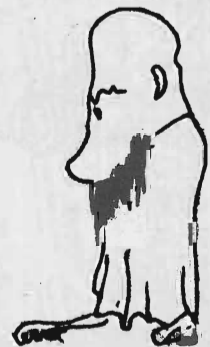
The Berkeley Rap Center, recently re-born at 2339 Durant, is searching for women and men with new ideas and energies. It seems like we're always changing. No sooner do we feel that we know what we're doing, than something new comes to light which we try to struggle with. What we are today and will be tomorrow is hard to describe, because it seems like all we know for sure is what we were yesterday, or at best just a little before now. A little before now? We have all sorts of opportunities for people to meet and rap, about heavy problems on a regular basis, and about things not so heavy on a one-shot, contact basis. Emergency one-to-one's are available, a child play center (which we're trying like hell to get fully under way), advice on welfare, draft counseling, and just a place to meet others through the rediscovery and use of skills which we all have but often can't find within us at the right time. Would you like to relate to anything we've got going? Do you feel other things should be happening? Become part of us. Let us know what you want. We strongly believe that giving and receiving compassion and assistance are both part of human expansion which we invite you to share with us.

Berkeley Rap Center  
every night 4-9 p.m.

## politics of encounter

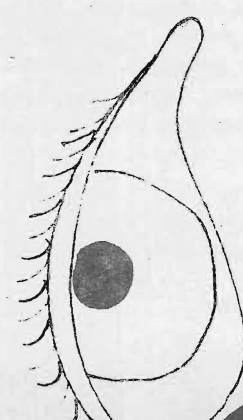
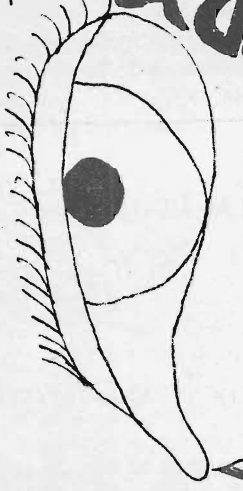
A long weekend of encounter and discussion for people concerned with the twin problems of self development and radical activism. We hope to follow the tradition of the women's movement in creating a humanized political analysis from the perspective of extended encounter; also to deepen the significance of encounter techniques by including in them the realities of our life-styles and politics. The group will have to deal with the problems of leadership and direction that face any political small group, and thus will be a workshop on the internal problems of communes and collectives. Don is an experienced encounter group leader with gestalt therapy training, now teaching psychology at Cal. Abigail is experienced in encounter groups, communes, and political collectives.

Don Flory & Abigail Grafton  
Time TBA





THE COURSE WILL COVER THE IDEAS OF LAIN BERNE SZASZ, T MARX, K FANON MARCOSE REICH MALCOLM X



with readings from THE RADICAL THERAPIST, IT AIN'T ME BABE, THE BERKELEY TRIBE AND NUMEROUS OTHER PAPERS



# RADICAL

BECOMING PART OF THE CENTER WILL BE TRAINED AS LEADERS OF PROBLEM SOLVING GROUPS FOR WOMEN OR MIXED. ORIENTATION MEETINGS WILL BE HELD EVERY TUESDAY AND THURS. FROM 5-7 PM. AT THE FREE UNIVERSITY (BACK ROOM)

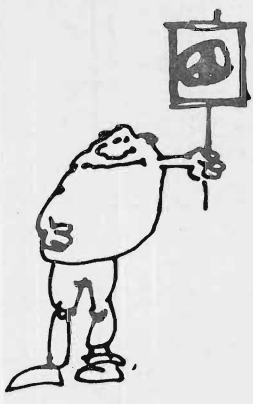
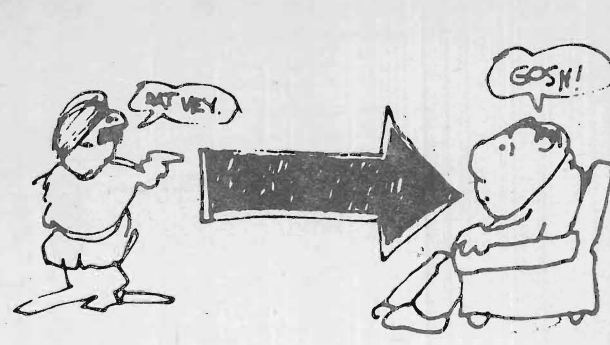
RADICAL PSYCHIATRY also has a volunteer program at Contra Costa Co. Hospital, a writer's group, several training groups for group leaders and is providing problem solving psychiatric groups about 100 persons.

# LIBERATION

IT WILL BE SHOWN THAT PSYCHIATRY IS A POLITICAL ACTIVITY AND THAT PSYCHIATRY'S SO-CALLED "NEUTRAL" STANCE SQUARELY SUPPORTS THE PIG ON THE PEOPLE'S EXPERIENCES AT THE RAP CENTER, OF WHICH WE WERE RECENTLY EXPELLED. THE PROPER PRACTICE OF PSYCHIATRY BASED ON THE EXPERIENCES AT THE BERKELEY CENTER WILL BE SHOWN THAT WHILE ALLENATION = OPPRESSION + MYSTIFICATION LIBERATION = AWARENESS + CONTACT. OTHER HUMAN BEINGS WILL BE SHOWN TO BE AT THE CORE OF PSYCHIATRIC DISTURBANCE. THE COURSE WILL BE TAUGHT BY CLAUDE STEINER AND OTHER RADICAL PSYCHIATRISTS. THIS COURSE WILL BE OFFERED WITH OPPORTUNITIES TO BECOME TRAINED AT THE NEW

PSYCHIATRISTS  
By: Pottie, Joan, Denny, Betty, Gretchen, Claude, Joy, Peter, Bob, Mimi

PARANOIA IS HIGHTENED AWARENESS. DRUG ABUSE IS TAUGHT TO CHILDREN BY THEIR ALCOHOLIC, NICOTINIC, ASPIRINIC ELDERLY. DEPRESSION IS THE RESULT OF LOSS OF CONTACT WITH OTHER HUMANS. PSYCHIATRIC DIFFICULTIES ARE THE RESULT OF OPPRESSION AND MOST PSYCHIATRISTS OPERATE AS ENFORCERS OF OPPRESSION. SCHIZOPHRENIA IS SIMILAR TO "NORMALITY" IN THIS MAD WORLD. "FUGIDITY" AND "IMPOTENCE" ARE THE RESULT OF THE OPPRESSION OF WOMEN AND THEIR GUERRILLA WARFARE AGAINST MALE SEXUAL IMPERIALISM. POWER TO THE PEOPLE!



## foundations of sexual identity

An encounter group for those willing to accept the risks and releases of the process of acquiring self-consciousness. The orthodox and the unorthodox welcomed equally. A Free Particle seminar. It is unnecessary to register with the Free U. Contact 2516 Regent St.

## transactional analysis

Fundamentals of "Transactional analysis," Lecture but the primary purpose being a working group therapy. Goal: "I'm okay, you're okay," realistic living. Understanding your responses and others. Limit 15 people. Wade Urbach Sat 1 p.m.

## Sensitivity Sharing

We will share our bodies, minds, and earthly belongings and everything and anything else one has to offer. Larry Graetz Sat 5-7 p.m.

## MALE & FEMALE ENCOUNTER (it's time we got together)

On-going encounter group to make a serious effort to break down the barriers, between men and women. Not a "fighting" group. Sensitivity and honest compassion will win out over all. Some sensitivity methods will be used. Harmon N. Henderson Sun 8 p.m.

### ANALYTICAL TRACKING

Five lectures on consecutive Saturday nights: First lecture, Man's Situation and His Assumptions; Second lecture, Directly Observable Psychological Entities; Third lecture, Cycles of Mind; Fourth lecture, Ridicule, Humor, and Ethics; and Fifth Lecture, Metaphysics. Kevin Langdon  
Sat 8:30 p.m.

### DOING THINGS (FOR PEOPLE WHO AREN'T BUT WOULD LIKE TO BE, IF ONLY...)

Group sessions, some individual sessions. Bring a list of all the things you'd like to be doing and like to do the first meeting. (About 30 things might be par.)  
Arree Goldberg  
Tues 8 p.m.

### GROWTH BY SELF-GUIDANCE AND SELF-GOVERNMENT

Unlike the weaklings, the strong don't tolerate government by others. Here I suggest how to exercise for shared community control of society's institutions. For the individual strength which can help develop a self-governing community, you'll need to grow conscious of what you need and increasingly competent to satisfy needs you feel conscious of. Because you recognize some needs only by feeling confusion, frustration, or pain, you grow faster by paying attention to such feelings. When you use your upset feelings to correct future effort, these unpleasant by-products are called *feedback*. Those who often escape their own "low vibes" by taking chemicals, etc. will repeat whatever caused their upsets. So when a majority-rule organization, a government, or an institutional tyrant oppresses you, you need to feel your oppression. As you learn to communicate responsively with

those who attract you, friendships develop. Responsiveness allows a teacher to facilitate learning instead of dominating. Responsiveness prepares group members to learn unifying communication instead of debating to vote down a minority. As specialized groups for study, for encountering, or for action learn to respond to changing desires of growing members, they specialize less as their communities of mutual aid grow stronger. Groups may coordinate with other groups so that movements of self-governing groups can engage in social action which ends abuses of power—or else action which produces feedback for improving future action. We offer personal encounters, spontaneous dramas, and rehearsals of ways to create mutually satisfying group agreements in sessions where you may practice all steps of growing outlined above. We plan day-long practice workshops on the first and last Saturdays each month—10 a.m. on. Please sign up for notices of places and schedule changes. To prepare for a practice-workshop, you may arrange to borrow my unpublished book titled *Loving Yourself and the Human Species*.  
Clear Marks  
Sat 10 a.m.

### LOVING TRIBES TO REPLACE OPPRESSIVE INSTITUTIONS

Monster institutions become machines when they get too big. Whether you regard governments, schools, corporate businesses, and mass communications as monsters or as machines, they tend to merge forces as an Establishment which often exploits or destroys people. When friendships grow among members of a small group, when they sometimes communicate for growth as individuals, and sometimes cooperate in action to stop some institution from abusing them, their unspecialized group may be called a *tribe*. By this definition, I prefer a tribe as my family, my school, and my unit of self-government, etc. To learn creative communication as a tribe, you'll need practice. If you've been mis-educated to serve a hostile system, you may also need practice caring for each other. So how about coming to practice workshops with me. See my other course at left.

Clear Marks  
Time TBA

### DREAMS TO SHARE

To keep a notebook of dreams, bring them to each other, simply (no analysis), telling the dream, tell its own message, watching the symbols and images go through their (our) changes, week by week.  
Anna Stanislawski  
Alternate Mon 3-5 p.m.  
Starting Feb 22

### GROWTH AND METAPSYCHOLOGY

Course offers the opportunity for study and discussion of ways human potential may be increased. Bibliography including Maslow, May, Goffman and others. Course is not therapy. However, we may have group lag for those students who could profit from this type of involvement. The central issue of the course is: considering normality as a starting point, how can the individual move effectively toward self actualization. Limit 15 people.  
Bruce Cole  
Time TBA

### SELF-PSYCHOLOGY AND MYSTICISM

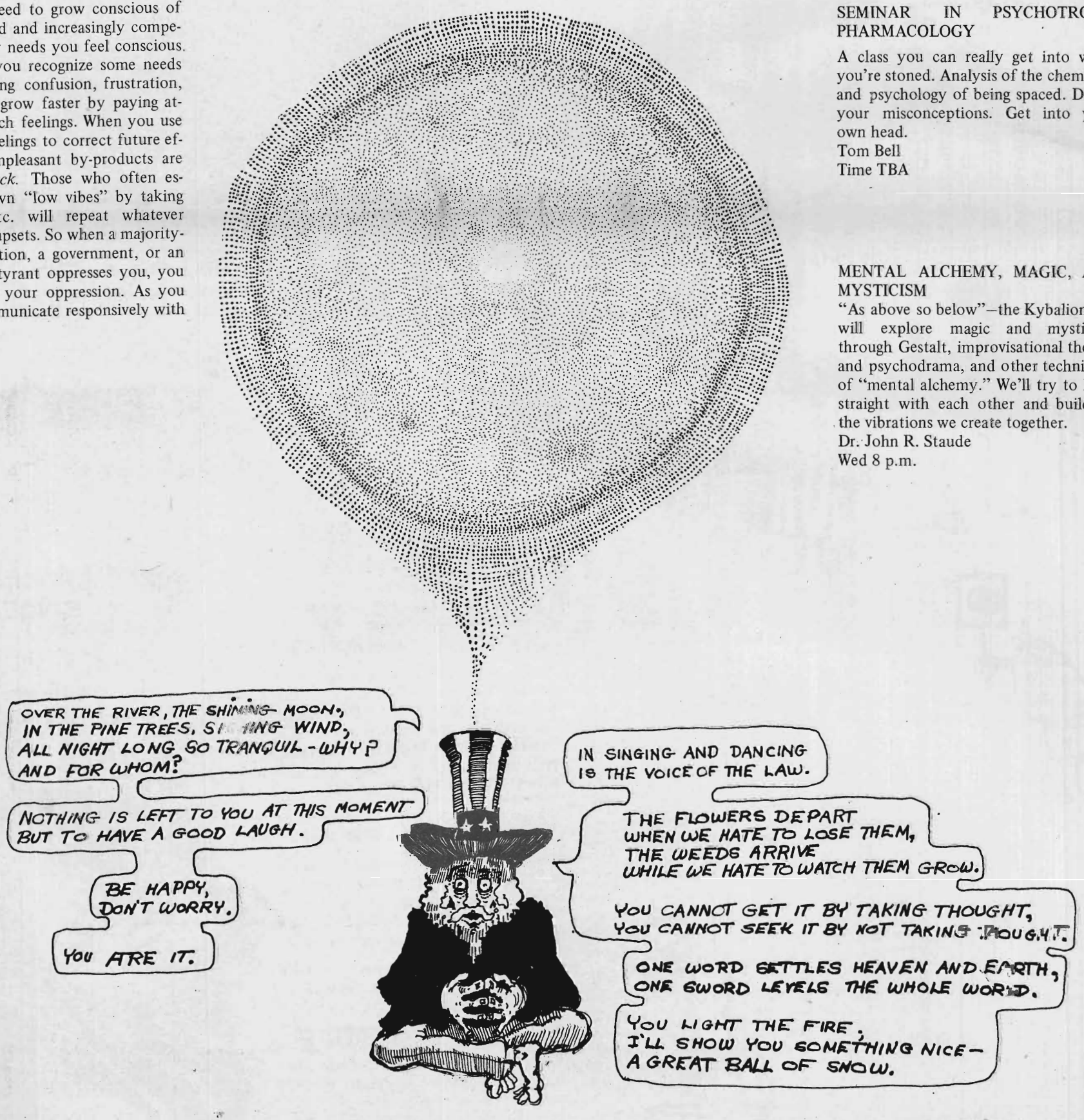
Sharing our approaches to life, to self-fulfillment, to self-actualization, to finding the Buddha within, to finding the Christ within, to living, etc. Finding or allowing for better attitudes in living, being able to approach one's own essence. Be prepared to share.  
Arree Goldberg  
Every other Mon 7:30 p.m.

### SEMINAR IN PSYCHOTROPIC PHARMACOLOGY

A class you can really get into while you're stoned. Analysis of the chemistry and psychology of being spaced. Dispel your misconceptions. Get into your own head.  
Tom Bell  
Time TBA

### MENTAL ALCHEMY, MAGIC, AND MYSTICISM

"As above so below"—the Kybalion. We will explore magic and mysticism through Gestalt, improvisational theater and psychodrama, and other techniques of "mental alchemy." We'll try to keep straight with each other and build on the vibrations we create together.  
Dr. John R. Staude  
Wed 8 p.m.



OVER THE RIVER, THE SHINING MOON,  
IN THE PINE TREES, SINGING WIND,  
ALL NIGHT LONG SO TRANQUIL - WHY?  
AND FOR WHOM?

NOTHING IS LEFT TO YOU AT THIS MOMENT  
BUT TO HAVE A GOOD LAUGH.

BE HAPPY,  
DON'T WORRY.

YOU ARE IT.

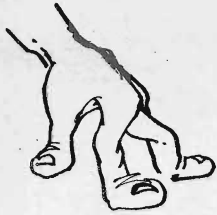
IN SINGING AND DANCING  
IS THE VOICE OF THE LAW.

THE FLOWERS DEPART  
WHEN WE HATE TO LOSE THEM,  
THE WEEDS ARRIVE  
WHILE WE HATE TO WATCH THEM GROW.

YOU CANNOT GET IT BY TAKING THOUGHT,  
YOU CANNOT SEEK IT BY NOT TAKING THOUGHT.

ONE WORD SETTLES HEAVEN AND EARTH,  
ONE SWORD LEVELS THE WHOLE WORLD.

YOU LIGHT THE FIRE,  
I'LL SHOW YOU SOMETHING NICE -  
A GREAT BALL OF SNOW.



#### BEGINNING CLASS IN ASTROLOGY

This is a course mainly on the planets & aspects with special emphasis on the transcendental planets. All natal chart work with personal charts emphasized. Limit 20 people.  
Edwin Rosenzweig  
Thurs 5 p.m.

#### THE MYSTIC ARTS, KABALLAH AND THE OCCULT INCLUDING MEDITATIONS AND PRACTICES

Open free flowing revolutionary, reconstituted course. Games and encounter learning techniques. Great for revolutionaries getting themselves together or for those with purely mystical head sets. Taught by a Free U organizer who taught for 12 years in colleges—Dr. Anthony Gardiner Lowell, Ph.D. Commune people, and guerillas, especially invited. For beginners and advanced students.

Dr. Anthony G. Lowell  
Sun 1 p.m.

#### THE OCCULT THING

Reincarnation, aura, telepathy, astral traveling, prophecy, planes of consciousness, mediumship, fairy tales, white and black magic, spirits, mythology, religion, flying saucers, astrology, rituals, meditations etc. . . . and their relevance and practicality in real daily life.

Gordon Grant  
Time TBA

#### TAROT READING

The history of and how to read all Tarot Decks.

Jordy Lawing  
Tues 7 p.m.

#### ASTROLOGY & YOGA

Swami Sivananda, an American, has studied astrology for 20 years. In this course he plans to make the connection between astrology and yoga for those primarily concerned in such things. The seemingly more utilitarian sides of astrology and yoga will be held up for discussion as well. Astrology may be approached through the physical, psychological (mental-emotional) and/or spiritual. Yoga too may be understood in a physical (hatha, karma), devotional (bhakti), intellectual (jnana), and/or spiritual (raja or kriya—the technique of meditation) way. In practice it is impossible to separate the physical and spiritual, the mental and emotional. It is the joining, the yoking of the different areas of our being by the light of mind, the love of heart and actualized by the spiritualized life force channeled through this body-temple that man realizes the highest ideal of yoga—Oneness as God. Astrology, for the intuitively awakened, is the recognition of the interrelatedness of the phenomenal universe of which each of us is the spiritual center, for all practical purposes. Enlightened yoga recognizes that all of man and woman's faculties and expressions are avenues to spiritual fulfillment and realization. Sex-love is a sacred rite inspired by God for man and woman's spiritual instruction in sharing, responsibility, sacrifice, resurrection, self-expression, self-mastery and ecstasy. Wed. 8 p.m.

Tell them Babaji sent you.



#### “ADVANCED” DISCUSSION OF ASTROLOGY

Discussions of whatever (only astrology, though). Those who have something to say, say it. Limit 20 people.

Edwin Rosenzweig  
TBA

#### ASTROLOGY WORKSHOP

Open to individuals who have a serious interest in astrology & are able to cast a natal chart. The emphasis will be in increasing personal awareness thru exploration of astrological symbols.

Chalon Crawford  
TBA



#### AQUARIAN AGE ASTROLOGY

I am interested in meeting with people who are into a psychological/spiritual based astrology to investigate, experiment & generally get into any of the following areas:

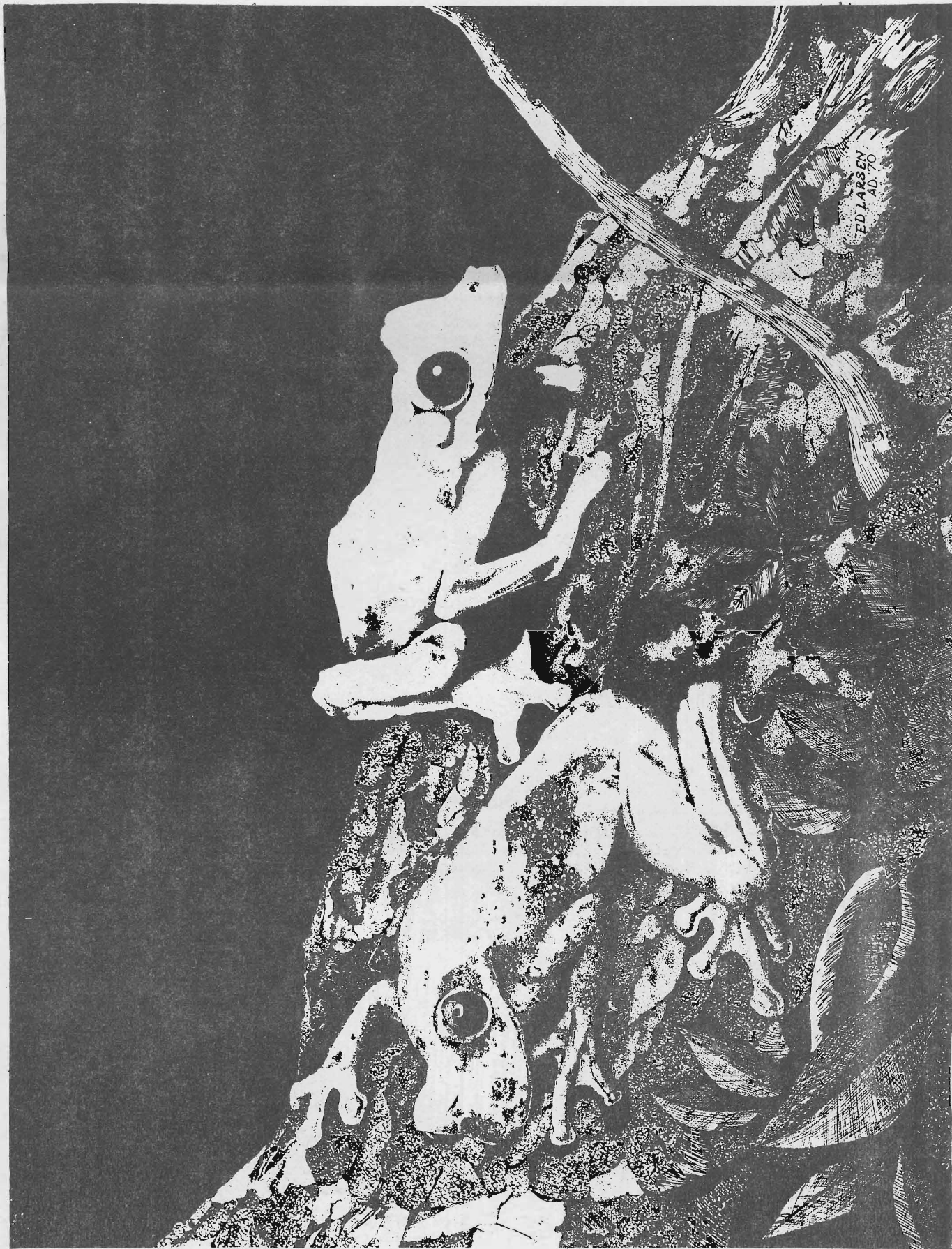
1. Collective action by astrologers, whether it be living together, think-tanking it together, en-

- counters or just talking. Can you believe in the Aquarian Age without living its principles.
2. The transmission of the information in a chart in such a way that it is a tool for a person to use for change. This includes:
  - a. The dynamic of the astrologer-client interchange.
  - b. Investigation of therapy techniques—gestalt, theater, games, etc.
  - c. How the astrologer's own chart is a clue to his technique, and the principles he has difficulty understanding and transmitting.
  - d. The entire relationship between psychology & astrology.
  - e. The relationship between astrology & spiritual practices: as a tool for finding a person's method of realization and astrology as a form of yoga.

3. Information trips—newsletter, public dissemination of information—street skits, newspaper articles, etc.

4. An astrology clinic?

These are just random ideas—they are not a limit for a structure. What happens is up to us.  
Rick  
TBA





-STEPHANIE POLOS

... and now kiddies—Sam Samsara otherwise known as Silly Sam Sybin has a psychedelicious ditty to sing. . . .

## A Flash, Flower and Puff

- I I felt like a slave,  
Sleeping in an old cave,  
Always felt depraved  
Wishing to be saved.
- II I had the darshan downtown blues,  
I felt compelled to break taboos,  
My thoughts flowed into merging streams  
blending into rivers of dreams  
I took a chance  
I joined the dance  
Cause stop, look, listen is the call,  
"Pride goeth before a fall."
- III You filled my void  
but a-voided me  
so psychedelically,  
inscapingly,  
and handed me the joint in your finger  
but with a chip on your shoulder.  
"Mind makeup for the cosmetic age," said you.
- IV You explained the heavy metal age to me,  
Said mind desertion will make you free,  
spoke of yesterday's flowers  
of ivory towers  
in yesterday's hours  
And said goo-goo ga ga gee ga  
and confette fell from your mouth,  
we heard the earth turn,  
Samadhi (so-mad-are-we!)  
and sung:

## Comprehensive & Systematic Study & Practice of Yoga

By Shri Jaya, Madras, India. One last session before leaving for India's Yoga Conference this year. Shri Jaya, director of the Universal Yoga Center, 1880 Turk Street, San Francisco, has a yoga live-in resident program as well as a Yoga and Proper Nutrition Lab at 1267 University Avenue, Berkeley. His students who train with him are now being placed under his guidance in Yoga Centers overseas. You may write/correspond at the above addresses. Students who go overseas should work with Shri in Berkeley first. He is interested in exchanging talents, services without money.

Shri Jaya  
Thurs 7-8:30 p.m.

## Kundalini yoga

Kundalini Yoga is the yoga of awareness. Through the use of exercises and breath control this yoga strengthens the nervous system and the will of the individual so that his body, mind and spirit are brought into equilibrium. His awareness will be heightened so that he will be conscious of causes leading to effects and thus he will be able to prevent those causes which will have a negative effect.

This results in an awakened spiritual consciousness and a qualitative change in life.

Tues & Thurs 7 p.m.

## Home meditation group

Would you like to meet with a group of 6 to 12 people one evening a week for meditation? I will organize as many groups as required from the people signing up. Each group will be completely self-directing—those with meditation experience can provide initial guidance, and the group will be free to evolve into any style of meditation or yoga or whatever that suits the member's wishes. When you sign up, indicate what nights you prefer, and whether you have a reasonably quiet room in which eight can sit as a meeting place.

Tom Schaefer  
Time TBA

## the bhagavad gita as it is

The course will provide an in-depth study of the essence of the Vedic literatures, the *Bhagavad Gita*, which guides man in his search for the Absolute Truth. The teachings of the Supreme Lord Sri Krishna to his friend and disciple Arjuna will be presented purely and authoritatively, having been handed down from the great sages and spiritual masters in an unbroken line of disciplic succession guaranteeing perfect transmission of this sublime doctrine. The instructions given 5,000 years ago are especially applicable in these difficult times we are facing and if one follows the instructions, he can be freed of all fears and sufferings and only then will he be able to relieve the suffering of all mankind. One who studies the *Bhagavad Gita* has no need of any other literature whatever. Sri Krishna is the Supreme Lord, the Ultimate End of all knowledge and of all seeing after knowledge. The present times are filled with hypocrisy and confusion and it is necessary to obtain knowledge to transcend the duality of this mundane world. Lord Krishna says "In this world, there is nothing so sublime and pure as transcendental knowledge. Such knowledge is the mature fruit of all mysticism. And one who has achieved this enjoys the Self within himself in due course of time." The *Bhagavad Gita* describes the different paths of yoga. Yoga means to link with God or the Supreme and this course will provide a practical method for re-awakening that eternal link of relationship by developing our love for the Supreme and all his creation. Lord Sri Krishna says "Being freed from attachment, fear, and anger being fully absorbed in Me and taking refuge in Me, many, many persons in the past became purified—and thus they all attained transcendental love for Me." The class also includes chanting of Vedic mantras and distribution of sacred spiritual food (prasadam).

Madhukanthadas and  
Haribasara das Bramachary  
Time TBA

- V Early reference of local mythologies  
Measured for preference by earthbound refugees  
What I really mean to say,  
You don't have to win to play.
- VI We think we're free caught in crucial conditions  
Hallucinating contests, personality piracy  
Exploring for realer than real positions  
So get near,  
I want to rape your ear:
- VII Those who think they know  
And sit and count their toes  
Will never remember when  
The number came to more than ten.
- VIII But if you find it more secure to lose  
And all the songs you sing are blues  
It's only yourself you're fooling when  
You count to 9 and say it's 10.
- IX So if you want to learn to leave this game  
You must gamble for more than you can lose.  
A settlement is not a claim  
A settler can't ever choose.

### Chorus mantras (ego-enterprises limited)

- 1) E=mc<sup>2</sup>
- 2) Turn on  
Tune in  
Drop out
- 3) Ritual High, Drug High, Guru High, Hi
- 4) A dogerl: woo woo woo

### A Fare-Thee-Well Address

Cosmic consciousness, Godhood, Bliss consciousness, color consciousness, freedom, awareness or love is not exclusive to any interest group, formula, or guru. It can respond to the playful graceful growth pattern of anything. All names and forms of God are symbolic and transient in themselves. It lends itself to a different color and vibration when spoken or chanted by each person. You must love and respect yourself as much as any shrine. Love is not possession nor desire for preference. The great spirit is beyond bargaining, joining organizations, monopoly, regimentation and cannot be sold wholesale or retail. The spirit message may be conveyed by the telepathic tune of a bird; the profound stillness of the mind, or the flowing evolutionary energy of enthusiasm of a creative loving will.

The Buddha said, "The greatest sin is ignorance or thoughtlessness. That the spiritual life begins with moral earnestness: spirit of inquiry and self-examination."

Faith is letting go to the here and now. One should be and choose that which is easiest to realize themselves best. A spiritual teacher reminds you of your creative divinity and doesn't weight you down in heavy self-indulgent see sick sounds of ego-gymnastics, daydreaming, materialism or pessimism. Criticism in the pursuit of understanding is not pessimism, however, and it is folly not to deal with a situation because you don't find it to your liking. Self-indulgence is the fear to be out of step with the latest "dance" craze; power trips, the illusory ego centered in its own little: worries, doubts, fears, anxieties, angers, lusts, possessions, ignorances, greeds, hatreds, smugness, purities and impurities, and general buying into lifelies of false security and related cloggings. Attitude is the barometer to the high/low factor.

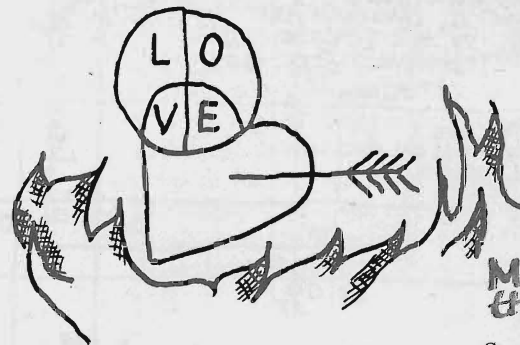
Politics is of spiritual concern. It is bhakti and karma yoga. It should be the dynamic integration of harmony and compassion (for people and the planet), of free creative energy exchange of self-determination and also the removal of the patterns of stress and fears, of cramped conditioned intentions, thoughts and actions of the species—a return to original being. Conform yes, but only to the natural harmony of the planet and keep the fangs intact.

Divinity is attracted by meditation, chanting with yearning and serving humanity (with a touch of detachment, kindness, generosity, patience, and humor). There are no exact models, pilots, or paths to follow in this new age and psychic space of 1971—one must hang loose to get loose—to experience and experiment. Minds are makeshifts—blow it, do it; not with a screech, head-scratch, or whimper, but with a puff, tweet, flash, flower and smile.

Footnotes to footnotes

Ashes to ashes

Rich rishi alphabet S. Heisler



## Yoga-Combining Hatha & Kundalini Asanas

Concentration on raising this "positive life force energy" up the spine, and releasing it through the chakras to experience this awareness. Bring some fruit and a blanket. Om Shanti.  
Michael and friends  
Mon & Wed 9-11 a.m.

## Meditation with & through other people

Staying with one focus (heartbeats, a word, Bach, her face, a candle . . .) beyond the point of "boredom," into that which blooms from nowhere. A question, repeated till the answers come from emptyspace ("Who are you" . . . "What do you want?")  
Anna Stanislawski  
Alternate Mon 12-3 p.m.  
Starting Feb 22

LIFE AND ENVIRONMENT OF CALIFORNIA  
OR  
LIVING IN HERE AND OUT THERE  
("WILDERNESS LIVING")

We're not just playing at "weekend out-ing" or "live-in-the-country": our Lives (from Within!) are Real; so is the violence (ultimately from Without) that's been coming down on us heavier and heavier from our culture, though this is only a minute fraction as real or enduring as Life Itself, or Nature. Freud's "Reality Principle," like science's "mechanical nature and man," is a shuck of (our) "civilization"—behind its fraying mask lies ancient tyranny and, now, the cancerous-growing totalitarian order.

So many of us now are searching for Out Humanness, and for Land—for some Living People and Earth—for Being-& Living (individually-& together) in a more viable, growing, enduring Way. It can't be done with just words, pretending and deception ("role-playing"), ego-games. If we don't really get ourselves together more, stop ripping Ourselves and Each Other off, and ripping off the living earth, get moving definitely out of the (western especially) "civilized" ego-kill-trip and get back-down-in to much more Natural, Human Being-& Living, then "the revolution"—like "ecology"—is hardly more than a shuck.

What are Life and Nature—especially Our Own Within? It is no coincidence or whim that we so hunger to feel and grow Our Roots in Natural, Living Earth, to "cultivate our gardens," to find People and Earth with whom we feel good—At Home. So let's get into really beginning the long journey toward once again—after how many generations of "civilization"?—getting Ourselves and "It" Together.

Animals move through the world of words like a caravan of silence—Max Picard, *The World of Silence*

No people understands any more the sensual language, and the birds in the air and the beasts in the forest do understand it according to their species. Therefore we may reflect what we have been robbed of, and what we are to recover in the second birth. For in the sensual speech all spirits speak with each other, they need no other language for it is the language of nature. —Jacob Boehme, early protestant prophet-mystic, about 1600.

What a life you must lead! The *iguana* [missionary] has spoken to me for hours of the things you believe, your God, these devils with wings, these ghosts and spirits who live in the sky and under the ground. Truly I am amazed, and afraid. It must be only because you are a white man and gifted with great strength and wealth, that you can survive all the terrors your beliefs put upon you! These laws of your gods take no heed of the hearts of their people; these devils and spirits who watch each thing you do and judge you by the terrible standards of death; these things make me shudder with horror! Yet, though I am afraid of these things, I can be sorry for you who must live under such shadows, for you also are the sons of the Woman, and the brothers of the Inuit [Eskimos]. I wish you well in your struggles to escape from the place you call hell! —Said to a trader by a coast Eskimo after he had spent a week under the ardent tutelage of a missionary. The trader remembered the conversation in detail. He was not particularly pleased to find himself pitied by a heathen. Probably early 1900s.

MAGICAL THEATER

Spontaneous creation, people theater; now you see it now you don't. Any play is only part of another play. When the state you're in and the state I'm in occupy the same space suddenly there are three people. This is the Play, the one you can't put your finger on, "people-high." We don't know who I am, don't know who you are. So it's magical. Magic gets you high-on yourself and everybody. Let's dare to let go, improvise, rip off masks, try others on—they fit. Rap, create, exercise, catalyze, let the Play be born through us. Be ready to change . . . let's laugh at ourselves, change roles, be everywhere at once. Be nobody, be everybody, disappear and come out again on the other side. "A chicken is an egg's way of making another egg and an egg is a chicken's way of making another chicken."

Gordon Grant  
Wed and Sat 5-7 p.m.

OFF THE PIG. Kill the pig and the revolution is over. You're either a part of the problem or the solution. You're either with us or against us. Which side of the barrel will you be on? Flower children are out. Peace and love hippies are counterproductive and counterrevolutionary.

Beware of the inner pig because it lurks everywhere. The pig is a state of mind, the straight consciousness with tentacles attempting to contaminate humanity. We are all sisters and brothers, our only difference being the degree of our ignorance to the pig within us. The inner pig, that selfish insecure striving for superiority over other beings, dominates some people more than others. Killing our more piggish sisters and brothers, regardless of their labels such as policeman and government employee, is only getting rid of fleshy matter called human. Erasing a physical form changes nothing because the pig is a state of mind, a lower form of consciousness which can only evolve inwardly through self awareness, self discovery and self realization rather than through external physical control. We can love those sisters and brothers even more when we realize that it is their weak insecurity and lack of love which is manifested in piggish tendencies.

A few years ago we escaped from our parents' system because we saw it for what it was—a dehumanizing death culture. In dropping out we became part of a new culture, its only laws being truth, justice, freedom and love. Perhaps this sudden and rapid change was too much, too soon. At any rate, the freak culture is now stabilizing in its search for a new sense of security. Two clashing realities have evolved, the left and the right, each with its own self righteous, narrow minded perspective and herd-like conformity. One system replacing another with its own values, roles, and hierarchy. The Aquarian Age is humanity's collective consciousness transcending one level for another one closer to the ideals of true sister and brotherhood. Changing the external structure is superficial. One's position, baker or candlestickmaker, on the horizontal spectrum of reality is irrelevant. The Aquarian Age is reached on the vertical spectrum of consciousness. Ever upward. Stop going through the motions, acting out revolutionary roles which cycle the mind away from itself and away from self discovery. Awareness creates the true struggle. The revolution is self evolution. We are the revolution. The revolution must be a continuing, stimulating, expanding, life giving, dialytical process. Anarchy. Otherwise all we'll have is a different version of the same old game. Listen to yourself rather than letting group pressure guide you. The only politics is the politics of ecstasy. Turn on, tune in, and drop out, otherwise the next generation will abound with justified criticisms of our New Nation. We dropped out once, we can do it twice. LOVE.

—Peter



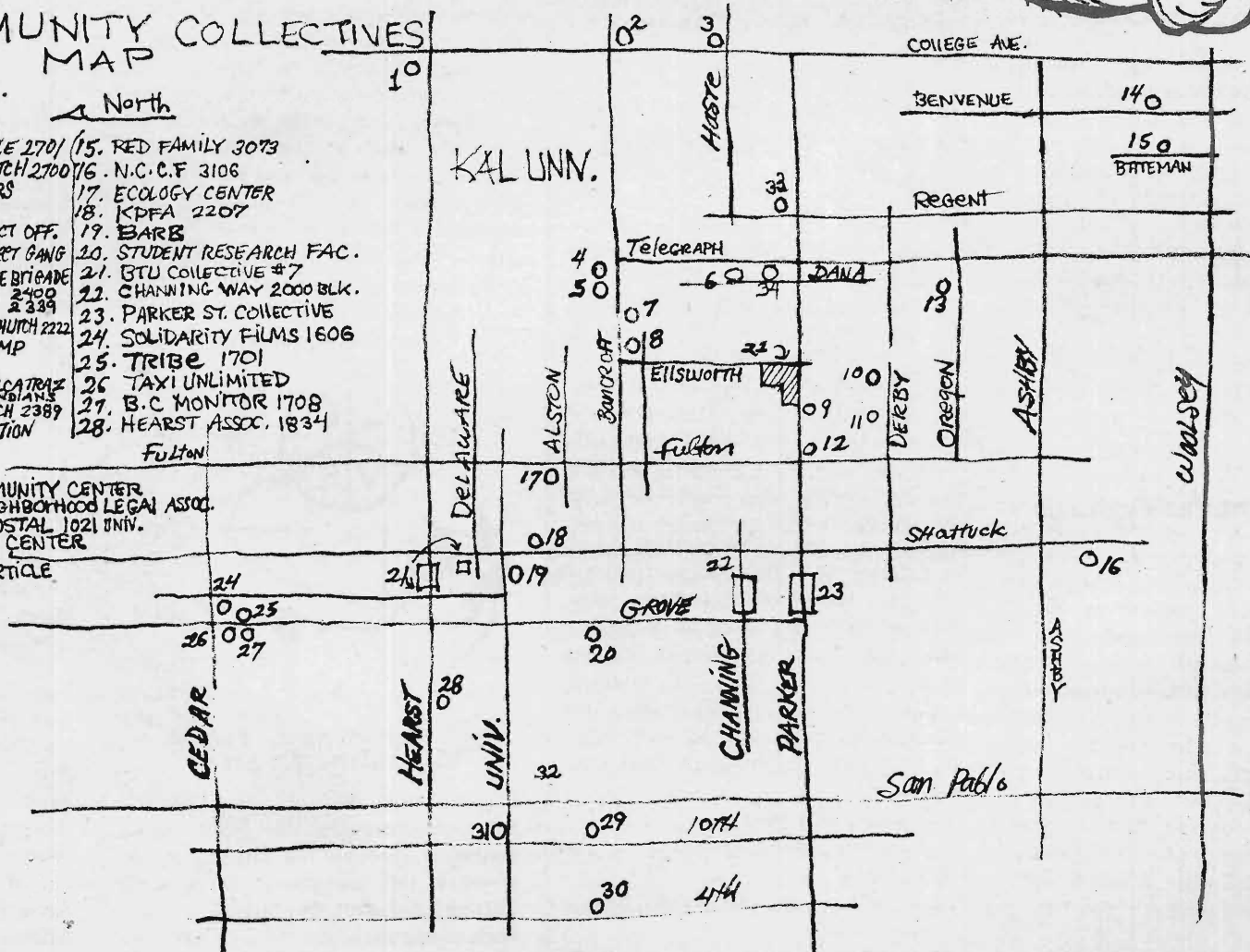
COMMUNITY COLLECTIVES  
MAP

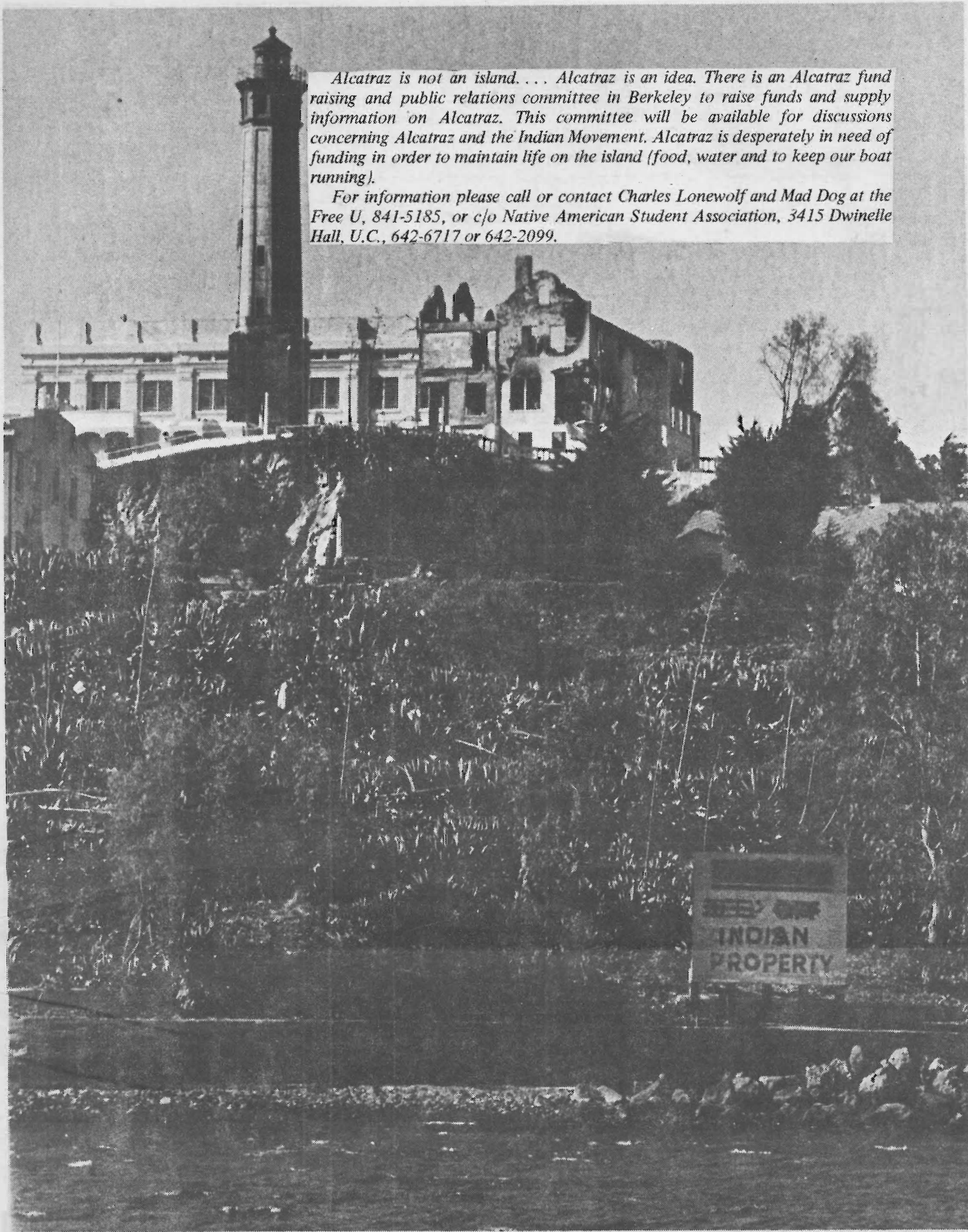
Nov 23.

North

1. HEARST CASTLE 2701
2. BRIAR PATCH 2700
3. FREE DINNERS
4. DAILY CAL.
5. COMM. PROJECT OFF.
6. BERKELEY STREET GANG
7. FRENTE/PEACE BRIGADE
8. FREE CLINIC 2400
9. SUBMARINE CHURCH 2222
10. DERBY DUMP
11. R.U. 2211
12. FREE U/ALCATRAZ
13. FREE CHURCH 2389
14. ECOLOGY ACTION 3029
15. RED FAMILY 3073
16. N.C.F 3106
17. ECOLOGY CENTER
18. KPFA 2207
19. BARS
20. STUDENT RESEARCH FAC.
21. BTU COLLECTIVE #7
22. CHANNING WAY 2000 BLK.
23. PARKER ST. COLLECTIVE
24. SOLIDARITY FILMS 1606
25. TRIBE 1701
26. TAXI UNLIMITED
27. B.C. MONITOR 1708
28. HEARST ASSOC. 1834

29. W.B. COMMUNITY CENTER
30. BERK. NEIGHBORHOOD LEGAL ASSOC.
31. YOUTH HOSTAL 1021 UNIV.
32. WOMEN'S CENTER
33. FREE PARTICLE
34. C.J's





Alcatraz is not an island. . . . Alcatraz is an idea. There is an Alcatraz fund raising and public relations committee in Berkeley to raise funds and supply information on Alcatraz. This committee will be available for discussions concerning Alcatraz and the Indian Movement. Alcatraz is desperately in need of funding in order to maintain life on the island (food, water and to keep our boat running).

For information please call or contact Charles Lonewolf and Mad Dog at the Free U, 841-5185, or c/o Native American Student Association, 3415 Dwinelle Hall, U.C., 642-6717 or 642-2099.

## Free Particle bringing together gays at FUB

Gay People's Museum, 2516 Regent Street, Berkeley. 845-9017.

The Free Particle seminars are organized by Gays, but many are not about anything "gay". See the individual listings by subject heading. These seminars are open to all, heterosexuals included. Sign up at FUB or at Free Particle, 2516 Regent Street, at 7:30 on Tuesday, February 9, and stay there to meet organizers of the seminars and other participants at the Free Particle workshop, beginning at 8 p.m. All Free Particle seminars begin the week of February 15.

## Free Particle Workshop

The Free Particle workshop is to provide a general gathering of people enrolled in the various other Free Particle workshops who would be interested in these or other projects to relate the various workshops and bring the FREE PARTICLE community closer together. *Free Particle*, as a magazine, is to bring homosexuals together around creativity and thought, and sponsors the All-Gay symposiums in crafts, sciences, and arts, in addition to seminars and workshops between the symposiums. It meets Tuesday, beginning February 9, at 2516 Regent Street. This first meeting, on the 9th, will be also a time when people can meet all seminar organizers and sign up for FREE PARTICLE seminars in the catalogue or new ones people there may want to form. One can also sign up for them at the Free U.

Tues 8 p.m.

## Bridge over Troubled Waters

A non-profit co-operation made up of community people dedicated to the building of a comprehensive drug abuse program. This program in its entirety contains two (2) main areas: (1) *Education (Prevention)*—this area consists of educating the masses in the problems relating to the cause of drug abuse, i.e., societal and other. This being focused at the potential drug abuser, community people, establishment types and in total everyone. (2) *Treatment*—this area concerned with setting up a *Switchboard* for drug information and referral to other drug programs for help, *Referral system* for referrals to medical facilities, other programs for different problems, *Day Care facilities* for getting people off the streets and beginning involvement in creative living, *Residential Treatment facilities* for continuing the process started in the Day Care on a more intense level, *Re-entry (Aftercare)* for helping hand in entering back into society not only to be able to cope but to change what he or she doesn't like.

This course will be focused at the first area, Education. As a group we will attempt to from within us come up with some of the causes and effects of drug abuse and then discuss some of the possible solutions (alternatives). This being a growth and awareness group leading to the possibility of work in the

Photo: Robert C. Scheu



## University Lutheran Chapel

College and Haste

Free food served at 5 p.m. Monday through Saturday (on Sunday get food at the Free Church, same time). Also has a free store, run by volunteers, with clothes, donated food; and they publicize temporary jobs. Can use: a stove, refrigerator, money, food in quantity for cooking. Co-op number is 724.

## Berkeley Education Switchboard

Alternatives to public elementary and high schools are growing—there are now around sixty alternative schools in the Bay Area. Because of the number of people who want to find out about them, the Berkeley Education Switchboard will be holding meetings every two weeks, starting Wednesday, Feb. 3rd, at 7:30 p.m. The main purpose of the meetings is to give people the information they need about alternatives that already exist, and also to give information about legal hassles involved in starting a school. We hope to provide a situation for people to meet others who are thinking about starting new alternatives. We also feel that it is important for all of us who are involved in alternative education to do some good, hard thinking and talking about what constitutes a good, creative, free environment and how to create it, and about who we are and where we're going as part of a whole movement working for radical educational change.

Time: Wed. 7:30 p.m. starting Feb. 3rd (every 2 weeks)

Place: TBA

## Youth Hostel

1021 University, 549-3426

A place to crash—check in from 7 p.m. to midnight, every night. There is a charge of \$1 (if you have it) for a bed, 75 cents for floor space. They also have information about places to crash, eat, etc. for hitchhikers in other parts of the country.

## Free Church and Berkeley Switchboard

2389 Oregon, 549-0649

Has crash pads—every night, come in around 8 p.m.; pack and baggage checking service; free food Sundays at 5 p.m.; message and mail service; counseling of all kinds (drug trip, runaways, suicide . . .); church services Fridays at 7:30—held at various collectives, call to find out where; directory of liberated churches around the country doing similar things. They need more people to work the switchboard, so it can be open 24 hours (now runs 12 noon-midnight). Near the end of February they will publish in paperback *Covenant of Peace: A Liberated Prayerbook*—guerilla liturgies of the radical church confronting the world-pig.

**LEGAL**

ASUC Draft Counseling  
209 Eshleman  
642-1322

Friends Draft Counseling  
2151 Vine  
843-9725

Oakland Draft Halp  
597 Fifteenth St.  
451-1672

West Oakland Legal Switchboard  
2713 San Pablo  
836-3013

Welfare Rights  
548-4251 / 841-6476  
841-8695

Police Complaint  
1919 Berkeley Way  
548-1322

ACLU  
1919 Berkeley Way  
548-1322

Bar Sinister  
849-2094

Berkeley Neighborhood Legal Services  
2229 Fourth  
841-9274

War Resisters League  
833 Haight St., S.F.  
626-6976

Peace Brigade  
2400 Bancroft  
841-6010

Hearst Community Assoc.  
841-7742

Alcatraz Indians of All Tribes  
841-5185

Lawyers' Guild  
982-4955

Jail Reform  
849-2502

S.F. Neighborhood Legal Asst.  
626-3811

Own Recognizance  
Bail Project, S.F.  
552-2202

Liberation Welfare Rights  
626-1425

**NEIGHBORHOOD**

People's Architecture  
1940B Bonita  
849-2577

Hearst Community Association  
841-7742

Briar Patch  
845-9255

Oceanview Committee  
Lee 843-4382 / John 548-0570

**schools**

CPE  
Eshleman Hall, third floor  
642-6767

Heliotrope  
Pier 3, S.F.  
982-1668

Midpeninsula Free U.  
1061 El Camino Real  
Menlo Park  
328-4941

Pass Free U.  
1830 Fell St., S.F.  
386-9934

People's Community School  
Box 4133, Berkeley  
845-2074 / 849-2541

Project One  
1380 Howard, S.F.  
626-0267

Venceremos College  
2755 El Camino Real  
Redwood City  
369-4651

Berkeley Education Switchboard  
Bay High School  
1744 University  
548-1204

SF Education Switchboard  
1380 Howard  
626-0267

Project Community  
644-6484

Program Odyssey  
642-5132

Project Other Ways  
849-3447

Community High  
2246 Milvia



**media**

American Documentary Films  
379 Bay  
San Francisco  
982-7475

Solidarity Films  
2023 Carleton  
548-1681

Berkeley Barb  
2042 University  
849-1040

Berkeley Monitor  
1708 Grove  
848-4084

Berkeley Tribe  
1701 1/2 Grove  
549-2101

Gay Sunshine  
Box 4089  
Berkeley 94704  
843-6982

Good Times  
2377 Bush  
San Francisco  
922-9981

Freedom News  
Box 1087  
Richmond  
524-1089

Open Cell (writers' workshop)  
P.O. Box 52  
Berkeley 94701  
845-5561

Airwaves  
(formerly KMPX collective)  
566-6646

**HEALTH**

Association for the Repeal  
of Abortion Laws  
387-6480

Berkeley Free Clinic  
& Rap Center  
2339 Durant  
548-2570

Berkeley Health Department  
841-0200

Bridge over Troubled Waters  
(People's Heroin Treatment)  
260 Panoramic Way  
841-3405

Child Health  
841-1211 ext. 278

City Health: Info. and Counseling  
830 University Ave.  
841-8600

4-0-9 Drug Treatment  
San Francisco  
621-9758

Haight-Ashbury Free Clinic  
431-1714

Family Planning & Pregnancy Test  
845-6550

VD Clinic  
845-0197

April Coalition  
1708 Grove  
848-4084, 1-5 p.m.

Alcatraz Indians of All Tribes  
841-5185

Movement for a Democratic Military  
2214 Grove  
549-2172

BHS Student Union  
2214 Grove  
843-7500

Venceremos Brigade  
933 Channing  
845-6326

Black Panther Party  
1048 Peralta, Oakland  
465-5047

Soledad Brothers  
626-2533

National Committee to Combat Fascism  
3106 Shattuck  
841-5501

War Resisters League  
833 Haight St., S.F.  
626-6976

Peace Brigade  
2400 Bancroft  
841-6010

Peace and Freedom Party  
549-0690

American Indian Center  
3189 Sixteenth St., Oakland  
552-1071

**POLITICAL**

Berkeley Free Church  
(places to crash)  
2389 Oregon  
549-0649

University Lutheran Chapel  
Free Food / Free Store  
College and Haste

Berkeley Runaway Center  
First Baptist Church  
Haste and Dana  
849-1402

Free Bakery  
4515 Grove

Youth Hostel  
1021 University  
549-3426

Oakland Free Store  
5351 Foothill Blvd  
533-7210

Alameda County Welfare  
2531 San Pablo Ave.  
849-2460

Glide Church, S.F.  
771-6300

**SWITCHBOARD**

Free Church / Berkeley Switchboard  
2389 Oregon  
549-0649

Haight Switchboard  
387-7000

Mission Switchboard  
863-3040

Berkeley Education Switchboard  
1744 University  
548-1204

San Francisco Education Switchboard  
1380 Howard  
626-0267

Hayward Switchboard  
886-FREE

East Oakland Switchboard  
2812 73rd  
569-6369

Gay Switchboard  
843-6982



**women**

Women's Center  
1126 Addison  
845-9403

Women in the Trades  
Box 221  
Berkeley 94701

Women for a Free Future  
843-8584

Women's Liberation  
San Francisco  
861-2114

N.O.W.  
845-0550

It Ain't Me Babe  
2828 Benvenue

Women's Page  
1227 37th Ave., S.F.

Women's History Research Center  
524-7772

**ecology**

KPFA  
2207 Shattuck  
848-6767

KOED-FM  
286 Divisadero, S.F.  
626-0906

KSAN  
211 Sutter  
986-6244

Newsreel  
621-6196

Monitor  
1708 Grove  
848-4084

Ecology Center  
2179 Allston Way  
548-2220

Ecology Action  
3029 Benvenue  
843-1820

Recycling Depot (weekends)  
1535 University  
(bundled newspapers, cans, bottles)

Forum International  
300 Eshleman Hall  
642-1954

Black Caucus  
1615 Broadway, Oakland  
465-5164

Frente  
Stiles Hall  
843-6982

Pentagon  
7th & Castro, Oakland  
834-0686

**ALSO**

Free Particle / Gay Coffeehouse  
2516 Regent  
845-9017

Taxi Unlimited  
658-5689

Community Projects Office  
Street level, Eshleman Hall  
642-6392

**SURVIVAL**