

Finding Aid of the Judy Freespirit Papers

1971-2010

Accession number:

2008-48

**Gay, Lesbian, Bisexual, Transgender Historical society
San Francisco, California**

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Descriptive Summary

Title

Judy Freespirit Papers

Accession number

2008-48

Date

Inclusive: 1971-2009

Creator

Freespirit, Judy

Extent

7 cartons and 1 oversize folder (7.1 linear feet)

Repository

Gay, Lesbian, Bisexual, Transgender Historical Society
San Francisco, California

Abstract

This collection contains Judy Freespirit's published writings, manuscripts, personal journals and audio and videotapes of her readings, performances and interviews. The subjects of her writings and performances are often autobiographical and refer to her activist efforts in support of lesbians, fat acceptance, disability rights and Jewish culture. Judy has also addressed issues of incest.

Administrative Information

Acquisition

Donated to the GLBTHS by Judy Freespirit, November, 2008

Access

Collection is open for research.

Publication Rights

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Preferred Citation

[Identification of item], [Name of Series], Judy Freespirit Papers (2008-48), the Gay, Lesbian, Bisexual, Transgender Historical Society.

Biography

Judy Freespirit, (born Judith Louise Berkowitz) was born in the inner city of Detroit in 1936 to a working class Jewish family of Eastern Europe decent. Subject to her father's incest at an early age and pressured to diet beginning at eight, she identifies dancing and theater performances as her main ways of surviving through high school. She attended Michigan State University for two years, majoring in drama, and then married and worked as a clerk-typist to support her husband through graduate school. (Her married name is Judith Ackerman, which she still uses for some legal purposes.) When her husband was drafted, she followed him to Japan where she gave birth to her son, Joe. In 1960 the family moved to L. A. where Judy finished college and became a Director of Social Services at a psychiatric hospital.

At 35, as she was finishing her master's degree in the early 1970s, Judy discovered the Women's Liberation Movement in L.A. and began sharing Radical Therapy skills in women's rap groups. She soon left her husband and eleven year old aison and came out as a lesbian. Her first woman-to-woman kiss was at a Lesbian Kiss-In staged for the media.

In 1976 Judy was one of the founders of the Fat Underground in L. A. Later, on moving to the Bay Area, she wrote, danced and performed in “Fat Chance”, a performance group, and “Fat Lip Reader’s Theater.”

In 1978 Judy moved to Sonoma County to work against the Briggs Initiative, which sought to prohibit anyone from supporting gays in public schools. Her activities included writing brochures, raising money, going door-to-door, and talking on radio and TV. The initiative was defeated and Judy moved to Berkeley/Oakland.

By 1982 Judy was focusing on her Jewish background as part of a Jewish lesbian writers group and performing with other fat Jewish women at the Jewish Feminist Conference in San Francisco.

In the early 1980s Judy endured a lengthy struggle with asthma and discovered that she suffered from substantial allergies. She became part of the Berkeley disability movement and worked with the World Institute on Disabilities (WID) on issues of fat, health and disabilities.

In the 1980s and ‘90s Judy continued to write about her life as a fat, Jewish, lesbian incest survivor with disabilities. She published in lesbian feminist journals and gave several elaborate, memorable performances celebrating her birthdays. A witty writer, she is known for her bold insights and creative ideas. At her readings Judy evokes strong laughter and warm, rich emotions.

Judy’s archive includes published and unpublished manuscripts. Her major published and self-published manuscripts are *Daddy’s Girl*, 1982; *Keeping it in the Family*, (1993); *Whole Lot of Quakin*, 1996; and *A Slim Volume of Fat Poems*, 1996.

In the late 1990s Judy joined the First Unitarian Church of Oakland: speaking from the pulpit on a number of occasions, pushing the congregation to not wear scented projects, and helping to develop a gay Seder. She wrote, produced, and directed at the church her play, “Polly’s Phat Phollies” in 2003.

By 2004 Judy was suffering from major health problems. She was in and out of the hospital and eventually her friends gathered to support her in what all thought would be her last days—as Judy spoke on tape about this experience hoping to provide another book for her followers after death. Judy survived, and in 2007 moved to The Jewish Home in San Francisco where she discovered a new creative form—visual art—at the art center there. She also

organized multiple LGBT events at the Jewish Home for Pride Month in June, and has published her writings almost every month in the Jewish Home's newsletter.

Collection Scope and Content Summary

Judy was an activist, writer, and performer focused on the subjects of women, lesbians, Jewish culture, fat acceptance, disability rights, and incest survival. The collection includes a few personal journals, Judy's published and self-published writings and manuscripts. Some of her writing appears as short, stand-alone pieces that are later combined into longer manuscripts. There are files on her various fields of activism, her participation in the Oakland Unitarian Church, and Re-evaluation Co-counseling. Judy stated that she wrote for her work to be performed, thus in addition to the manuscripts there is a sizeable collection of audiotapes of her and others reading their works and of interviews. Likewise the collection includes film and videotapes. The collection includes t-shirts, buttons and photographs.

Arrangement of the Collection

This collection is organized in 7 series:

- Series 1. Personal Journals
- Series 2. Publications of Judy's writings
- Series 3. Activist files
- Series 4. Manuscripts
- Series 5. Ephemera and photographs
- Series 6. Audiotapes
- Series 7. Film, videotapes, and a DVD

Indexing Terms

Lesbian Activists
Fat activist
Disability

Other Collections

Judy Freespirit papers, June Mazur Lesbian Archive, Los Angeles, CA

Collection Contents

Series 1. Box 1.

Judy Freespirit 1973-1983: Personal Journals

Series scope and content: bound, handwritten journals. Incomplete.

Series 2. Box 1.

Judy Freespirit 1982-1992: Some of Judy's Published work. (Note: "Daddy's Girl" and self-published work are in Series 4).

Series scope and content: "A Lesbian Photo Album (1987) featuring photos and an interview about her life, 3 periodic journals, and 6 books featuring Judy's writing and Letters regarding acceptance of work for publication. Judy's writings appearing in the newsletter of The Jewish Home in San Francisco.

A Lesbian Photo Album: The Lives of Seven Lesbian Feminists by Cathy Cade, 1987.
(Chapter on Judy: family photos, photos by Cathy, interview)
Herstory: Judy Freespirit, bio in *Lesbian News* (L.A.) Oct 1997 with photos.

Periodic Journals

"Flashbacks from the Jewish Feminist Conference, June 1982" by Judy Freespirit.
Common Lives/Lesbian Lives, Spring 1983.
"Chain Letter Massacre" by Judy Freespirit in *Lesbian Ethics* vol 2, no 2
"On Ward G" by Judy Freespirit *Sinister Wisdom* #39 Winter 1989-90

Books

shadow on a tightrope, edited by Lisa Schoenfielder, Barb Wieser, Foreword by Vivian Mayer, Aunt Lute, 1983
"The Confrontation" in *Lesbian Love Stories* edited by Irene Zahava, Crossing Press, 1989
"The Great Shakedown" in *Finding Courage* edited by Irene Zahava, Crossing Press, 1989
"The Trouble with Theaters" in *Speaking for Ourselves, Short Stories by Jewish Lesbians*, edited by Irene Zahava, Crossing Press, 1990
"Three Memories of Jewish Childhood/Feline Fable" *Word of Mouth*, edited by Irene Zahava, Crossing Press, 1990.
"My Room at Night" in *My Father's Daughter*, edited by Irene Zahava Crossing Press, 1990

Letters from *Common Lives/Lesbian Lives* re other work accepted

Box/File

- 1/1 Reprints of 8 writings also included in the publications above.
- 1/2 Judy's writings in: At Home: (Newsletter) for residents of The Jewish Home in S. F. 10/07-3/09. (2/09 omitted, no writing by Judy).

Series 3. Box 2

Judy Freespirit Activist Files 1972-2004.

Scope and content: Articles, leaflets, writings about Judy's early activism in L. A. around feminism, Radical Therapy, and the Fat Underground. Also includes later activism around the Briggs Initiative, Jewish activism, re-evaluation Co-Counseling, the Unitarian Church, and Fat Activism including the Corrigan Case. A proposed research project on barriers to emergency medical service for fat and disabled people through WID and info on environmental illnesses. NAFA materials.

Box/file

2/1 Early L.A.

Photo of Fat Underground at reunion [1990s] with names.
Santa Monica, The Women's Center brochure (includes Fat Underground)
Leaflet on Lesbian Marathon workshop, 1974
"Subpoena" Amazon Nation District Court (signatures of leaders) 1975
Leaflet on Radical Feminism discussions at The Women's Center
"Why Lesbianism is a Woman's Issue,
By Sharon McDonald and Jeanne Cordova, Lesbianism and Civil Rights, 1977
International Women's Year, California State Meeting, USC, 1977, the program
Lesbianism as a Special Issue, by Marilyn Murphy, 1976
Judy on her life in 1973, newspaper article.
The First National Lesbian Feminist Conference, UCLA, 1973, by Judy
Lesbian (Feminist Los Angeles, 1970-1990 by Yolanda Retter, 1995
"Born a Woman" first issue from L.A. Women's Center, article on NOW and lesbianism
Fifth national Conference: The national Organization for Women by Sharon Zecha in

Fem

Mag '70s.

The Southern California Conference of the National Women's Political Caucus. [Early '70s?]

2/2 Radical Therapy

Radical Therapy in Sister: L.A. Feminist Newspaper, 1973
Statement from the Radical Feminist Therapy Collective, Sister, 1974.
Basic Transactional Analysis Terminology
The rescue triangle
How to spot a radical therapist
Facilitation Techniques
Radical Psychiatry Manifesto, Claude Steiner

An Open Letter to All My Former Shrinks, 1972
Madness Network News, 1977
Transactional Analysis Journal, 1972
Anti-Mass: Methods of Organization for Collectives (printed & mimeo versions)

2/3 Briggs Initiative, Prop 6, Sonoma County

Full text of Proposition 6
Door-to-Door against Proposition 6
sonoma county lesbian & gay news: Aug, October 1978
sonoma county lesbian & gay news: February 1979;
sonoma county lesbian & gay news: "Feminist ethics; An Opinion by Judy Freespirit", April 1979

2/4 Voices and Visions: Feminist Media Conference, Bay Area, 1979 Documentation Packet, list of attendees

2/5 "The Pyramid Game" by Linda Rosewood Hooper, 1993 (Judy in footnote #1).

2/6 Jewish Activism

Flashbacks from the Jewish Feminist Conference, 1982
Jewish Lesbian Writers Group Exercise, "I've let go, I say, 1982
Jewish Lesbian Writers Group Exercise: Rosh Hashanah, 1982
Leaflet "Funny You Should Ask: Poems & stories by a Jewish Lesbian Writers Group:"
Judy Freespirit, Evan Rubin, Deborah Hamolsky, Teya Schaffer, Judith Masur,
Pnina Tobin, Cynthia Riggs, Rebecca Silverstein. Drawings by Judith Mazur
1983
A Jewish Lesbian Chanukah, by Judith Stein, 1984
"Facing a Challenge Within" Anti-Semitism & the Left, Conference 2004
Program, Judy's notes, emails re organizing it.
Brochure: Brit Tzedek V'Shalom: Jewish Alliance for Justice & Peace

2/7 Re-evaluation Counseling/Co-counseling

The Art of Listening, Harvey Jackins, 1981
Draft Gay Liberation Policy Statement
International Liberation reference Persons for lesbians and Gay Men, 1992
Judy's letter, replies and article on Pseudonym Policy
Leaflet: Berkeley I Women's Support Group on Body Image (@'92?)
Draft Proposal on Fat Oppression, 1992
Draft Proposal on Fat Oppression, printed in Liberation, an RC publication
Fat Women, How Fat Women are Oppressed, Sister (RC) 1981
How to Think About Accessibility
Straight thinking on Being Disabled
Canaries Sing Out: Allergy and Environmental Pollutants
Survivors RC newsletter, 1990
RC Incest survivors newsletter #32.
Jewish Liberation Policy Statement

Liberation Seder, 1994
Jewish Commitment
Working Assumptions/Guidelines for Alliance-building, by Ricky Sherover-Marcuse
Thinking About Eliminating White Racism, 1989
Notes on Harvey Jackins Workshop: Demonstrations on Racism, 1992
Frozen Needs and Reclaiming of Power
Goal Setting

2/8 First Unitarian Church of Oakland

The Goddess is a Fat Woman, order of service, 1994
Coming Out to Pride, order of service, 1995
In Memoriam, Jacqueline Berry, order of service, 1996
Letter of congratulations on selection to summer worship comm. 1996
Twenty-six suggested Do's and Don'ts in crafting and leading worship
"Our Liturgy: A Philosophical Sketch", Robert Eller-Isaacs, 1992
First Unitarian Church of Oakland Mission Statement
UUA Racial and Cultural Diversity History Timeline: 1784-1995
Racial Healing: Confronting the Fear Between Blacks and Whites
Towards Transformation: Building the Multi-Cultural, Multi-Racial, Non-Oppressive and Divers community for the 21st Century, Modified Workshop.
Church newsletter, Oct. 1997, Feb. 1999
Understanding Islam, Oakland Coalition of Congregations program materials.2001
Judy's pledge 1997
Stonewall Haggadah, 2004
Handwritten notes to Judy from congregation, photos after Seder, 2005
Photos at church celebrating Judy's 70th birthday.
Church Can be Perilous for Those with Allergies, InterConnections, 2003
Accessible Congregation, National Organization on Disability, 1996
Judy marries herself Sept. 2007: photos Draft Liturgy, "Getting Hitched"

2/9 Polly's Phat Phollies: A play with music, written, produced, and directed by Judy Freespirit.
Sponsored by the LEAP Council and Music Committee First Unitarian church of Oakland.
Nov 14 &15, 2003

Poster
Script (coil bound), script master, unbound.
Script revisions
Staging notes
Cast & Crew, contact info
Audience written appreciations & thank you cards
Playbill, ticket, CD
East Bay Express small review "Large Laffs"
Photos (rehearsal?) album, prints & negatives
Raks a Tasneem, fat belly dance group auditions, photos on web

2/10 Fat Activism

A Brief, Partial Listing of Lesbian Fat Activism by Judy Freespirit, 1997
Fat underground: an Introduction to Fat Militancy
Fat Liberation Manifesto, Judy and Aldebran, 1973 and other articles on
doctors, fear of fat, etc.
Why are there so many Fat Dyke Activists? Ware Are so many Fat Activists Dykes?
Notes on Lesbian Fat Activism: Silvia Kohan, Ariana Manov, Susan Goldberg, Diane
Denne, Deeg Gold, Cindy Cooper, Simi Litvak, Laura Bock, Sheila Sernovitz,
Judith Stein, Susan McAllister, Barbara Ruth, Helen Weber
Off the Charts: Eliminating Barriers to Emergency Care for Fat and Disabled People.
Judy Freespirit: Foremother of the fat liberation Movement by Andrea Hernandez, 1994
Fat Oppression and fat Liberation: Some Basic Ideas, 1980
Big Fat Bibliography
List of books on body image, clothing, eating disorders, size-acceptance, etc. 1998
Fat Feminist Herstory 1969-1993 by Karen Stimson
Photo of Fat Underground Reunion.
The Fat Underground: a Commemorative Sourcebook from the archives of Largess, the
Network for Size Esteem, 1974.
Fat and Health, Speech at Lesbian and Gay Freedom Day 1983
Catalog of attitudes and stereotypes: Fat People: are lazy...
“Tell us the process of how you got from feeling bad about yourself as a fat woman...”
Introduction for a book “The Oppression of Fat Women in American Society
Some Random thoughts on freaks and fat Ladies
Letter from and article by Aldebran “Fat Woman
Letter to Dawn Atkins: summary of Judy’s fat activism
Life in the Fat Underground by Sara Golda Bracha Fishman, Radiance Magazine 1998
In a Hormone Storm, by Judith Stein, (1987?)
Fat Lip Reader’s Theater, 1989 (See box 6 for “Nothing to Lose” Fat Lip video)
Dress pattern for Judy, designed by Barbara Kamrany, 1978

2/11 Fat Publications

Sister, LA Feminist newspaper, July 1974, Oct ‘74
Plexus “Politics of Fat” Marcia Millman & Susie Orbach
The Lesbian Insider, Aug. 1981,
No Joking Matter, by Judith Stein, Gay Community News, 1981
Haries, 1984
Matrix (Santa Cruz), 1987
The Monthly: on Marilyn Wan and “Fat So” 1997
As a Matter of Fat, SF Weekly, 2001
Woman’s Day, 2001
Healthy Weight journal, 2000
Perspective, 2001
Fat! So? (small zine) #5
Fat Girl #1 1994, #4 1995, #5
A Fat-Acceptance Movement Welcomes America’s new Majority Tucson Weekly 1998
Living and Loving Large by M. Scott Mallinger (Judy quoted re NAAFA 2004
The Web of Size Acceptance: Internet Resources for Exploring a Feminist Issue by

JoAnne Lehman, 2003
More pamphlets and articles on Fat and Health

2/12 The Corrigan Case

Christina and Marlene Corrigan Case: Mom on Trial
Articles downloaded from the web—Salon, etc
Newspaper articles 1997-98 Judy photo and statements
[See Judy on CNN re Corrigan Case in Box 6, video.]

2/13 Proposed Study of Barriers to Emergency Medical Service for Fat and Disabled Persons
By Judy and Simi Litvak with WID

Letters from supporters
Overview of articles on Weight
US's Obesity Woes Put a Strain on Hospitals...

2/14 National Assoc. to Advance Fat Acceptance (NAAFA)

NAAFA pamphlets
List of Judy's Fat/NAAFA activism (@ 1974- 1995)
Health Committee Special 1982
Report on Weight-loss Surgery, 1984
NAAFA Workbook: Complete Study Guide, 1987
New Attitude: NAAFA Fat Feminist Caucus newsletter, 1993
International No Diet Coalition newsletter 1995
NAAFA newsletter, 1992, 1995 1998
NAAFA Convention schedule, 1998
NAAFA policy on dieting
NAAFA policy on very low calorie diets
Size Acceptance, Lyn McAfee
NAAFA Superwoman #48, 2000 on Lymphedema
Two other articles on Lymphedema, research
Quotes from NAAFA (gathered by Judy?)

2/15 Articles on Fat, Lesbians, Employment

2/16 Fat Women-Health/ Environmental Illness

WomanCare Plus
Survey re ovarian cancer for large patients
Women's Health Consulting network
Obesity: Fat Cells—Not Fat People
Society for Disability Studies meeting, 2002
Living with Environmental Illness, BAR 1990
Sick Building Syndrome, Health & Fitness, 1990

Series 4. Box 3

Judy Freespirit Manuscripts, self-published works, a few drawings. Personal history interviews, friends' statements.

Scope and Content: A collection of short autobiographical writings and a late 1970s horoscope reading; short writings Judy provided in files identified by years; Judy's longer manuscripts—published and not published. Includes letters to possible publishers and their responses. Miscellaneous poems and prose. [Box 4 contains floppy discs of Judy's writings from her home computer. They may contain some writings not already in this box; also may provide some missing dates.] Also personal history interviews with photos 2005-6 with Cathy Cade while Judy at Rheem Convalescent Hospital. Documents on Judy being initially denied entrance to the SF Jewish Home for obesity. Judy's last writings.

Box/File

3/1 Judy's horoscope by Kate Ryan—late 1970s.

3/2 Autobiographical writings

(See also Judy's chapter in the book "A Lesbian Photo Album", Box 1)

Copy of Acacia Books Author Profile (original in Freespirit in the Flesh, this box.)

Curriculum Vitae 1971-2000

Work application to Center for Independent Living, 1979

A Brief History of the Life of Judy Ackerman

"My Own Personal Myth: I can fly...", with drawings.

"I was born at Women's Hospital in Detroit... (@1995?)

A Matter of Safety

The First Entry

My Brief Encounter with Israeli Dancing

Birth Pains

The First National Lesbian Feminist Conference

An Agnostic's Prayer

Buick Electra Saga 1993

Survival

"Dear Fantasy...", 1983

Somewhere Over the Rainbow "The abused child...trap (incomplete) (late 1980s?)

Coming Out to Aaron, 1993

Buick Electra Saga

Stories Grandma Helen Told Bubbie

My Bubbie's Kitchen (excerpt from "So What is Jewish Food" 1983)

Remembering Miss Gaston 199

Touching Bobby Campbell

Lullaby of Birdland

Boyfriends

Getting Hitched

A Justice of Miscarriage

Birth Pains (longer version)

Post Partum Depression

The Ambulance Ride (1983 – '85?)

Strong Messages to Myself on What I Need to Do ('83-'85?)
A Quick Autobiography from Where I Am Now ('83-85?)
Autobiography From a Time When I Feel Healthy and Vigorous ('83-85?)
What Exhausts Me ('83-85?)
Physical Description of My Disease. ('83-85?)
Portrait of Joe ('83-'84?)
Curly Hair ('86-90?)
[autobio re tap dancing. '86-90?)
[poem of apology to son Joe ... "What I Forgot..." ['86-90?]
"I remember summer camp.... (handwritten prose, late 1970s?)
"In my whole life I've only had 2 dogs...(handwritten prose, late 1970s?)
Interview of JF by Kata Orndorff 1997 for book "Bi Lives: Bisexual Women Tell Their Stories.

3/3 The Order of Things (a group of short stories. Add list at beginning of file)

3/4 Writings 1975-80 (mostly poems)

To Andre, 1979
Another Poem for Andre: Untitled and Undated (@ 1981?)
For Your Own Good, 1979
Short Circuit Dancer, 1979,
Metamorphosis of a Cynic
"I'm sitting..."
"Brown eyed raven..."
Undercover Woman, 1980
Living in the Movement, 1980
Oh Breathe the Air, 1980
Bee Trade, 1980
The Rusting (prose)
Trying Not to Think of Elephants, 1979
Fish Story, 1980
"As we followed the tour guide...", 1980
On Time, 1980
The Journey, 1980
The Gamble, 1980
Unseasonable, 1980
West Meets East, 1980
Mute, 1980
Of Presence, 1980
"The sun invades... 1980
New Years Eve, 1980
To Tui, 1980
Fish Story, 1980
"You called... 1980
Feeling Another Layer, 1980
Bubba Meisa, 1980

Mendocino Muse, 1980
Sunday Afternoon Freak-out

3/5 Writings 1981-82.

On Health and Being Jewish
The Beautiful Fat Woman
Squished No More, 1981
Musing on Coos Bay, 1981
Four Haiku, 1981
“Try as I may...” 1981
On Contemplating a Poster of the GG Bridge, 1981
To a New Flame, 1981
Loved One, 1981
A Poem... “Feminist Erotica” 1981
“A unified community...” 1981
Feather in the Wind, 1981
“I reach for love... 1981
Sestina for Elana 1981
“My fingers sit glued to typewriter keys...”
“Straight Talk” 1981
“Sex, when is it fun and easy...,”1982
Resistance
Summer, 1982
“Being tired....,” 1982
On Being Unable to Think About What to Write About, 1981
On Guilt, 1981
I’ve let go, I say... (Jewish Lesbian Writers Group Exercise, 1982)
The Rituals
Dancing at the Revolution (keynote speech at NAAFA 1982.)
Diets, 1981
The Shoplifter, a short story
Night Flight, 1981
The Magic Mirror
The Woman in the Airport (as published in “Tradeswoman Sept, ’82)
A Poem for Dolphin, 1982
A Crystal Pyramid for Elana’s Birthday, 1982
A Crystal Pyramid, 1982
Anxious, 1982
The Physics/Botany/Geology/Biology Lesson, 1982

3/6 Writings, etc. ’83-’85.

Leaflet of Judith Stein and Judy at Old Wives Tales
Fat Women and Clothing, Interviews by Cynthia Riggs and Judy Freespirit
How she sits with legs crossed...
Rappin’ the I Ching, 1985
The Swimmer, 1985

Satellite Photo, 1985
The Game, 1985
Distress Signals, 1985
Between Here and There, 1985
Things You Cannot Do with Pity, 1984
Women as Backbones
I Am Standing Naked on the top of a tall cliff...
[On the reverse side is leaflet re Judy's 1983 birthday performance S.F. Women's Building. A major performance.]
Mouse Tale, 1984
Miriam and the Golden Calf, 1984
Tsk, Tsk, Tsk
Charlie Horse, 1984
Agreement between instructor Marcy Alan Craig and JF, 1984
Carnal-Karmal Knowledge 1984 (writer's Group Exercises)
Write a piece about where you write (" ")
Write a letter to you from your writing telling you what it needs from you (" ")
"It was a short drive from her house to the Senior Center... (Homework, 1984)
The Story of Rachel, 1984
A Taste of Yogurt, 1984
"My job is over now and I'm really relieved....
Autobiography of My Illness
A Dream/ Memory of and incident.../How these stories are alike...
The Quest
List of Possibilities of Stories which Have Messages About Illness
In Class Assignments 9-8-'84
Re getting off steroids
Steroids
Something in the Out of Doors (class exercise)
Strange Encounter (class exercise)
...married life (class exercise)
Tell Me Where it Hurts, Feb. 1984
The Taste of Silence, Oct 1984
The Taste of Sorrow, 1984
Gittle's Shabbos Visit
Tis the Season
The Windfall
"The Dyke with the soft, soft shoulders... 1983
On health and Being Jewish, 1983.

3/7 Writings 1986-90
Kindly Remove Your Foot From My Neck, 1986
Charlie Horse
Inquisition, 1991
Almost Drowning, 1986

3/8 Writings 1991-92

Untitled “She Swims Slowly”, 1991
Dead Baby (solo performance piece)
In Breaking Silence, 1991
The Gospel According to Freespirit, 1991 (for 10th Anniversary Celebration of Fat Lip)
Rapunzel at 88, 1991 (Homework)
Coming Clean, 1991
“My writing sweetheart says...” (in class) 1-23-91
In Breaking Silence, 1991
Mexican Het Dance
The Test (writing class with comments) Sept. 1992
The Wishing Stone—The Test (another version)

3/9 Writings for Birthday Performance 1992

Persimmon
Whistler’s Lover, (for Sheila), 1991
Warning! This Reading May Be Dangerous
Gelato
Kindly Remove Your Foot, 1986
In Breaking Silence, 1991
Ode to a Tattooed Woman, 1991
Mexican Het Dance
Coming Clean
Amy’s Eyes, 1991 (also a class exercise)

3/10 Children’s Literature Course 1987-89

Letters to and from teachers
Writings, some with corrections
Written instructions
[Arranged by date]
Grandpa Alex

3/11 Portrait of a Chain Link Fence with Barbed Wire: A word collage, 1981-82

Manuscript, copy of booklet, photo of fence
Letters with Sarah Hoagland re Separatist Anthology, from Sinister Wisdom,
and Common Lives Lesbian Lives

3/12 Daddy’s Girl, 1982 (Self-published, distributed by Diaspora Distribution)

A copy of published manuscript
Leaflets re readings
Distribution Agreement & Accounting
Rejection letters
Reviews

3/13 Malka Windsinger manuscript (Unpublished)

In the form of letters to Esther Dec. 1981-Aug 1982, Journal entries, “short stories” and poems. [“Keeping it in the Family” is her later and different version.]

Open Letter to Women Who Have Agreed to Read and Comment
How Malka Came to Write this Story
Stories/poems: The Woman in the Airport
I Gave at the Orifice, 1979
Holding Back, 1980
Song to Myself, 1980
The Shoplifter
Emergency Room
Loving Advice to Thin Women
A Very Good Friday
The Photograph
The Vacuum Cleaner
The Rusting
Doldrums
On Avoiding Writing
Daddy's Girl

3/14 Keeping it in the Family (Self-published, comb bound), (1993?)

Manuscript : Reizel and the Greenhorn,
The Oldest Son
Daddy's Girl: My Room at Night, The Lesson, The First Period, The Kiss,
The Confrontation
Yahrzeit
The Funeral
Talking to Aaron
Hannah's Story
The Ethical Will
Outline for Keeping it in the Family
Promotional Mailing List
Rejection letters
Reviews
Spiral bound version.

3/15 Freespirit in the Flesh, proposed book and tour, 1985

No manuscript
Acadia Books Author Profile with photo
Suggested Places to Tour, Touring Needs, Book leaflet
Series of letters, Introduction by Sandy Boucher,
Book contract, contract rescinded

3/16 A Slim Volume of Fat Poems, 1996 (Self-published booklet)

Copy of the booklet
Original layout with photos
Extra Covers
Receipt for 100 copies

3/17 Miscellaneous Poems (by date)

Exit Stage Right, 1980
Brain Drain,
“I knew I was right...”, 1981
Short-short Poems (American Haiku), 1981
Living on the Avenue, 1981
How She, 1986
The Color Yellow, 1989
Amy, 1991
Breaking Silence, 1991
A Farewell Gift to my Incest Survivors Therapy Group, 1991
Money Rap, 1992
Why I Write, 1996
I Soar!
I Refuse to Be Invisible
The Cathedral
“I could get a cat scan...”

3/18 Miscellaneous Prose

The Betrayal of Women, 1982
Swimming
Lesbian Wars
And Sarah Sighed
Robert
Cookies for Bubbie
Why Did Oma Die?
Aunt Ruby and the Black Potatoes
Remembering Kitty
The Story of Z

3/19 Writings from a writers group (handwritten, probably in 1980s)

My dream
Amy’s Dream
Andrew’s Dream
(Story about dogs in Japan)
“It’s hard for me to be in a group of writers and not feel competitive. “

3/20 Whole Lotta Quakin’ Goin’ On: A memoir, 1996

(Self-published .5x11 with color cover and comb binding.)
[a memoir of after the 1969 SF Earthquake and her stay in a psychiatric hospital.]
Color Cover
Manuscript as used to make copies.
Spiral bound version.

3/21. Eleven Personal History Interviews with photos, by Cathy Cade, while at Rheem, plus

photos 2005-06.

- 3/22. Interviews of and statements of friends 2006: Lisa Kollin, Carol Graywing, Robert Mittman, Elizabeth Keir, Barbara Ruth, M Mackenzie, Pat Lyons, Ariana Manov, Esther Rothblum, Peni Hall, Jeanne Brondino, Sheila.
- 3/23. Judy applies to SF Jewish Home is rejected as obese, fights back. Letters from lawyer Sondra Solovay and other docs. 2006. [In Box 6 Judy appeals to Jewish Home for reconsideration 2005.
- 3/24. Judy writes about her life from her supposed deathbed. 2005-2006 using the personal history interviews – a work in progress. Some Editing by Elana Dykewoman [about 2007-20010?].
Thumbnail Sketches of the Key Players.
Chapter 5: Mother's Day
"Continue here"
Chapter 7: Saying Goodbye
Chapter 10: Hazel and the Shrink
Chapter 13: Freedom's Just Another Word for Nothing Left to Lose
What Do We Do With the Body?
Along Came Edna.
When I moved from the hospital...
Judy Freespirit, Ariana Manove and Carol Graywing report from the supposed deathbed.
Elana Dykwoman's edit of chapter 1.
Judy's writings 2006 or later?
The Cinder in the Eye Doll
- 3/25. Judy's Writings, 2006 or later?
- 3/26. Words: A Compilation of the writings of the Peidmont Creative Retirement Center Writing Group Fall 2006. A Table of Contents.

Series 5, Box 4

Judy Freespirit Ephemera and Photographs

Scope and Content: Ephemera from Judy's various areas of activism: Fat tee shirts, fat candle, fat song tapes, NAAFA clock and watch, political buttons, lavender yarmulkes, posters. Also slides, photographs, computer floppy discs of writings from Judy's home computer, and academic Certificates. Interview and photos of Judy's artwork. Portraits of Judy by Cathy Cade.

Four large tee shirts

"Free to be Fat, 10 Years of Fat Feminism, 1993"

"Fall Fat Women's Gathering, Seattle, 1993"

"Fall Fat Women's Gathering, SF, 1994"

"Women of Substance, Women of Power

Bag of buttons: "Free to be Fat", "No on 6" etc.

Denim hat with many buttons
Two kazooes
Two lavender yarmulkes
Tape of Fat Positive Songs
CD of songs by Cynthia McQuillin "Big Bad Woman", "Pound Foolish" more
Wax candle of fat woman in bathing suit.
"Images of our Flesh: 1883 Calendar for lesbians only" Judy in January
Poster: "Eat and always stay thin...with sanitized tape worms"
"Women of Substance" wall clock, and wristwatch
Business cards: Judy Freespirit Coordinator for Fat Feminist Caucus NAAFA

Box/file

4/1 Certificates:

Graduation Cal State College at Los Angeles, BA 1966
Graduation Pepperdine, MA 1971
Doctor of Divinity, New Truth, 1971
California Legislature Assembly certificate of recognition Mark Leno, Pat Bond
Award, 2004
City of Oakland, Jerry Brown, Pat Bond Award, 2004
More Pat Bond Award stuff, 2004

4/2 Slides & photos [Cathy retains the copyright, contact her for use.]

"Family Photos" (many of these are in *A Lesbian Photo Album* (box 1) with captions.)
Judy's fat art collection, 1989
Judy in red velvet, photos of fat women/lesbians by Zoe Moscoe for exhibit at SF Women's Building. 1982. (See interview comments by Judy 2009)
Fat Chance rehearsal, film making
Sonoma County (with Cynthia, Riggs), 1979.

Photos

"Life and times of Judy Freespirit" photos by Judith Stein, RaeRae Sears.
Jan 1981
Fat Chance Film Team, Simi Litvak & Judy, Fat Lip rehearsal at J's condo.
International No diet Day: Judy, Laura Bach, et al SF 2001.
Judy & Ardy Tibby: photos 1988 and performance leaflet.
Photos of Judy by Cathy Cade
Judy Freespirit Portrait, 1984.
Judy Freespirit Nude, 1985.
Judy and Ardy Tibby, promo portrait, 1988
Judy in front of the Women's Building Mural by her name, 20000, photos by Cathy Cade.
Judy at Rheem Valley Convalescent Hospital, 2005.
Judy Reads at her 70th birthday, 2006.
Judy's Family at her 70th, 2006.

Judy in bed at Rheem Convalescent Hospital, 2005
Portraits of Judy at her wedding to herself, 2007.
Judy Marries Herself, Rev. Kathy Huff, 2007.

- 4/3 Interview with Judy about her recent visual artwork with photos of the art.
- 4/4 Judy in red velvet dress, photos by Zoe Mosco [Early 1980s?]
- 4/5 Various photos of Judy by Cathy Cade.
- 4/6 Judy's childhood portraits.
- 4/7 Fat Chance photos by Cathy Cade 1979; Fat Lip photos by? 1982.
- 4/8 Judy's readings at the SF Women's Building 1982, 1983.
- 4/9 Judy with special friends.
- 4/10 Various photos of Judy at the Jewish Home of SF.

Floppy discs from Judy's home computer (duplicating printed copies, but there may be more or dates on things and more writings.)

Prose Pieces
Tales from the Crips
Fat Files
More Fat Stuff
Fat Women's Gathering
FUCO (First Unitarian Church of Oakland)
Polly's Phat Phollies, "Fat Fest 2004"

Series 6, Box 5

Judy Freespirit 1978-2000: Audio tapes

Scope and Content: Judy honored the spoken, as well as the written word. Her collections includes an unusual number of audio tapes of interviews with her family, conversations with friends, readings at her performances, fat activism presentations, and her Jewish and Dyke writing groups. Also included are tapes of psychic readings and horoscope readings. The earliest tape refers to the founding of the National Lesbian Feminist Organization. DVD of Judy's appeal to Jewish Home.

Box/envelope

5/1 "Power, Privilege, Racism at founding of National Lesbian Feminist Organization, Judy and others, 1978

5/2 Family Interviews

Me, notes on family visit 5/22/1982
Father, Las Vegas, 5/23/1982
Mother, 5/22/1982
Aunt Pearl & Mother, Las Vegas 12/1985
Mother & Me, Oct. 1989
Mother, 1991
Amy (granddaughter)

5/3 Jewish Lesbian Writers Group

“Funny You Should Ask”, Readings at Jewish Feminist Writers Group at
Jewish Feminist Conference, at the Valencia Rose, Aug.1983 (3 sides)
Hanukkah Readings, 12/84 Mama Bears, Oakland
“Rough Drafts from the Book of Life, Jewish Lesbian Writers Group, 1985
(4 sides)
A Singing Seder, Kids Passover sing-along.

5/4 Fat Activism I

Workshop: anorexia & Compulsive Eating, New Haven, Ct. (Side 1);
The Fat Patrol singing its greatest hits (side 2),1980.
Panel on Fat, A Woman’s Place Bookstore, 1980.
Politics of Body Size, KPFA June 1980.
Margaret Mackenzie & Judy, Sept. 1980.
Contra Costa Health Dept. presentation, Jan, 1981.
Fear of Fat, KPFA, 54min. 1981.
Fear of Fat, Oct. 15min.1982
Rich, Thin & Beautiful, Fat as a Feminist Issue, KPFA Jan 1983.
Talk to Committee on Fat Children, 1984
NAAFA Luncheon
Susan & Wayne Wooley (NAAFA?)

5/5 Fat Activism II

Lesbian Separatists Fight for Fat by Gorgons
Betty Brooks Interview
Fat Lip on KPFA (2 tapes) 1992
Off the Charts first board meeting, 2001
Women’s Health and Healing Conference (2 tapes)
KPFA Pilot

5/6 Judy’s Birthday Performances

46, 1983
55, 1992
60th at Mama Bears, 1997

5/7 Group Readings

Dyke Writers, 1981, 1982 (4 tapes)
JAMB at Mama Bears: Judy, Adrienne Lauby, Martha Courtot, Barbara Ruth, 1994.

- 5/8 Judy, Judith Stein, Marge Reading
Daddy's Girl, L.A. 1982
Judith Stein & Judy 1984
Marge & Judy, from "Shadow ..." 1983 (2 tapes)
- 5/9 Ardy Tibby & Judy: 1987 (5 tapes, SF, Santa Cruz, Sacramento)
- 5/10 Judy Reading
"Keeping it in the Family (3 tapes).
"Warning this Reading may be Dangerous" (six weeks at the motel).
"Attack of the Skunk Woman".
"Gospel According to Freespirit, 1986
- 5/11 Judy in Conversation
Judy and Carol Graywing talk about their lives (3 tapes)
Letter to Theresa
Letter from Theresa
- 5/12 Getting Help
Horoscope
Psychic reading by Kay Sato, Tucson friend, 1983, 1984 (3 tapes)
Psychic Reading for Judy by Kata Orndorft, p 2000.
Judy & co-counselor
"Dead Baby Session", 1991 [Judy speaks to a tape when unable to reach her therapist. A version appears as a chapter in *Whole Lot of Quakin'*.]

Series 7, Box 6

Judy Freespirit 1979-2004: Film, Video Tapes, and a DVD

Scope and Content: The videos focus on Judy's fat activism including her appearances on national television programs regarding the Corrigan trial and "Freespirit in the Flesh." Much of the box is filled with large reels of 16mm unedited film of "Fat Chance", a film that was never completed. There are also two videos of selections from the Fat Chance footage showing Judy, Martha Courtot and others performing with trapezes. The DVD was made to encourage The Jewish Home to admit her.

Film: Unedited work print of "Fat Chance" film (reel to reel 16 mm)

Videos

- "Fat Chance I," 1979 Martha Courtot, Judy Freespirit, LynEllen Marcus, Leah Kushner, Hannah (Banahn) Martin
"Fat Chance II: 1979 more of Martha Courtot
Fat Feminist Gathering (of NAAFA) 1995: Friday Night, Saturday Night Fashion Show,

Fat Underground Panel (2 reels different cameras) at Fat Gathering 1995
Fat Underground, 1979
“Nothing to Lose” Fat Lip Reader’s Theater, Wolf Video, 1989
Judy on Donahue Show and Nova “Fat Chance in a Thin World”
Judy on CNN re Corrigan trial, 2004
Fat Conversation: Leah Kushner & Judy

Freespirit in the Flesh, interview set up by Judy in her home, 1981
Happy Birthday NAAFA—25th Anniversary, 1969-1994
A TV documentary re. fat. (not by or with Judy).

DVD: To The Jewish Home, 2005.

(The Jewish Home had been denying her application because of her size. This video is her argument that they should admit her. She convinced them.)

Please Let Me In.

Jewish Food (a poem).

Series 8, Box 7

Judy’s final activism, art, performance and memorial.

Scope and Content: Judy’s activism at the SF Jewish Home, her art work made there, audiotapes of the personal history interviews done at Rheem. Judy’s burial and memorial service.

- 7/1 *Senior* newspaper article on Judy’s LGBT activism at SF Jewish Home.
Leaflet “Lavender Salon” events at SF Jewish Home June 2008, photo of Elana and Judy
Leaflet of Lesbian and Gay events at SF Jewish Home, June 2009 photos of Cora Latz & Etto Perkins.
DVD “Humorous Jewish Stories by Judy Freespirit Celebrating Pride Month at the Jewish Home. June 2009.
What Happens as we Age: Poems by Gay and Lesbian Poets: Presentation by Rabbi Shelly Marder for the Jewish Home’s Global Pride Month, June 2010.
A Guide to Reading Poems about Aging.
Residents Write: “When She was Very Little” by Judy Freespirit in At Home: for residents of the Jewish Home of San Francisco. Feb. 2010
Certificate of Outstanding volunteer Service: Jewish Home of SF, April 2010.
- 7/2 Photo album with text about Judy’s art and reading at the Jewish Home, 2008 & 09.
Photos and interview with Cathy Cade.
Two CDs of photos of Judy by Cathy Cade, 2009.
- 7/3 Audio tapes
15 Tapes of personal history interviews with Judy and her friends 2005. [See Box 3 for the transcripts and writings Judy did from them.
Four tapes Judy speaks about her art 2009, 2010.

Two tapes of phone conversations. Judy's last calls to Cathy Sept. 9 2010. Judy died Sept 10, 2010. [These have yet to be transcribed as of June 2011.

7/4 Judy's burial and memorial service

CD of photos at her gravesite, photos by Cathy Cade Sept. 2010.

Memorial in Old Lesbians Organizing for Change newsletter Dec. 2010.

Order of Service from Judy's Memorial at Montclair Women's Club Nov 2010.

Words to the closing song at Judy's memorial to the tune of

"There's No Business Like Show Business."

Permission slips of memorial attendees to be filmed.

Two audiotapes of Judy's memorial service.

Edited video of Judy's memorial by Lis Cox, with photos on cover.

Large 1991 Fat Activist scrapbook

Series 9, Oversize Folder 1

Display panels from Judy's memorial service.

Five 16x20 mats with photos of Judy's life and work.

Two 11x14 mats.