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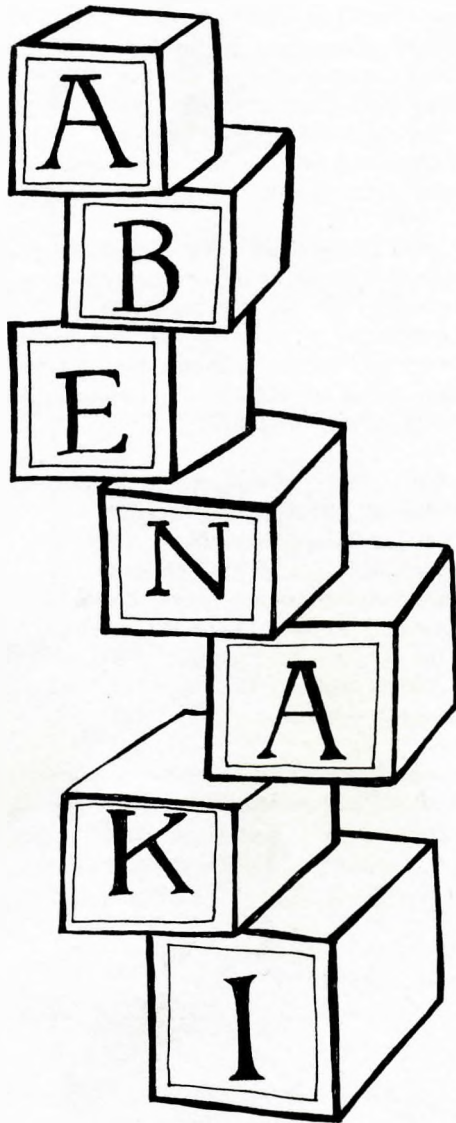
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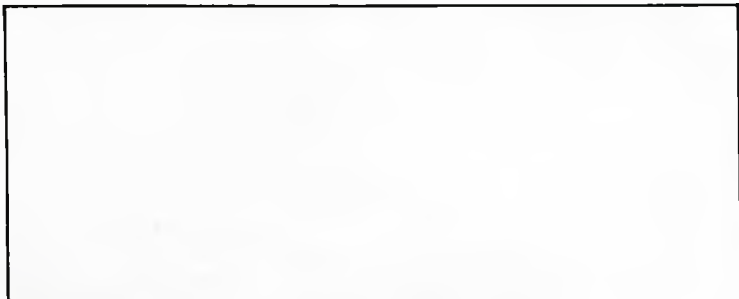
spring '73

abenaki experimental college is an open educational center serving people in the bangor-orono-old town community. we offer courses and information through a large spectrum of community needs. the usual educational strictures have been abandoned in an attempt to allow all peoples an opportunity to learn or teach. no tuition is asked, and the program is run through donations. no teacher credentials are required, thus allowing businessmen, mechanics, students, et. al. an opportunity to share their experiences with others. no age or educational background credentials are asked of those who wish to take the courses, allowing anyone an opportunity to expand their skills and knowledges.

we feel that through active participation in such a learning environment, the educational scope of the greater community can be raised. in this manner we feel that the greater populace can work together through shared ideas and controlled conflicts, to build a more understanding community. many of the ideas towards which we are aspiring can be lumped under the ideology of a participatory community.

education has always been the key toward the development of a participatory community. traditional education, however, has placed many awkward strictures on which limitations of age, money, background, etc., disallow any chance of bringing a heterogenous mixture of people together in an educational experience. there is certainly something to be said for getting a businessman, a shoemaker, a student, and an old widow together to discuss some subject which might be of interest to them all.

we feel that there are two flows constantly present in our operation. one is the actual knowledge or skill that each person receives from taking or teaching a course. the second is the spirit of community participation actively evident in the process of sharing. this is the spirit that we hope to continue fostering, where all peoples of this greater community can cooperatively work toward building a better community.



how to register

because most of our courses are limited in size, we must hold a registration period. for this spring's courses, registration will be held on the following times:

february 7th: 6 pm - 10 pm

february 8th: 10 am - 8 pm

february 9th: 10 am - 6 pm

registration will be held in our office on the second floor of the memorial union at the university of maine's orono campus. if you cannot register in person, call:

581-2201
581-7038 or
581-7016

during the above hours only

if you have any questions about any of our courses or want to find out if we have new additions, please call us at 581-2201 between 10 am and 3 pm weekdays.

abenaki experimental college is a clearinghouse. we want to know what you want to learn and what you want to teach. then we will bring you together, let people know about you, provide classrooms, materials, or whatever else is necessary to get you off the ground. then you're on your own. abenaki is what you want to make it. we make no promises of course content, course length, or course success. you and the course leader must structure your own course to suit your collective needs and directions.

after two years, we have found that abenaki offers many different educational opportunities to many different types of people. classes range from bull sessions to traditional university type courses. we offer the opportunity for students and instructors to exchange ideas in various subject areas, whether it's a craft, side interest, or profession. we also give people the opportunity to see if they enjoy a subject area, without spending a whole semester of time and worry.

Courses

the following is a sample listing of courses to be offered by abenaki experimental college this spring. the listing is incomplete, and courses will be added up to the registration period. the scheduling is at present also incomplete. for information or clarification, call 581-2201 or 581-7016.

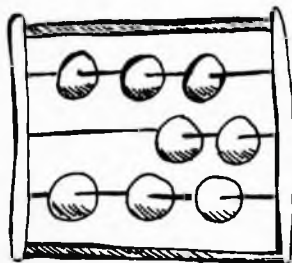
calculus 12

e. k. ede

approx. fifteen weeks
to be arranged

maximum of forty people

calculus twelve will be taught as closely as possible to the first year university calculus course (Ms 12). hopefully, people fulfilling requirements would be able to enter Ms 27.



maine coastal ecosystems

mac hunter

approx. twelve weeks
to be arranged

no maximum

a course on the ecology of maine. each week a different ecosystem will be discussed in terms of how the plants, the animals, and the environment interact with one another. there will be specimens, slides, and field trips.



cheap vegetarian cooking

robert marggraf

approx. twelve weeks
34 spring st., bangor

maximum of six people
to be arranged, evening



basic cheap vegetarian fare with an emphasis on herbs, spices, and seasonings. leaning toward the exotic and unusual within the range of most palates and pocketbooks, but directed largely by the needs and desires of the students. ideal student is a jolly sybirite with ideological misgivings, and a kitchen to practice in.



beginning silverwork

dian mcpherson
approx. eight weeks
hilltop crafts center

maximum of five people
to be arranged

the very beginning techniques of silverwork, i.e. soldering, shaping, etching, and using the tools. we will work with the tools available at the crafts center. the silver will have to be purchased by the student, hopefully it will be available at the center.

i would like to include this caution, that anyone with previous experience will find the course unrewarding.

re-evaluation education

jim hayes
approx. twelve weeks
to be arranged

maximum of twenty people
wednesdays from 3 to 5 pm

re-evaluation education is a meaningful and useful description of the nature of human beings and the source of their difficulties. it is a re-discovery of a workable means for undoing human distress. it is a system of procedures for expediting emotional discharge and the re-evaluation process. the theory views all human beings as inherently intelligent, loving, cooperative, communicative, curious and zestful. it assumes that it is natural for the human to think well, act wisely and successfully, and to enjoy life and to have good relations with other humans. from the viewpoint of re-evaluation education it is only when a human experiences distress and its aftereffects that he or she thinks poorly, acts unwisely, or has unhappy relations with others.

in re-evaluation education the natural channels of recovery from our distresses are re-opened. the prime requirement is a relationship with a listener who is sincerely interested, who remains relaxed in the face of our tensions, and who understands how the processes of emotional discharge and re-evaluation take place. the co-listening partnership is a means of exchanging such effective help on an equal basis. these partnerships form during participation in a class in fundamentals.

the fundamentals training class meets once a week for twelve weeks. the class includes lectures, demonstrations, practice do-listening and discussion of theory and techniques of co-listening. (this class is not a therapy group. it is not an encounter or sensitivity training group.) the different focus of the co-listening class makes it possible for friends, couples and do workers to attend together. a supportive, noncritical, noninterpretive and validating atmosphere is created in the class.

cost involved. necessary, one manual at five dollars. recommended is harvey jacks, "the human side of human beings" at three dollars.

discussion of literature

scott boor
approx six weeks
to be arranged

maximum of ten people

a discussion group dealing with short literary pieces. i prefer to work with contemporary american authors, but will definitely suggest some earlier americans, and if class members wish to introduce works written outside of these categories, then our scope will be expanded. some authors that will be suggested for discussion are steinbeck, o'henry, thurber, and shaw. possibly we can read some articles from current periodicals also.

we will establish the format of the class at the first meeting. i hope to discuss contemporary societal conditions and their relation to the authors and their interpretations.



mammals of the world

greg gerritt
approx. ten weeks
to be arranged

no maximum
tuesdays at seven pm

a general survey of the mammals of the world. i will deal with the large mammals mainly, and any small mammals that are of special interest. i will cover mammals by groups and regions. i will also do extra research on any specific requests. my specialty is monkeys, but the course will cover all types.

folkdancing

daphne stoner
approx. six weeks
f.f.a. room, memorial union

no maximum
thursdays from 8-10 pm

international folkdancing. mostly balkan, israeli and greek dances will be taught. my basic aim is to get people involved and having a good time with folkdancing. no experience or partners are necessary. the class will start on a beginner's level and will progress as far and as fast as the ability of the group will allow.

if you can't come everytime, feel free to come as often as you like.

beadwork

nancy-ann craig
approx. ten weeks
to be arranged

maximum of fifteen people

the first class will be an introduction to the different types of beading. after the first class, we will divide into individual projects. students will need: beads of any kind, thread, needles, and cloth or clothes if they plan on doing any bead embroidery.

the course will primarily consist of the designing and creating of chokers, necklaces, rings, belts, headbands, etc., and we will also be working with free design and bead loom. materials can be purchased from the instructor if necessary.



mime

tom stone
approx. sixteen weeks
thomas school of dance

maximum of thirty people
mondays at 6:30 pm

a course in the use of the body for the stage. designed for the actor and performer in general and open to beginners. the course will demonstrate, practice and work towards developing skill of acting, pantomime (representative movements), mime (illusionary movements), and stage presence in general. the course is offered in cooperation with the thomas school of dance, official school of the maine state ballet company, but is open to non-dancers.

a charge of ten dollars per person is necessary to cover the cost of facilities and incidental expenses of organization. this is due and payable at the first class session. new students may add anytime during the session. tuition will be pro-rated after the sixth week. after the ninth week, new students may take single classes at a cost of one dollar per class.

peace, a necessity

edwin e hinshaw
approx. nine weeks
thurrell room, memorial union

maximum of twenty people
tuesday at 3:30 pm

historic review of major peace movements and implications for our future. we will work in four major areas: 1) biblical concepts; 2) individual contributions; 3) eastern concepts; and 4) the 60's and the future.

informal discussion, reading, interviews, group exercises and model building of peaceful community.



improving your memory

robert kowal
approx. eight weeks
to be arranged

maximum of thirty people
tuesday at eight pm

the course is designed to improve one's memory, especially the short term memory needed to pass tests which consist of many subjective facts. also information on remembering names of people, lists of information which can be used to aid in public speaking without notes and objective test questions; although this is not a major part of the course a person can improve his memory for speaking if he is willing to work with the course materials.

bookstores in general, and the university bookstore in particular

tom cole and bill weete
approx. five weeks
university bookstore

maximum of fifteen people
evenings, to be arranged

the ultimate design of this course will be up to the enrollees, but will have the following two basic areas of interest: (1) bookselling and the book trade, and (2) a perusal of the university bookstore operation. the course should have appeal to two not necessarily distinct groups: those interested in learning general bookstore operation, i.e. how to work in (or possibly open) a bookstore, and those who desire fuller knowledge of the operation of the university bookstore (from textbooks to toilliteries) and would like to work toward improvement.

the content of the course will remain flexible as it is the interest of the sponser to share interest in bookselling and to work toward creating a bookstore meeting the needs of the academic community.

advanced frisbee

jody labeau
approx. ten weeks
to be arranged

maximum of twenty-five people

merely showing interested 'frisbeeites' the proper way of gripping, throwing, and the art of trick shots and trick catches. cost involved would be for frisbees .

studies in human sexuality

ira moscowitz and cindy johnston
approx. fifteen weeks
basement lounge of estabrooke

no maximum
to be arranged

i view this course as an opportunity for the student to investigate, explore, and study any aspect of human sexuality that is of interest to him or her. therefore, it is likely that several members of the class might be studying similar areas of interest while others are investigating differing ones. therefore, i view class meetings as opportunities for students to share with others their discoveries and insights.

i, as teacher or instructor, have little, if anything, to teach about human sexuality, but rather see myself as aiding each student in his own discoveries and facilitating the mutual sharing of ideas and experiences between students. i do not want to change anyone's ideas or beliefs, but rather help that person clarify what it is he believes and how his beliefs affect his behavior. knowledge is not a prerequisite for this course, but curiosity is essential. areas of interest which students might wish to study: abortion, birth control, sex roles, group sex, etc., or any area of interest to the student pertaining to human sexuality.



sewing

debby rodway
indefinite length
to be arranged

maximum depends on
machines available

from beginners (no previous knowledge) to those who want to work out some particular problem,(if i don't know the answer, we can try to work it out together) mostly for those who want to learn the basics, and for those who want to exercise and improve their previous skills.

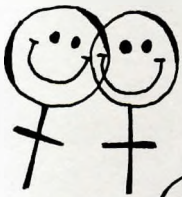
a journal of the spirit: keeping a personal journal

ann morrill and ed hinshaw
indefinite length
mca center, college ave., orono

maximum of twenty people
wednesdays at 8:30 pm

as a group we will write, illustrate and share together as we feel free to do so. we will explore the written journals of other people (e.g. thoreau, woolf, woolman, etc.). our group activities will consist of discussion, reading, exercises helpful in journal keeping.

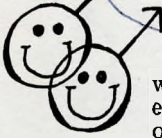
each individual will maintain a personal journal in a manner with which that person is most comfortable.



gay support and action

carol a savoie
approx fifteen weeks
to be arranged

no maximum



we are a group of gay women and men interested in supporting each other's growth. concerned with stereotypes and public opinion we are beginning our efforts to make others on the university aware of our existence--our numbers and our conviction that gays should be recognized and not discriminated against in hiring and firing of faculty and other employees. working through wmeb now, we are attempting to inform students of our perspective to dispell some of the irrational fears still so prevalent. we plan to continue our efforts to help support gays by speaking to persons in counseling and administrative positions. to resident assistants or any others who work closely with people and can be more understanding and respectful than fearful people are. open to women and men. we also welcome persons who are exploring their feelings and want to share with us. out of the closets--we are moving with dignity.

games and gaming

roger willey
according to interest
the ram's horn coffeehouse

maximum of ten people
sunday afternoon

the course will be limited to board games, but others can be discussed if there is interest. we will discuss tactics and strategy in many varied games.

production of musical comedy

thomas j stone
approx. sixteen weeks
thomas school of dance

maximum of thirty
7:30 - 9:30 mondays

a course designed to back up on stage and off stage the professional production of abenaki's first benefit musical, "stop the world, i want to get off" scheduled for presentation in hauck auditorium in may. the course is planned to study the various aspects of putting on a musical through the "learn by doing" concept. approximately half way through the course, a second meeting each week will be added. more intensive rehearsal will be required in may as production approaches. regular attendance must be required of those who wish to be involved in the final production. those who sign up for the course with the idea of on-stage performing should be capable of singing in a group although formal training and experience is not necessary.

**exploring vocational goals--
through use of a personal
journal & group discussion**

ann stillman morrill
approx. eight weeks
to be arranged

maximum of fifteen people
monday evenings at seven

i have recently worked as a college counselor and was impressed by the real concern students have about vocational choice--and the lack of resources or experiences designed to assist them in discovering their interests/inclinations and making decisions about what to do.

i view this course as a flexible opportunity for each of us to explore our interests, to try and touch into our inner directions and goals, to devise ways this can begin to take shape in our daily lives. my hope is that we can develop into a support group for each other in these explorations.

the format i propose is that each of us will create a personal journal notebook in which to record ideas/questions/insights relative to interests/goals/life experience. this could also include clippings, poems, pictures, cartoons, etc.--a collection of relevant material--a kind of scrapbook collage.

we will do some journal writing in our group meetings, using this as a basis for our group discussion. between sessions the journal can be extended and developed as individuals desire. i anticipate that some of our weekly activities will be developed out of the needs and interests we discover as we work together. personal conference interviews to discuss vocational directions can be arranged as desired.

*footnote: "student" can include those of us who are "eternal students" and never can figure out what we want to do! i.e. this need not be limited to college students.

chess

duane w mercier
approx. fifteen weeks
to be arranged

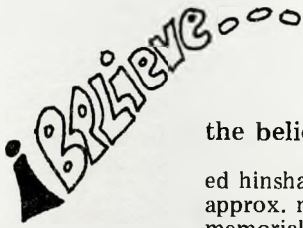
maximum of thirty people

the course is designed to increase the student's understanding of chess, so that he can get more enjoyment out of playing. the course will be divided into two sections, beginners and advanced.

no prerequisites are required for beginners. it is not even necessary to know how to play chess.

the students in the advanced class are expected to be familiar with the basic tactical and strategic concepts of chess (i.e. the fork, pin, skewer, discovered attack with regard to tactics, and the concepts of force, time, space, and pawn structure with regard to strategy). a short pretest is available to determine if you are ready for the advanced division.





the beliefs and practices of my church

ed hinshaw
approx. nine weeks
memorial union building

no maximum
sunday at 9:30 am

the university experience is a time of study, research and examination. it is also a time when major decisions are made, vocational, moral and personal. to ignore our religious life, and past home church experience would be sad indeed and less than faithful to the educational process.

many of us come from a "home church", and some of us have had a good experience with a church community. some have legitimate gripes. some have unfounded prejudices about the local church. how do you feel about your home church? what do you know about it? how do you feel about a continuing relationship with you church? what should church life be about?

now is the time to consider some of these issues and to examine them in the light of the attitudes, written statement, and practice.

there is no intention of destroying anyone's or group's faith. there is every intention to seriously consider religion and church community life. you will be asked to study the written statements of your "home church" or religious preference, to discover attitudes and practice and share in the group. we will use personal interviews, readings, panel discussions, visits and discussion.

women's history

merrilee ouelette
indefinite length
bangor women's center

no maximum
wednesday at 7:30 pm

a study of women in the history of the world--hopefully to fill the void left by history textbooks.

of belief and certainty

jim hennessey
approx. eight weeks
to be arranged

no maximum

i plan to deal with the problems of belief and certainty. the basic texts will be by david jung and ludwig wittgenstein. we will use wittgenstein's book "on certainty", and assorted works by jung. the course discussion will center around these works, and any additional material that students bring in.

approximately four dollars for books.

americans from cradle to grave

joanne mcgillicuddy
approx. nine weeks
to be arranged

maximum of twelve people
evening

the course will be held in seminar fashion. the only prerequisite is that the students be american. there will be approximately ten books used, and hopefully two five page papers will be written by all and discussed in class.

the course is basically a discussion of the way americans treat different age segments in society. i have tried to pick literature pertinent to everything from the pre-birth days to death. the cost involved could run as high as seventeen dollars for books, but this will vary with availability and sharing. two of the books to be used are, "so human an animal" by dubos, and "the american way of death" by tessica mitford.



intentional communities: a non-academic treatment

cliff cole
approx. twelve weeks
to be arranged

maximum of fifteen people

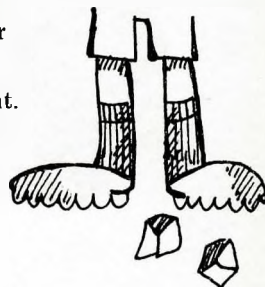
'think about the kind of world you'd like to live in'-now, how do you get there? practical exploration of your utopia and mine. we'll talk about interface with the dominant culture; the function of rituals, human relationships, conscious and subconscious, subsistence, jefferson starship, american indian civilizations, paganism as the wave of the future, projected futures, and most of all, us.

geology field trips

steve uzmann
april thru june
to be arranged

no maximum

this course will consist of as many geology majors as can get together to go on field collecting trips to various sites in maine, canada, and new hampshire. trips will probably be every other weekend in the spring as soon as the ground clears. we will share what knowledge we have of geology and each particular site with other interested members of the course. possible we will be joined by various professors of geology in the university system, and they will also be available for comment. we may get in to newry next spring if we are lucky. we also hope to go to baxter to collect devonian plant fossils. some trips may be overnight, i.e. gaspe and theford mines etc.



costs involved. transportation to whatever site we plan on visiting. possible entrance fees at some mines. a number three hammer is recommended at five dollars, chisels, a knapsack, etc. suggested is dana's manual.



always follow your dreams and
peace will be yours to share,
for it is only those who lose
their dream, that the search
for peace is in vain.

macrame

laurie mouradian
approx. eight weeks
to be arranged

maximum of six people
monday from 7 - 9 pm

each week i intend to teach two (possibly three) different knots. these will be worked on a sampler that can be used as a wall-hanging when done. when the basic knots are learned i want to try to get the students interested in experimenting and improvising, so there won't be any books. there is no imagination in copying someone else's work.

no prerequisites. minimal cost.



macrame

chris dubay
approx. eight weeks
to be arranged

maximum of twelve people

the course will be based around beginning techniques in macrame, however, if the interest arises i will be happy to get into basic stitches in crochet also.

you will have to purchase your own string and macrame board, T pins, etc. the cost is usually very minimal.

how to teach sex education

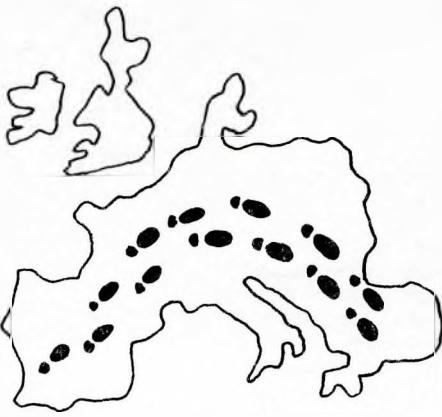
julie logan
approx. eight weeks
the ram's horn coffeehouse

maximum of twelve people
6-8 pm tuesdays

we will be working mainly with the unitarian sex education kit called "about your sexuality" by calderwood, with some added material from the glide foundation of san francisco. we will deal with the dual concepts of sex and sexuality--aimed at enabling everyone to be as comfortable as possible with the subject in order to teach junior high and high school students an honest and open approach.

the course will have an emphasis on breaking down the language barrier, some basics in anatomy and physiology, sensitivity sessions, and fundamentals of conception and contraception.

the sessions will be structured only that we will use the unitarian kit as a base--but a great deal of input will be expected from participants.



travelling in europe

joyce demkowicz
three weeks
memorial union building

maximum of twenty people
april 4th, 11th, 18th, at 8 pm

this will be an attempt to share with you some of the basics of survival necessary to people planning summer travel in europe. some of the "generalities" will of course be applicable to any type of travel but the emphasis will be placed on the "non-holiday inn" approach to vacationing and learning while in europe. some of the topic areas will include such "ho-hums" as documents and formalities--(which unfortunately you can't get along without) to more interesting areas as "how important is the leaning tower of pizza, or whatever appropriate landmark that people have always said was something you "couldn't miss"

this format will also include a "crash course" in famous city and countryside tourist survival tactics--that is, the "goodies" that they don't tell you in your "junior woodchuck wilderness guide."

changing concepts of education

lloyd graves
approx. eight weeks
to be arranged

maximum of twelve people
thursdays at eight pm

i hope to get a wide variety of people in the class--from drop-outs to college students, from high school students to shoeworkers. we will discuss what education has been, is, and should be. as well as traditionally read educators, we will read j krishnamurti, james blish, and others.

changing concepts of mental health and therapy

joan marks
approx. six weeks
21 grove st., orono

maximum of eight people
to be arranged

this will hopefully be a self-directed, fairly infinite seminar. we will examine assorted readings, concepts and perhaps experiences of the newer "radical" approaches to understanding mental health.

backpacking outings

tim leighton
indefinite
to be arranged

no maximum

i will be backpacking in maine and new hampshire. anyone who enjoys backpacking and is interested in getting an expedition together, but who aren't interested in either the atmosphere or responsibility necessary to be in a club, are invited to sign up. you will have to bring your own skills, but we can share knowledge of first aid, woodlore, and survival. we will arrange several trips, and give everyone notice of times and destinations.

birdcarving

rick young
indefinite length
hilltop woodshop

maximum of twelve people
mondays at seven pm

i prefer to use mahogany for wood--personal matter for self-expression, however pine will do--tend to think this matter will be decided by individual after i introduce the art itself--no prerequisites other than serious attitude toward creating--i will take class step by step through wood carving birds--will give personal help where needed--a knife for carving should be purchased--will discuss materials in first class, but in all, the course should cost no more than five dollars. will introduce feelings in art, why carve birds, principles, etc.--develop two way conversations in art and how it applies.

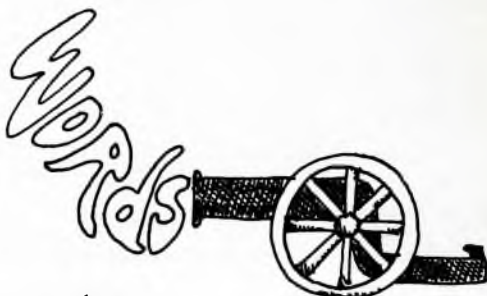
computer science

charles crockett
indefinite number of weeks
to be arranged

no maximum
wednesdays at seven pm

this course will be aimed at giving elementary or intermediate level instruction in computer programming. the choice of languages and level of difficulty will be determined by the students who register for the course (with the possibility of breaking down into smaller divisions). the possible languages are: PL/1, PL/C, WATFIV, FORTRAN IV, ASSEMBLER, BASIC, or CUPL. there will be no required texts for the course, but the texts for the university courses are good, and the library has some good texts also. the class will present concepts and any student who wishes to master any skill in programming will have to spend additional time running programs. this course is recommended for those students who are very interested in learning how to program, but cannot schedule a university course.





the literature of rebellion

alexander w holt
approx. twelve weeks
to be arranged

no maximum
6 - 7:30 sundays

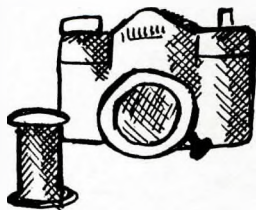
to study the literary--philosophical aspects of rebellion and alienation, and to weave together the literary interpretations as they apply to the social problem of personal and cultural alienation as exemplified by contemporary western society.

the only cost involved would be for books used, and most of these are available in local libraries.

photography

ron gregory
aprox. nine weeks
to be arranged

no maximum
tuesday seven pm



probably two hours per session divided into one hour lecture demonstration, 1 hr.dealing with individual problems/projects. a suggestion will be made that people try using b/w slides as a cheap and quick learning medium. the first session will be used to structure the direction of the course to suit individual needs.

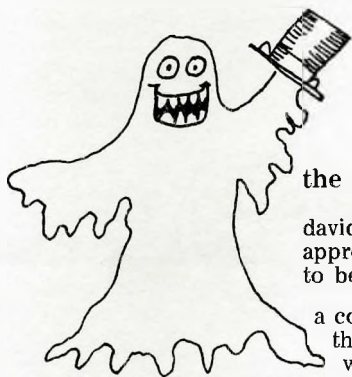
there will be a charge of \$3.00, collected at the first session to pay for materials used in demonstrations.

composition workshop

ms avis schwartz
approx. eight weeks
to be arranged

maximum of fifteen people

an aid in writing expository composition creatively, with special attention to limiting subjects, techniques, and style. materials and structure will be geared to the needs of the students.



the supernatural

david d munsell
approx. fifteen weeks
to be arranged

maximum of twenty-five
thursday at seven pm

a course on the supernatural necessarily must be involved with the various occult aspects, such as spiritism, satan worship, witchcraft, e.s.p., ghosts, fortune telling; as well as the many and varied aspects as presented in the bible.

we approach this subject from an objective and experimental point-of-view . we will be looking for answers to human problems and a full understanding of the great powers involved in the supernatural. and how do we handle these powers and authorities?

this course is especially directed to those christians and non-christians who are seeking more in life than they already have.

we are living in an age of great opportunity and great danger. we need to know the truth, that the truth may set us free.

witchcraft; a beginning

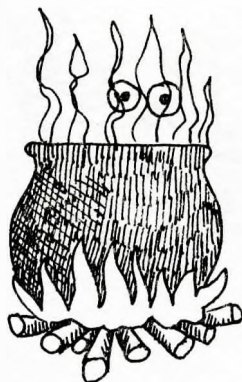
gayle surrette
approx. twelve weeks
28 somerset st., old town

maximum of nine people
to be arranged

a discussion group to delve into the history and philosophy of wicca and its more notorious off-shoots. study and discussions should encompass such topics as e.s.p., witch trails, astrology, tarot, belief in magic, spells and incantations, and also the use of herbs and incense.

this is a serious class! participants should have some knowledge of occult sciences and parapsychology. class will deal mostly with the religious beliefs rather than creating spells.

books could cost as much as ten dollars. but most of them are available in the library.



preparation for childbirth

mary lyn reid and jane schaeffer
approx. eight weeks
birch street school, orono

no maximum
thursdays 7 - 9 pm
beginning march first



- I. introduction of the course with focus on self-understanding process
discussion of the changes in pregnancy--including physical & emotional
film: "from generation to generation" showing life's rhythms
introduction to lamaze, or psychoprophylaxis, method of childbirth
body building exercises, relaxation exercises, kegel exercises
- II. discussion on nutrition during pregnancy
preparation of foods & how to get the most out of what you have
anatomy & physiology of pregnancy
filmstrip: "fetal development"--"life before birth"
preparation for labor & delivery in relation to lamaze
discussion & review of lamaze exercises
- III. labor & delivery - effacement, dilatation, transition, expulsion
what to expect, possible problems & what to do
analgesia/anesthesia pros and cons
how lamaze helps - breathing exercises
film: "the story of eric"--a lamaze couple's experience! excellent!!
deep breathing exercises--simulation of contractions
- IV. discussion of accelerated phase of labor--panting
review of latent phase exercises
discussion of hospitals, rooming in, etc.
- V. child care including: care of the newborn, bathing.
breast feeding vs bottle feeding
nutrition, child proofing, approach to child raising
discussion & review of exercises. discussion of transition.
- VI. lamaze exercises with special emphasis on transition
preparation to go to the hospital
lamaze bag
film: "birth"--a lamaze pupil's experience
- VII. lamaze exercises with special emphasis on expulsion
pushing exercises--discussion of delivery
what happens after? discussion of preparing at home & readjustments
family planning discussion
- VIII. tour of hospitals with discussion following

abenaki programs

abenaki get togethers

the abenaki get together series which began about a year ago, has started again this year. our first meeting was a talk on "rock music as a social statement" by tim comer, which went very well. coming in january are two get togethers; one by ken allen on "human and animal aggression", and one by dr. eva reich titled "battle for the new human race". there are a number of other get togethers being planned for this spring, watch for further advertisement.

this series of informal talks on contemporary issues by local personnel has been exciting and informative. if you have any suggestions of topics that you would like to see presented, or know any people who would be interested in presenting a get together, come up and visit us in our office on the third floor of the memorial union building, or call 581-2201.

project web

what happens when you have a problem you can't solve? do you give up or get frustrated? it happens to all of us occasionally. sometimes the problem is minor, like where to get your car repaired inexpensively, and other times its major, like how to get health and welfare to help you with a physical disability, or how to get your landlord to bring your apartment up to code standards. if you find yourself frustrated or ready to give up because you can't solve a problem, call us at 581-2201. we try to keep informed on how to take care of many different problems. we have information on all sorts of matters and can refer you to the right people to get problems solved.

the maine people's yellow pages

it seems like a long time since we said we hoped to publish a maine people's yellow pages. every time something comes up, it is the yellow pages that gets put away. we are still working on it, but we need help. people are needed to gather information. phone calls have to be made and letters have to be written - please help us if you can.

other programs

if you look around you can find a number of people and groups doing good things in the community which you may want to get in on. some of them are listed below.

bangor tenants union

44 central street 942-1210
meetings - thursdays at 7:30 pm
open to all bangor tenants

a group of tenants working to improve their own housing situations and the community in general.

the bangor tenants union is working:

- to inform tenants of their legal rights
- towards the improvement of tenant landlord relations.
- on education of membership to housing laws and programs
- on long range programs to bring about improved housing.

b. t. u. has legal counsel and is available to assist tenants in getting their apartments brought up to housing code standards, fighting illegal evictions, and fighting illegal rent increases.

msac (maine student action corps)

was founded as an association of members of the university of maine community dedicated to the goal of improving the status of the physically, mentally, and socially handicapped. the corps was designed to be a non-profit, non-political association which would be deeply concerned with the welfare of all persons. the goal of the corps is to work with the disadvantaged and also to work on their behalf indirectly by increasing awareness into the needs of these people. they have twelve projects actively working in the bangor area, including programs like: literacy volunteers, prison tutoring, rural recreation, and big brother and sister projects.

the exchange bookstore

recycle your used books! take them to the exchange bookstore on the corner of mill and main in orono. the bookstore deals mainly in paperbacks, which can be bought (half-price), sold (a little less), or traded (depends). there is also a large selection of new books available, and books can be ordered at no extra charge. there is also a selection of excellent pottery work.

ymca

the y in bangor offers many courses in various topics. although they are not free, they are reasonable and may be of interest. some of the courses are lifesaving, self defense, scuba diving, aikido, etc. the courses cost ten dollars for non-members of the y, and six dollars for members. this year programs have also been opened to girls and women. for more information, contact the ymca at 127 hammond street in bangor, or call 942-6313.

red cross

the american red cross offers courses in first aid, lifesaving, and a s.m.f. program for families. anyone interested should call them at 942-8217, or drop in at 619 hammond street in bangor.

draft counseling

jail and canada are not the only alternatives to your draft problem. you owe it to yourself to find out about the others. counseling is done every wednesday at the unitarian parish house, 183 main st. in bangor. also 24 hour draft line 942-0944. feel free to call .

the low cost chef

is a class sponsored by the orono health association featuring foreign and gourmet cooking prepared by local talent. economy and use of donated commodities are stressed. the class meets at the newman center on alternate thursdays at seven pm. anyone interested should contact the orono health association at 866-4648 between nine and four weekdays.

skitikuk school

skitikuk is a state approved free school located in orono. opening in 1970, it has maintained an enrollment of fifty to sixty boys and girls, ages four through twenty. skitikuk has a full time staff of ten, and offers a high school diploma. skitikuk will accept anyone, regardless of past accomplishments. tuition is from zero to six-hundred dollars per year. phone 866-4052 or write; skitikuk school, bennoch road, orono maine.

the bangor women's center

this center is a collective of bangor area women working together to fight sexism within the community and within themselves.

there are many different areas in women's liberation that different women are interested in, so we have several collectives that operate within the center. the health collective does pregnancy, health and abortion counseling and referrals. a class will be starting soon to educate women in abortion counseling as the need for more referral centers is very great in maine. there are two active consciousness-raising groups, more can be started if the demand increases. the theatre collective performs womens theatre to the public and other women's organizations. a month ago the center started classes in women's history, hopefully, to fill the void left by present history textbooks.

there is no "president" or "leader" of the center, but necessary jobs such as finances, fund-raising, publicity and secretarial duties are rotated and important decisions are voted on collectively

there is much more to be done and we hope more collectives will start. (day-care, auto mechanics, karate classes, etc.) we want the needs of all women met. if you are interested in joining the struggle, call us at 947-4295.

nemesis

a multi-media communication project interested in organizing, distributing, and utilizing economic, social, technological, political, and ecological information. we will offer assistance to community action and political groups and individuals interested in any or all stages of movie making (documentary, guerilla theatre, etc.) or publication (writing, layout, and printing newsletters, pamphlets, posters, etc.). we will work at cost of materials plus minimum time charges for anyone wanting to make a valid political and/or artistic statement. box 104, unity, maine 04988.

abenaki

experimental college experimental college experimental college experimental college experimental col

roy d. krantz, president philip spalding, vice president
memorial union building, university of maine at orono, orono, maine, 04473
(207) 581-2201

the craft center

the crafts center attempts to offer an environment for the teaching and learning of creative and constructive crafts. our availability is such that we hope people will use the crafts center whenever they have some kind of creative desire. 12 hours per day. we will offer specific workshops as well as general instruction. if you wish to teach or learn any crafts (listed or not) please contact the crafts center (581-7300) in the hilltop dining complex at umo or abenaki experimental college.

we are presently offering:

pottery
candlemaking
leatherwork
enameling
fingerpainting
crocheting
crewel work & embroidery
sewing
stain glass
decoupage
woodwork
glass cutting
printing
weaving
macrame
cake decorating
paper mache
bread baking
rug hooking
geometric string construction

we are expanding and will offer more crafts. if you have an interest let us know.



for all whom have made abenaki possible, thank god.

**this catalog is dedicated to
winthrop c. libby**



memorial union
university of maine
orono, maine 04473
207-581-2201

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President Libby
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