

Take good care of that
precious little Cabeza of
yours. It's pretty important
and it must be got completely
well. Write when you can
but I'll phone at least once
in a day or two.

Sunday Evening
Giant Forest Lodge.

June 21, 1965

(you asked how my "lecture" went
at the Mammoth Lakes session.
It must have been pretty good. I got
lots of compliments on it.)

Dearest Patricia:

It is getting late, but

before I turn in I've just got to give you
the data on the start of our second week.
We have (I think) 170 adults registered
and a bumper crop of juniors. There may
be 80 of the latter. Some 70 are regularly
registered, but on arrival here Mrs. Ellis
was told that possibly up to 10 children of
Park personnel + the Lodge management
might be coming in. For diplomatic reasons
we can't turn the latter down. So Nancy
Stewart (née Statznager) is going
to help handle the juniors + Selassie (one
of the College girls) as well. Looks as if a big
week is in store.

Weather's wonderful - warm until late
in the evening but not hot - thus far. Every-
one is happy about it. I'm feeling fine, much better
than I anticipated.

I got 3 pictures of registration, which
(one or two of them) will go in our film.

strip for talks to schools et al. I'm real
proud of you for suggesting that. By the
time the school is over at Cambria Pines
next week, there should be an ample supply
of pictures to illustrate both the "History of
the Field Studies" and the film strip.
I'll get at the History first thing.

I'm picking up a few odd jobs, so I
can help out around the corners, but I'll have
plenty of time to take pictures and rest.
Tomorrow AM, for maybe 45 minutes, I
teach part of the Junior some 3 folk
dances. Evenings I'll teach the big group but
will hold my own participation largely to
demonstration. I need someone like you to
boss me & tell me "N.O." when I've done enough.
Then I'll have a poem to read one evening -
my "Ode to the Big Trees."

I'm getting steamed up about something
else that I can do for both of us after I
get back - but there isn't time to explain now.
It has to do with using positive suggestion to im-
prove performance & lessen fatigue, increase
relaxation etc. I've used it with myself in past
years with remarkable benefit and I know it
will be useful to you in addition to the fact that
I need to go back to it. Got some of my first ideas
from Dr. Dorothy Hazeltine Gates, psychology prof. retired
who used to work with the coaching staff & athletic teams.
It can do wonders, this I know but must close now
Love as always - Carl