

# I.P.A. NEWSLETTER

INTERNATIONAL PRIMAL ASSOCIATION, INC.

Spring 1984

## It's 1984 — Time to Panic?

by  
Art Sichel

"1984" and "Big Brother" became part of my vocabulary in high school. In common speech I assume, even if someone hasn't read George Orwell's book, they'll be aware of those and related concepts. For me the book was an apocalyptic vision of that very distant future toward which we were heading. "1984" didn't refer to a year; it was a warning of catastrophic repression when Big Brother's persecution would be unavoidable and would oppress and enslave us, defeating individuality and deviation from conformity. It was a foreboding symbol of the distant future when the spark of individuality would be squashed by a relentlessly and insidiously intruding, brutally oppressive, omnipresent totalitarianism.

Then 1984 was this year's calendar and nothing noticeable suddenly happened. I first considered giving up the myth as paranoid political nonsense. But something remained. The call to arms against the threat to survival of individuality and nonconformity had struck a deeper chord. It didn't matter that some of the book's predictions failed. I felt the power of the other truths.

So I took a quick look back at George Orwell (pen name of Eric Blair) and his last book. Like most novelists, Orwell's writing was of his own time. He finished the second draft of *1984* in 1948 and simply reversed the last two digits.

England was devastated by World War II. In 1948 there were still short-

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## IPA Annual Spring Regional Conference *Transformation of Consciousness*

Saturday, May 5, 1984

Germantown Unitarian Church

6511 Lincoln Drive, Philadelphia, PA 19119

Philadelphia is very beautiful in the springtime, especially in the hills of Germantown where the conference will be held on the spacious grounds and in the Unitarian Church building. This can be reached easily by car off Interstate 76, the Schuylkill expressway, (exit 24) or by the Chestnut Hill local train from Amtrack railroad station at 30th St. From N.Y. take N.J. Turnpike to Interstate 276 to 76.

Looking over our conference themes for the past year, the titles provide a progression which introduces our spring conference. One year ago in New York, "*Human Relationships*"; then in Philadelphia, "*Aggression in Relationships, a Catalyst for Love*"; to Appel Farm for "*Dimensions of our Human Spirit*"; to "*1984, Challenge to Identity*"; and then as spring creatively bursts forth from the crisis of winter's cold — our theme "*Transformation of Consciousness*".

Our primal experience has taught us that crisis can be the opportunity for change. Increases of individual anxiety, violence and terrorism, strife and breaking of marital and family structure, international political and economic tensions are so severe as to require change of transformational intensity to insure survival and movement toward expanded quality of life.

At this conference, we will have a new and more open format of 3 major sequential workshops of the whole to facilitate individual growth in the context of the group. This will culminate in an experiential exercise designed by Bill Smukler and Mary Thompson to stimulate individual and group transformation.

### The three major presenters will be:

**Don McLaughlin**, M.D. Psychiatrist from University of Connecticut, who will show how the concepts of Julian Jaynes, PhD., from *Origin of Consciousness in the Breakdown of the Bicameral Mind* (suggested reading for the conference) can be utilized in therapy.

**William Prendergast**, PhD. will describe and demonstrate his new Transformational Now Therapy, as evolved from his Primal type therapy with individuals in extreme crisis.

**Arthur Rosenblum**, director of Aquarian Research Foundation, will show how individual transformation can become global in a manner utilizing principles derived from the Hundredth Monkey concept.

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Barbara A. Valassis, M.A., CSW,  
President  
23011 Middlebelt  
Farmington Hills, Mich. 48024  
(313) 478-5559

Art Sichel, Ph.D., Vice President  
68 W. 10th St.  
New York, NY 10011  
(212) 477-2392

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2742 Fernwood Ave.  
Roslyn, Pa. 19001  
(215) 887-1471

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## IPA Office

International Primal Association, Inc.  
c/o Loretta Fogel  
2742 Fernwood Ave.  
Roslyn, Pa. 19001

## IPA Telephone Number

(215) 887-1471

## IPA Newsletter

The *Newsletter* of the International Primal Association is published by the International Primal Association, Inc. Opinions expressed by the authors are their own and not necessarily those of the IPA unless explicitly so stated. All submissions are to be typed, double-spaced, with wide margins on 8½" x 11" paper. Contributions may be edited for publication. The *Newsletter* reserves the right to make final judgment as to the publication of material received. Send submissions to Mae Sparks, 2729 Varonen, Waukegan, Illinois 60085.

## CALENDAR OF EVENTS

**May 5** 9:00 a.m. to 4:30 p.m. **IPA Spring Regional Conference, Transformation of Consciousness**, at the Unitarian Church, Germantown, Pennsylvania.

**May 6** 11:00 a.m. **Executive Board Meeting.**

**August 29 to Sept. 3** **IPA ANNUAL CONVENTION, Healing the Wounded Self**, at Appel Farm, N.J.

## MEMBER NEWS & NOTICES

Fred Zielke is interested in sharing his 30 by 15 office space at 853 Broadway, N.Y.C. Call (212) 228-1929.

Gail Clark and Gloria McLean will give another *Feelings, Movement and Sexual Aliveness Workshop* in May for women. For further information, call Gail (212) 477-2392 or Gloria (212) 874-6947.

Gro Bagn Robinson would like to announce the opening of her beautiful new center, the Riverside Growth Center. This spring, she and Ross Klahr will be leading a variety of groups and other growth enhancing social events. For information call her at (212) 362-9256 or 787-0611. She would welcome your ideas.

Primal Integration Center of Michigan will give a week-end workshop May 11-13. Leaders: Barbara Valassis, Jens Wennberg, Nancy Miller and Quentin Calvert. \$175 fee includes food and lodging.

The Primal Center in Berkeley, CA is looking for an intern primal therapist. This person would have already been involved in primal therapy for some time, and would need to possess at least a Masters in psychology or a related field. Contact Stephen Khamsi, 1456 San Pablo Avenue, Berkeley, CA 94702, (415) 525-7066.

The 7th Congress of the EUROPEAN ASSOCIATION FOR HUMANISTIC PSYCHOLOGY presents their theme; TRANSFORMING CRISIS, July 26th to August 1st, 1984, at the University of Surrey, Guildford. For details contact: EAHP, 62 Southwark Bridge Road, London, SE1 OAS, UK. Tel. (01) 928-8253.

Suggestions and recommendations for the next election may be submitted to Steve Austill for presentation to the nominating committee. Steve's address: 12 Mt. Vernon St., Saugus, MA 01906.

## CORRECTION:

In *Aesthema* issue #3, one sentence was inadvertently omitted from the opening paragraph of Gro Robinson's article on *Life and Therapy*, distorting its meaning. The paragraph should read:

"Our fundamental need as human beings is for people. The infant does not seek "pleasure" or even "love", but contact, interaction. It is the quality of the interaction with the parents that tells the infant who she is and what the world is like. It is the absence of the right interaction at crucial times in the child's life that creates the neurotic with the subsequent loss of "self". (And without a sense of self there can be no sense of others.)"

## Membership Notice

It is not too late to become a member of the IPA for the 1983-84 fiscal year. As a member you will receive all issues of the *Newsletter* and our journal, *Aesthema*, an annual membership list, discounts at the regional conferences, and notices of all events.

All this for only \$15 a year. (Canada: \$20, all other countries: \$25.)

Send your check, payable to the International Primal Association, with your name, mailing address and phone number to Loretta Fogel, 2742 Fernwood Ave., Roslyn, PA 19001

## Change of Address

Please let us know if you are moving, or if your name or address is incorrect (see your mailing label). Even if you are not a member, we want to be able to stay in touch with you.

## Executive Board November Retreat

Steve Austill and the Boston Study Group hosted the IPA board members the weekend of November 11-13, 1983. They planned a retreat on Saturday to explore feelings, thoughts and ideas about ourselves and the IPA. We used a problem-solving structure and would like to share this with the IPA members.

### PROBLEM SOLVING

1. Find needs.
2. Prioritize needs.
3. Brainstorm solutions (no judgments).
4. Eliminate unworkable solutions (work backwards).
5. Solution must not interfere with others' needs.
6. Implement plan.
7. Re-evaluate plan later.

We worked with the following format:

BEHAVIOR	ACTION	RESULT
When the IPA — —	I feel — —	Therefore — —
1. has massive discussions	discouraged	I retreat.
2. accepts me	happy and confident	I feel loving and giving. etc.

These are some of the needs we identified from this information:

- I/WE NEED — —
- to be identified as an active moving primal force.
  - to be validated in my territory.
  - to have pride in IPA beliefs.
  - to have balance between feelings and intellect.
  - to be acknowledged.
  - to feel comfortable with the leadership of IPA.
  - to feel accepted.
  - to keep growing.
  - to promote fair fighting.
  - to have honesty and be creative.
  - to provide intimacy, friendship and affiliation.
  - support and stimulation in my quest for my professional identity.

We agreed the primary need to be ACKNOWLEDGMENT. These are some of the solutions we brainstormed:

- Create a brochure.
- Disseminate information from board meetings to general membership.
- Publish more professional articles in our journal, *Aesthema*.
- Solicit membership for more ideas and committee participation.
- Personal outreach to former members.
- List in all major city phone directories, white pages.
- Continue to invite outside keynote speakers.
- Fund raising.
- More personal acknowledgment and individual correspondence.

This intensive work created a great deal of introspection and discussion which led to a very productive board meeting on Sunday. Some of our ideas have already been implemented. A brochure is now printed and available to be distributed and includes a statement of purpose. The president is acting as acknowledgment coordinator. We raised membership dues. We will continue to search out keynote speakers who are relevant.

We wish to express our appreciation and ACKNOWLEDGE the Boston Study Group for their superb job of planning our weekend.

Thank you, Steve Austill, Hal Geddes, Marshall Zidel, Iren Rothenberger, Yvonne Parma and Margrit Romang.

*Cynthia Robinson and Barbara Valassis*

## LETTER FROM OPELOUSAS, LA ON THE BORN AGAIN CONVERSION EXPERIENCE

The exchange of letters between Larry King and Dr. Holden which appeared in the last issue of the IPA Newsletter made for interesting reading. I have always noticed a close similarity between Primal and Charismatic Christianity. In both, we have the certitude of the "convert" that he has found the answer. It is interesting that Dr. Holden, who has experienced both, has deemed primal to be merely "interesting" while holding that Jesus Christ is "the way." The primaler believes that he has found the answer to health and well being as well as an explanation of much human behavior. The convert to Charismatic Christianity feels that he has been "saved" and has found the meaning of his life in doing the will of God. As the primaler interprets many behaviors in himself and others to be the result of repressed primal pain, the born again Christian interprets the most ordinary happenings to be subtle messages from the Lord. In both, because of the uniqueness of the experience, there is a compulsive need to spread the message of what has happened to him. The born again Christian is anxious to talk about his revelations and about his personal relationship with Jesus Christ, while the primaler wants to tell everyone about his remarkable journey into his past. Both have had extraordinary experiences which when recounted are received with skepticism and disbelief from relatives and friends.

Both primal and mysticism deal with strong feelings. The born again Christian needs no proof that the revelation came from Jesus Christ and the primaler knows his experiences in primal are relivings of what actually occurred to him in his infancy and childhood. Primal, to some, has been thought of as a religion. E. Fuller Torrey in his December, 1976 article in *Psychology Today* considered this interpretation to be valid.

Both the potential primaler and the incipient convert to charismatic Christianity have reached the end of their psychological tether. The patient who goes into primal therapy is often suffering severely and has tried everything else. The convert to fundamentalist Christianity has oftentimes endured a life crisis, such as a divorce, a nervous breakdown etc. A feeling

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# A GREAT NEW YORK

# CONFERENCE HELD



The annual New York Conference of the IPA, held Feb. 4 at the East-West Institute, was a resounding success. The conference was opened by the chairman, Dan Miller, introducing the IPA president, Barbara Valassis, who shared a moving experience with her blue "sapphire".

The dynamic keynote speaker, Jackie Di Salvo, got the group energy moving with the versatility and speed of a rocket. In her knowledgeable and creative exposition of the theme, "1984: Challenge to Identity", she warned how important it is to take up a committed political and social position. All the morning and afternoon workshops stimulated the participants to deal with the theme in new ways opening up doors to unforeseen potentials.

Gary Null, in the late afternoon, blew open a few more spaces in peoples' minds with his lecture on Wholistic Health pointing out how we create the environment in which we live by what we eat, feel, think and do. He went so far as to say that if we commit ourselves, consciously or unconsciously, to sickness and pain or health and joy, we'll generate it in ourselves and in what happens to us.



For the evening program a prize film called "The Hundredth Monkey" was shown which took the challenge one step further. Its thesis was that ideas guiding behavior can be transmitted non-verbally through the committed participation of a group, manifesting the effect of purely energy level communications. Dan then led the group in a meditation to use the group energy for world peace.



The party and dancing at the end of the evening was light and spirited. It was an extremely full and satisfying day for the IPA and its guests.



## ACKNOWLEDGEMENTS

Thank you, Larry Schumer, for being our photographer and taking some great pictures of the New York Conference.

Dear Dan,

Feb. 8, 1984

I wish to express my delight and appreciation for the fine work you and your committee did with the regional conference. The speakers were so dynamic and the workshops went very well. I also enjoyed the movie. The whole idea-theme was stimulating and exciting. I look forward to seeing you in Philly.

Also, my appreciation for the editing of *Aesthema*. Our journal is becoming very important.

Love, Barbara

## REPORT ON THE IPA BOARD MEETING, FEB. 5



We discussed the Philadelphia conference and changed the date from April 28th to May 5th because of a conflict with A.H.P. Decided to set up a table at the A.H.P. Conference manned by volunteers to distribute and sell *Aesthema*, answer questions, distribute brochures etc.

Empowered the summer convention committee to add an all day workshop prior to the conference. Responses will be required from the membership as there is a minimum attendance to have the extra day.

Voted that regarding the new IPA brochure, the first one hundred be given free to members of the IPA who wish to distribute it, and any additional copies be sold at cost.

Voted the *Aesthema* be sold as follows: \$2.00 for one copy, \$3.50 for year's subscription, IPA members receive first copy free and additional copies \$1.50, \$10.00 bulk rate for members for 10 copies.



## TWELFTH ANNUAL CONVENTION

### "Healing The Wounded Self"

AUGUST 29—SEPTEMBER 3, 1984 • KEYNOTE SPEAKER: AL PESSO

Nineteen eighty-four is my seventh year of participation in the IPA. Each year the annual convention has been a time to consolidate and celebrate my gains over the last twelve months and mourn for and accept my losses. Not that I know that is what I am doing, I go to the convention to share my feelings and experience the joy of being with people who accept me as I really am and who are willing to express their inner selves. It is mainly in retrospect that I view each convention as a benchmark as well as my most intense learning experience of the year.

Originally, I became involved in the organization of the IPA out of gratitude; I wanted to repay what I had received. I continued over the years because I liked spending time with my "good family" — even bad time (board meetings are no pleasure). Now, I see that I have received an additional gift: lessons in how to be an effective participant in a working group. The IPA has provided me with an environment where my mistakes and shortcomings are accepted and each year I have felt safe enough to take on more and more responsibility.

Well, this year I really did it by accepting the chairmanship of the 1984 Annual Convention. Not to fear — one of the things I have learned in the IPA is how to ask for help. So I asked, and Art Sichel, our vice-president and convention coordinator promised (and has already delivered) unlimited support and sharing of the responsibility. Loretta Fogel, Ross Klahr, Gro Robinson, Larry Schumer (all convention-planning veterans), Kate McAteer, Jerry Baker, Fred Zeilke and Don Eschbach are also actively working. (This is not coercion, guys, just thanks.) Ross and Loretta have agreed to again serve as site chairmen.

What I really wanted to tell you about (this is, after all, an advertisement, not an autobiography) are our plans for the convention. The theme this year is "*Healing the Wounded Self.*" Healing, for me, is an on-going process since some wounds will always remain and others will be inflicted; a part of healing is learning to accept that fact. Others, I know, have different conceptions of the healing process. At the

convention, we will explore these theses from the point of view of both practitioner and client.

We are particularly excited to have Al Pesso, the originator of psychomotor therapy, as our keynote presenter. He is a charismatic speaker as well as a gifted and sensitive healer. We hope that he and his wife Diane will have time to spend a few days at the convention. I know that they are eager to relax and learn with us for as long as they can.

We are planning to add a sixth day at the beginning of the convention (Aug. 28-29) when three or four intensive full-day workshops will be available. This is an opportunity for new people to establish strong bonds with a small group and for all of us who feel the convention is never long enough to have more time. One problem is that we must guarantee at least twenty participants but do not have the facilities to send out a formal registration flyer early enough. Therefore, I ask you to let me know as soon as possible if you are planning to attend. The cost will be about \$50 for the additional day and includes room and board (total convention fee, \$300 for 6 days). You can call me at (212) 674-4278 (evenings) or (212) 623-5879 (days), write a short note to 77 E. 12th Street, New York, NY 10003, or get in touch with Loretta Fogel at the official IPA address. We can offer the extra day only if enough interest is evidenced by your response.

The January, 1985 issue of the IPA journal, *Aesthema*, will be devoted to articles by presenters at the 1984 conferences and convention. So please keep in mind the possibility of writing a paper as well as presenting a workshop at the convention.

One last request is for names of possible outside presenters; that is, people who are not members of the IPA but share our attitudes about deep-feeling therapy and can make a unique contribution to our convention theme.

I thank you for participating in the planning of the convention and look forward to *being* with you this summer. The IPA has given me a milieu in which to grow and I happily return the favor.

Harriet Geller

## IT'S 1984 — TIME TO PANIC?

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ages, rationing and public pressure for individuals to sacrifice for the common effort of recovery. There was a lingering wartime economy and atmosphere during the peacetime when the book was written.

But we're not at war today, at least maybe we're not. The Marines have been in Lebanon and we're involved militarily somehow in Central America. We do not have a wartime economy, except the Defense Department, which is really the War Department, has a colossal budget.

All of a sudden "1984" seems very close. Orwell coined the term "double think" to describe a process in which we know the truth but believe a lie. Language is used to say the opposite and obscure reality. People are lied to about history and current events to the point that they can't locate the causes of their problems and are therefore powerless to cope with them.

What else is there to watch out for now? Well, there's the atmosphere created by secret police: the right to preemptive

violation of privacy, condemnation and persecution in the name of investigation, censorship of opinion, and frame-up trials. (Hard to say whether we're talking about the Internal Revenue Service or not.) Again, that's probably a rendering of political climates Orwell knew, with Big Brother's dictatorship inspired by Stalin, Hitler and Mussolini. The secret police atmosphere evoked is probably a combination of Nazism, Stalinist Russia, and the Russian purges.

Just as I start to feel reassured that it's in the past and somewhere else — that'll never happen here — I remember Alger Hiss, the Rosenbergs, McCarthyism and the communist witch hunt of the 1950's. There was a brutal pressure back then to conform, line up against communism, and support, or at least keep quiet about victimizing the scapegoats. (I was too young to have to deal with that but I wonder how I would have stood up against the pressure.)

I think I can ignore that people a little older than I are still living with the

results of moral choices made then. I almost feel safe from secret police and scapegoat trials when a corner of my mind echoes with a whisper: "The Chicago 7," Vietnam: a war that wasn't a war — very 1984. That was one I had to deal with. Power politics forced intrusion into my private living of my life. The moral choices I made then have had a big influence on my life since.

Part of the dire warning is the tragic fate of the book's chief characters. They try to get away from their oppressive normality and break from the standards of their group but are drawn back into it and destroyed. He tries to do it through intellect, she through sexuality. They are betrayed by their need to be listened to and understood.

In a sense *1984* is a love story. The lovers' feelings for one another are destroyed. They wind up paragons of conformity, loving big brother and being an object of his indifferent sadism. Their struggle was to stay human. They didn't.

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## LETTER FROM OPELOUSAS, LA ON THE BORN AGAIN CONVERSION EXPERIENCE *Continued from Page 3*

of giving up, of hitting rock bottom, is oftentimes necessary before the mystical experience takes place. This surrendering of the self to God is an essential element for success in Alcoholics Anonymous. Without it AA loses much of its effectiveness and, as such, is usually ineffective with atheists. This act of surrender, of giving up ones' burdens in life to the will of the Lord is an essential element in born again Christianity.

Though there is no doubt that mystical experiences do in fact occur, little is known of the psychophysiology of the experience. That it is a neurobiological phenomenon is generally accepted by researchers. Dr. Arnold J. Mandell is a psychiatrist who has written extensively on the biochemistry of mysticism. He feels that mystical states might be "...manifestations of the drive-arrest-release sequence in biogenic amine inhibitory systems, releasing temporal lobe limbic, hippocampal-sepal hypersynchrony," which is really saying a lot!! Those who feel that the experience is from God reply that all emotion is the result of neurohormones and brain chemistry and

pointing to a possible neurohormonal origin of mysticism proves nothing. So the real question of whether God is actually revealing himself to the mystic remains unanswered.

Those who have studied temporal lobe epileptics have reported their tendency to religious conversion. The administration of antiepileptic drugs or surgical removal of the temporal lobe focus eliminates the religious preoccupation. Temporal lobe patients who suffer from multiple sclerosis also are known for their continuous elevated mood and feelings of ecstasy typical of some religious converts. Such feelings have also been reported by persons having a near brush with death. These feelings are mimicked well by hallucinogenic drugs such as LSD, peyote and psilocybin. At the turn of the century mystical experiences were evoked with nitrous oxide, ether and chloroform. However, many have insisted that these chemically derived mystical experiences are not natural. Swami Prabhavananda asked if God can be purchased so cheaply by the purchase of a drug. He also points out that

there is a profound deterioration of an individual who takes these drugs which does not appear in a person who has a genuine spiritual experience.

While it is impossible to prove the religious revelations came from God, the fact that the mystical experience can bring new motivations and perceptions of life is unquestioned. Many new converts do not retain the feeling of "peak experience" without repeated reinforcements, which take the form of Bible reading, group meetings with other born-againers, praying with newly found fervor and proselytizing.

For those who are interested in further reading on the subject, I'd recommend the following three books:

Henry James *Varieties of Religious Experience*

Walter H. Clark *Chemical Ecstasy: Psychedelic Drugs and Religion*

Hal Bridges *American Mysticism*

John A. Speyrer  
Opelousas, La

Thank you, John, for sharing your ideas.

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What's the key to staying human? Orwell provides an answer. He locates it in his "proles", his common people. He invests them with generosity of emotional reaction to the world and protection of values of individual relationships, personal loyalty, privacy, and pity for suffering.

I worry about how I'll do the next time I'm on the spot and my humanity's at stake. Sure, I survived my Vietnam crisis. But not on my own. I had the anti-war movement: a lot of people espousing and supporting human values and the value of humans. When I needed it there were people who listened and understood. Without them, for me, maybe it would have been 1984.

**AESTHEMA****Projected Issues:**

AUGUST 1984 Bill Swartley  
Commemorative  
Editor, Arnold  
Buchheimer

JANUARY 1985 Conference  
Presentations for 1984  
Editor, Art Sichel

AUGUST 1985 BIRTH  
Editors, Barbara and  
Lance Wright

JANUARY 1986 POST PRIMAL  
Editor, Dan Miller

The present Editorial Board consists of the above individuals plus Fred Zielke, with Loretta Fogel, Lisa Novik, and Barbara Valassis as ex-officio members, and Arnold Buchheimer serving as Chairman.

**Please submit articles, and suggestions for future issues, to:**

Arnold Buchheimer  
Rossiter Road  
Richmond, MA 01254  
Phone: (413) 698-3820  
or to the particular editor.

Comments on pieces are also welcome and should be sent to the authors. We plan to publish these with authors' responses.

**Articles should be**

- 2000-2500 words long (no more, a longer piece may be published in two parts) but can be shorter
- typed double-spaced — large margins
- submitted in triplicate

Submitted pieces will be reviewed by at least two editors (therefore the triplicate). We will edit for clarity of content, correct English, and general readability, but not substantive content.

We are looking forward to receiving your materials and reading them with intense interest.

**IPA ANNUAL SPRING REGIONAL CONFERENCE** *Continued from Page 1*

There will be ample time for multiple level engagement with presenters and themes. Morning coffee and rolls and nutritious lunch will be provided for all registrants. The fee will be \$45 for members, \$50 for non-members prior to April 14th and \$50/\$55 after April 14th and on site. Full payment should be made when pre-registering.

Participants will be invited to an evening of refreshments and expressive activities at a member's home. Mail registration to Loretta Fogel, 2742 Fernwood Ave. Roslyn, PA 19001.

**PHOTOS**

- #1 Jackie DiSalvo, Dan Miller, Barbara Valassis
- #2 Gary Null
- #3 Ross Klahr
- #4 Theresa Benzwie
- #5 Mary Thompson, Kate McAteer
- #6 Group discussion

**PUBLICATIONS COMMITTEE**

Mae Sparks, editor  
Barbara Valassis and Cynthia Robinson,  
copyediting and production

**International Primal Association, Inc.**  
**c/o Loretta Fogel**  
**2742 Fernwood Ave.**  
**Roslyn, Pa. 19001**