



D O N F R E A S

curriculum vitae/ resume

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EDUCATION

- 1994-1996- Bennington Writing Seminars, Bennington College, Bennington VT: Graduated with MFA in Creative Writing and Literature.
- 1990-1991- The Evergreen State College, Olympia WA.: BA, Creative Writing.
- 1971-1973- The Evergreen State College, Olympia WA.: Photography, Philosophy, Environmental Awareness, Wilderness Studies.
- 1970-1971- Bucknell University, Lewisburg, PA.: Art
- 1967-1970 The Mercersburg Academy, PA

ADDITIONAL STUDY

- 2001- Study of Spanish language at Habla Hispana in San Miguel de Allende, Mexico
- 2000- Progoff Intensive Journal Workshop series with Marilyn Frasca
- 1998-2000- Two years study of Spanish Language with Olympia' s Lengua Rica
- 1996-1999-School for Enlightenment and

Healing, San Diego, CA and Asheville NC.; 500 course hours over three years; Graduated June 1999 with certificate in Energetic Healing and Counseling.

1988-1990- Participated in the first three annual Northwest Conferences for Men with Robert Bly, Michael Meade, James Hillman, Robert Moore and others.

TEACHING

- 2001- April: Co-leader, with poet Jeanne Lohmann, of "Poetry as a Spiritual Practice" writing workshop through the Priory Spirituality Center, Lacey WA
- 2000-2001-Worked for two quarters with an Evergreen State College Intern from the "Whole and Holy" program studying energetic healing techniques, and the basis of healing from an expanded perspective.
- 1999- February: Co-leader, with Jeanne Lohmann, of the Olympia Poetry

Network “Dead of Winter” poetry workshop

1992-1995-Getting Lost Writing Workshop- Development and presentation of workshop series that utilized writing exercises in a ritual format designed to encourage participants to view their lives from different viewpoints and gather details to be studied and juxtaposed for enhancement of personal insight. I presented the workshop privately as a three week series for men, quarterly for two years and then through the Evergreen State College Leisure Education program as a four-week workshop for men and women.

1992-1995- Employed as poet, teacher and group leader for the Blacktail Men’ s Conference in Montana, an annual five day retreat still in operation in its eleventh year. Duties included gathering of poetry from many sources and delivery, often from memory, during a wide array of group situations, as well as leading of group exercises in writing and self-exploration, and problem solving in the area of group dynamics.

PUBLICATION

2002- Published LETTERS TO SOPHIE chapbook of 25 poems from Lost Arts Books

-Bennington College MFA in Writing, visited as “Alumni in Residence” during semiannual residency, working with orientation of new students and hosting evening faculty readings.

-Poem MINOR DIETY appeared in Sulphur River Literary Review, Vol. XVIII #2

2001- Poem FATHER IN THE MILL appeared in the anthology From

Daughters and Sons to Fathers, What I’ ve Never Said from Story Line Press.

-Poem FIVE HAIKU published in “Asheville Poetry Review,” SKETCH published in “Rosebud,”

-Edited, designed and published a second chapbook of poems by local poet Paul Gillie entitled Crossing Scatter Creek.

2000- Published NATURAL HISTORY chapbook of 25 poems from Lost Arts Books

-Edited, designed and published a chapbook of the poems of Paul Gillie entitled The Greatest Thing Since Sliced Bread is Unsliced Bread.

1999- Editor of nonfiction work Angels, Einstein, and You: a Healer’ s Journey, later published by BookPartners (now out of print.) Assisted author, Dr. Michael Mamas, with all phases of writing and publication.

1998 - Three poems, MORNING SHIFT, BETWEEN THE FEET OF GIANTS, and SHE IS ALMOST, published in “Bellowing Ark.” Poem, STONES WANT TIME WITH WINGS published in “Asheville Poetry Review.”

1997 -Three poems included in anthology Ends of the Earth, a chapbook anthology presenting 30 poems from nine Olympia area poets by Newmarket Press.

1996 -Poem THE HALF MOON’ S PENDANT: JUPITER published in “Asheville Poetry Review.”

-Published chapbook Poetic Origins: Intention and Mystery in the Writer’ s Life and the Low Residency MFA, an essay about the learning process and teaching poetry. The chapbook was distributed to incoming students in the Bennington College MFA in Creative

Writing program.

- Published IN CREATION chapbook of 25 poems from Lost Arts Books
- Three poems published in "Gathering Stones," a chapbook anthology presenting the work of eleven Olympia area poets from Newmarket press. Designed the cover and text layout.
- 1995 -Established publisher Lost Arts Books to design and publish poetry
- Designed, and contributed four poems to chapbook entitled First Pod, An anthology of poems by five students of Bennington Writing Seminars.
- 1994 -Poem WILD LOVE published in "Portland Review" Summer edition
- 1993-1995 -Published poetry collection Stacking Stones, a collection of 150 poems, produced as needed and sold at readings, conventions and via mail-order.
- 1990 -Published chapbook Stones, Bones and Lovemaking, 27 poems.
- 1989 -Poem EARLY SPRING published in "Slightly West" Spring ed.

POETRY READINGS

- 2002- May, Olympia Poetry Network featured reader
- 2000-Newmarket press poets reading. Group reading for Olympia Poetry Network.
- 1998-Shoreline Community College, Newmarket Press poets reading
- 1995-Olympic Reading Series, Shelton, WA: featured reader
- 1994- Four Seasons Books, Olympia, featured reader
- 1991-Four Seasons Books, Olympia, featured reader

PROFESSIONAL ENDEAVORS

- 2001-Present: Don Freas Woodwork,

Designer/ Craftsman of fine hardwood furniture and architectural detail

- 1999-Present: Don Freas Healing, professional energetic healing and counseling services.
- 1999-Present: Don Freas Design, professional graphic design services, book design, short-run book publication, hand bookbinding
- 1986-1987- A year in New Zealand, began producing sculpture pieces based on attributes of Maori artifacts then touring the country. Worked through L' Etag college of fine woodwork in Christchurch.
- 1983-1994: Town Tubs Incorporated, Olympia WA.: design, construction and operation of successful spa/ therapeutic massage facility. Functioned as corporate president, maintenance crew, accountant, advertising designer, personnel manager, general manager and visionary.
- 1979 to 1989: Don Freas Design, Shelton WA. Designed and built new woodworking facility, continued to operate as designer/craftsman of one-of-a-kind furniture pieces and wood sculpture for show and on commission for commercial and residential clients throughout the Northwest.
- 1974-1979: Leaper Woodwork. Established and operated woodworking business in Olympia WA. Design and construction of household and commercial furniture.

