

Astrology Learning Group

Who: Tim Turecek/ Jason Seymour turecekj@gmail.com
When: Every Tues 6:30-8pm
Where: Crow's Nest Cafe above Autumn Leaves Bookstore on the Commons
Open astrology discussions for beginners to experts. Suspend disbelief. See your self and the world in whole new lights.

Ballet Folklorico de Ithaca

Who: Juliana Garcia jag394@cornell.edu
Where: Southside Community Center 305 S Plain St.
When: Thur 7-8:30pm
Ballet folklorico is a form of traditional Mexican folk dance dating back to the ancient Aztecs. Each region within Mexico prides itself on their unique, beautiful and culturally rich dances, costumes, and music. The dancers recount every aspect of life within Mexico through their tapping feet, flowing skirts or waving sombreros. You too can be a part of the stories of love, heartache, war, celebration and much more by becoming a dancer. The dances are performed in groups as well as with a partner. No previous dance experience is necessary. Immerse yourself in a new culture while getting some fun exercise! Please RSVP to join in.

Book Swap!

Who: Grace J grace.johnston@gmail.com
When: TBD
Where: TBD
Get ready for the colder months with some new reads! Bring a book or a few, to trade or simply recommend, and be prepared to share what makes it a "must read" Snacks provided!

Circus in Ithaca Play Date

Who: Ithaca Circus Community
When: Check web for updates
Where: Check web for updates
Step right up for Ithaca's regular Circus skills play and share, juggling, hooping, acro, poi, slackline etc etc etc. Bring equipment to play with and share, if you have it. All skill levels welcome. For updates join our facebook group "circus in Ithaca", and/or contact us via email at circusinithaca@gmail.com.

Community Radio: 1st Taste

Who: Jim Murphy murphy@ithacaradio.org
When: 7am 10/14, 10/15, 10/21, 10/22
Where: WRFI RM. 305 - Clinton House North Cayuga St.
This is an one-shot invitation to visit the Ithaca Watkins Glen Morning Show, 7AM Tues-Weds, to see if you are a possible community radio volunteer. Sit in, I'll make the coffee and you watch the process. At 8AM we will listen to Amy G. and discuss all of the possibilities. Only one visitor per day so you will have undivided attention to ask your questions. This offer is ideally for those of you that have no experience but have some radio concepts that you would like to explore. If you have a radio background...contact WRFI at <info@ithacaradio.org> and tell us what experiences that you would wish to share.

Coopoly: A Game for the New Economy

Who: Grace J grace.johnston@gmail.com
When: 11/2 3-5PM
Where: Buffalo Street Books 215 N Cayuga
Curious about workplace democracy? Interested in non-hierarchical organizing? Try this fun board game of skill, solidarity, and collaboration ("where everyone wins or everyone loses"). In Coopopoly: The Game of Cooperatives, players collaborate to start and run a democratic and participatory enterprise. Learn more at http://coopoly.coop.

D.I.Y. Sugaring Hair Removal

Who: Andrea Salzman andrea.b.salzman@gmail.com
When: 11/2 2-4pm
Where: RSVP for address
Sugaring, or sugar waxing, is a technique of hair removal that has been used since ancient times. It involves applying a sticky paste which pulls out unwanted hair from the roots without damaging the skin. If you would like to get rid of leg hair (it will grow back gradually over several weeks) learn how to remove it yourself in an environmentally friendly and inexpensive way! Participants should bring a small wide mouth jar. RSVP for location.

Experimantal Nut Planting

Who: Cooperative Extension Josh sapsquatch7@gmail.com
When: 10/1 5-7pm
Where: BWW Farm, 8144 Searsburg Road, Trumansburg
Visit an experimantal nut planting and sample nuts from mature wild and planted varieties with John Wertis.

Fancy Paper Hats

Who: Mickie Quinn mighty.mickie@gmail.com
When: 10/22 6pm, 12/10 6pm
Where: RSVP for location
Get crafty and learn an easy formula for designing your own wearable paper fascinators and tiny hats. These are great accessories to bring spirit to any celebration or outfit. Participants will learn different techniques as a class and then given time to experiment and create. Requirements: BYO Scissors. If you collect beautiful papers (or scraps!) please bring those along to share.

Free Food Preservation Workshops

Ongoing with IthaCan, check in at http://www.ithacan.ning.com, workshops posted throughout the season. IthaCan is a web-based social network where home food preservers in Tompkins County organize food preserving events and share information.

Freeskool - Be An Organizer!

Who: Your Freeskool Organizers freeskoolithaca@gmail.com
When: 11/16 4pm
Where: Crow's Nest Cafe above Autumn Leaves Bookstore in Commons
Come be part of the behind-the-scenes of Freeskool. We're looking for organizers to help find teachers, make art, distribute calendars and all the other Freeskool goings-on. Being part of the team means getting to know the community, learning programs like InDesign, making posters, being creative and radical. Come get a sense of what it's all about. Can't make the date? Get in touch and we can figure something out.

Guerrilla Film Group

Who: Conor Liam Bolton conorliambolton@gmail.com
When: Mondays, Tuesdays and Thursdays 6-8pm
Where: Pegasus Cable Access Studio 612 W Green St.
Guerrilla Film Club is a free film-making workshop. Each person comes up with an idea to turn into a short film of between 2 and 10 minutes in length. Longer projects are possible. After we each decide on our own project, we assign crew. Every member of the group must work on enough projects so that all primary crew positions are filled. I will provide guidance, production experience and as much help as each project needs. I'll be producing a project as well. I want to document the groups' experience as a cable access show. Let's Get Started!

Herbal Medicine and Mental Health

Who: Song Song songsevensong@gmail.com
When: 11/7 7-9pm
Where: TBA Ithaca
This class will focus on some the common mental health issues seen by herbalists including: anxiety, depression, insomnia, brain fog, fatigue and other symptoms associated with emotional and

psychological health. This class is open for all levels of herbalists.

Israeli Folk Dancing

Who: Nomi eema.nomi@gmail.com
When: most Mondays 5:30-7pm; e-mail to confirm
Where: Downtown Ithaca; e-mail for location
Come have fun and learn traditional Israeli folk dancing! No experience necessary. All levels welcome.

Ithaca Fixers Collective

Who: Finger Lakes ReUse Head Fixer 257-9699
When: Thurs 6-8pm & Sats 3-5pm
Where: ReUse Center at Triphammer Marketplace 2255 N. Triphammer Rd
Finger Lakes ReUse invites anyone who has things to fix, wants to help &/or wants to learn how to repair items to join the Ithaca Fixers Collective. This is an informal and fun gathering of folks who want to prolong the lifespan of items such as electronics, furniture, small appliances and more, while sharing skills and resources in a relaxed setting. Sign up is not required, just show up! A volunteer Head Fixer is present at each session, however the expertise comes from everyone present, and various fixers, books and websites. Check out (and like!) our facebook page at www.facebook.com/ithacafixers.

Jesusians of Ithaca

Who: Stuart Fegely jesusianity@gmail.com
When: Tuesdays 7-8:30pm
Where: Ithaca Friends Meeting House 120 3rd St. & Madison St.
Jesusians of Ithaca (pronounced "Je-SOOZ-i-ans") is a new discussion group for the greater Ithaca/Tompkins County community, for anyone interested in learning about and following the teachings of Jesus (compassion, charity, forgiveness, non-violence, welcoming the marginalized of society, etc.) but who doesn't necessarily believe the dogma associated with him (salvation, miracles, dying for sins, resurrection, the second coming, etc.) We will view and discuss brief videos, magazine articles, columns, and blogs, and might eventually tackle a book. This group is NOT affiliated with ANY church or religious institution. Open and welcoming to adults of any age, sexual orientation, or religious background (or lack thereof). For more info visit www.facebook.com/groups/JesusiansonIthaca or email jesusianity@gmail.com.

Laser Cutter open hours & design mentoring

Who: Mark Zifchock info@ithacagenerator.org
When: Most Sundays 4-8pm Email to confirm
Where: Ithaca Generator 116 West Green St.
Come experience the awesome powers of our Epilog Laser Cutter! Mark can help you to cut or engrave a file of your choice, or even help you to learn the basics of vector drawing in Inkscape or Illustrator so that you can create your own custom laser cut design! First come first served. We will try to give everyone at least the basic concepts but projects will depend on number of people who attend. We have some materials on hand, if you want to do more than a test print please bring your own supplies. Materials currently approved for use include wood, acrylic, cardboard, tyvek, felt, and leather.

Loaves and Fishes

Who: Loaves and Fishes
When: Monday, Wednesday, Fridays 12-1pm Tuesday, Thursday 5:30-6:30
Where: 210 North Cayuga Street
Free nutritious meals & advocacy services provided Monday through Friday throughout the year. All are welcome. Come join our table. For 30 years, we have been building a caring community by sharing hospitality and friendship while enjoying free delicious meals.

Paw Paw Orchard

Who: Cooperative Extension Josh sapsquatch7@gmail.com
When: 10/8 4-7pm
Where: Cornell Paw Paw Orchard, Swayze Road, Lansing
Visit the largest paw paw orchard for a tasting tour with manager Erick Shatt and a presentation on growing paw paws by Josh Dolan.

Queer Community Potluck Brunch

Who: Grace Johnston, Lindsay Fennell grace.johnston@gmail.com
When: 10/26, 11-1
Where: TBD
A community building and social event for Ithaca-area queer-identified folks. Bring a dish to share or just bring yourself. Kid friendly. All are welcome! RSVP's welcome so we can know how many plates (etc) to provide!

Mural Street Art Bike Tour

Who: Caleb R Thomas 607-273-5242
When: 10/19 1pm
Where: Mayor's parking spot, City Hall
Let's visit beautiful artistic creations throughout our downtown neighborhoods. What are the stories behind each art piece? How do artists get to paint on Ithaca's gray walls? What would you like to see more of and where? :) Bring your bike. Dress for the weather. Invite your family & friends to come along.

Save Energy, Save Dollars

Who: Carole Fisher crf11@cornell.edu 272-2292
When: 10/1 2:30-4:30pm
Where: CCE-Tompkins Education Center 615 Willow Avenue
Learn ways to lower your energy bills, what the biggest energy users in your home are, how to improve your home's comfort and health, and financial incentives for your home energy upgrades. Take home your own individualized Action Plan, 3 compact fluorescent light bulbs, and an energy-saver kit worth \$15. (One per household). Free, but pre-registration is required. See more at http://cctompkins.org/calendar/10/04/26/save-energy-save-dollars#sthash.ePjHLFbu.dpuf

Science Cabaret

Who: Ithaca Science Cabaret http://www.sciencecabaret.org/contact/
When: 10/7 7pm, 11/11 7pm
Where: Lot 10 106 S Cayuga St.
One Tuesday a month Science Cabaret mixes science, art, and audience participation in an exquisite cocktail. Ithaca's Science Cabaret was inspired by the Late Scientific movement which started in Europe in the late 1990's and has spread rapidly. Cafes Scientifiques are informal talks in bars, cafes and other public venues that give like-minded people a chance to discuss current and sometimes controversial topics in science. The Ithaca Science Cabaret is organized by local professors, graduate students and members of the Ithaca community. Oct: Cornell Food Scientist Gavin Sacks for Cider Week. Nov: Rebecca Strong performs and discusses selected pieces from "Cosmogogenesis", Dec TBD.

Self Defense Strategy Workshop

Who: Majia Cantori Soupervegan@yahoo.com
When: TBA
Where: TBA
Help facilitate mental and physical preparedness in case of unwanted physical contact. Learn techniques for taking down someone bigger than you and removing yourself from danger. There will be physical contact in this class for demonstrative purposes. Please let me know if this makes you feel uncomfortable or if you have any health conditions, and I can work with you. Contact via email or text (607) 262-6778 and include what workshop times are good for you. Comfortable clothes that you can easily move in recommended.

Shamanic Journeying

Who: Becky Jamison 607-220-8252
When: 1st Tues of every month 7pm
Where: Alternatives library classroom
Indigenous cultures have utilized drumming techniques for millennia to induce altered states of consciousness and journey in non-ordinary reality. Journeys retrieve wisdom and guidance that bring insight and healing to the community. This class will focus on core shamanism, which is the distillation of general principles guiding indigenous shamanic systems, and is not a representation of any particular cultural system directly. We will take a few different journeys focusing on different topics and then discuss. You just need to bring an open mind and heart, a bandanna (or something to cover your eyes), and a drum or rattle (not absolutely necessary).

ITHACA FREESKOOL Oct - Dec 2014

Ithaca Freeskool is a grassroots, all-volunteer community-building initiative that creates a platform for people to teach and attend classes with one another without cost. Primarily, but not exclusively geared towards adults, anyone can teach and anyone can attend.

Email us: freeskoolithaca@gmail.com

www.ithacafreeskool.org

Love a class or hate a class? Want to help us out? We want your feedback. Fill out our survey online.

Snail Mail Social

Who: Lauren Salzman laurenasalzman@gmail.com
When: 11/16, 12/14 2-4pm
Where: TBD e-mail for location
Did you ever have a pen pal? Do you lament about the loss of personal feeling in electronic communications? Do you long for the romance of the US Postal Service and more intimate/creative/expressive communication with far-away friends? Come spend some time decorating letterhead, crafting postcards, creating envelopes and writing to the people in your life that you hope will write back to you! Some information, stamps and materials will be provided. Please bring the address of the lucky recipient(s) of your written affection! Everyone is welcome, RSVP for location information.

Spanish Games

Who: Lily and Sarah pipylotta@gmail.com
When: 10/8 6:30pm and 10/26 2pm
Where: Crow's Nest Cafe above Autumn Leaves Bookstore on the Commons
Want to learn Spanish while having fun? Learn or brush up while playing games! We'll create games together as a group, think labgo and Apples to Apples! Or Settlers of Catan, si! We're beginner and intermediate speakers. All levels welcome. Can't make the dates? Get in touch as further dates will be based on participants' availability.

Tompkins County Coalition for Families

Who: Cornell Cooperative Extension 72-2292
When: Every 3rd Thurs 8:15-9:30am
Where: CCE-Tompkins Education Center 615 Willow Avenue
Join with parents, volunteers and agency staff members to strengthen our community for children, youth and families! Monthly meetings focus on creating family-centered services, enhancing collaboration, and exploring policy issues. All are welcome!
8:15 - Networking & tea/coffee, 8:30 Introductions & Announcements... bring your announcements & handouts, 9:30 - 10:00 Follow-up. See topics and more at: http://cctompkins.org/calendar/10/05/14/tompkins-county-coalition-families#sthash.PoJObZCX.dpu

Tompkins Time Traders Orientation

Who: Margaret Soulstein info@tompkinstimetraders.net
When: 10/5, 11/2, 12/7 4:30-5:30pm
Where: See http://www.tompkinstimetraders.net/join-us/
Tompkins Time Traders (T3) is a time bank where services and goods are exchanged with time as the only currency. Everyone's time is valued equally, so an hour of specialized skills (i.e. dentistry, plumbing or carpentry) is equal to an hour of traditionally undervalue labor (i.e. eldercare, childcare or cooking). The orientation is geared toward people who have applied (www.tompkinstimetraders.net/join-us/) or are ready to sign up. Not sure, but interested in learning more? You're welcome to come too! By being a Tompkins Time Trader you co-create a new economic paradigm that values each person and the skills that EVERYONE has to offer. RSVP to info@tompkinstimetraders.net The orientation is 4:30-5:30pm with a potluck 5:30-6:30pm; please bring your own plates, cups, utensils.

Winter Composting

Who: Cornell Cooperative Extension Yvonne Fournier ymf5@cornell.edu 727-2729
When: 10/25 11am-12pm
Where: Compost Demonstration site is at the SOUTHEAST side of the farmers market pavilion Ithaca Farmers' Market 545 3rd St.
How to extend the composting season well into the cold months and the preparations necessary to ensure successful composting over the winter. Part of a larger series called Compost with Confidence. Local composting experts provide information and give hands-on demonstrations to help you set up and manage a compost system in any setting! Bring your composting questions! Please sign up in advance for updates - See more at: http://cctompkins.org/calendar/11/04/15/compost-confidence-getting-started#sthash.CvZokANG.dpuf

WRFI Community Radio News Workshop

Who: Chris Knight 8452400647
When: Thurs 6:30 PM
Where: 103 W. Seneca Street, Suite 305
WRFI Community Radio News is your daily blast of fresh independent local news broadcast on your very own community radio station for Ithaca and Watkins Glen. We are run by a team of dedicated volunteers and we receive no corporate underwriting or donations. We are fully accountable to the public. We create radio for the people and by the people. WRFI Community Radio News offers a flexible non-competitive news production internship to members of our community with a passion for independent media and community service. Participants in our program are given the opportunity and capacity to produce their own radio journalism pieces and news stories with a common purpose. Finished productions will be aired to our audiences in Tompkins and Schuyler Counties as well as online at http://www.wrfi.org. There is no application process. You have nothing to lose and everything to gain from this unique experience in independent media. We have a small dedicated team of local volunteer writers, producers, and hosts. We focus our programming on local issues of social justice, environment, government, and mass-media / propaganda.

Yoga meets medicinal herbs

Who: Jessie Baldassari Jessieg@yahoo.com
When: Every other Tues starting 10/7 6pm
Where: TBA
This class is for all levels of experience! Each class will focus on a different system of the body, poses to balance and heal this system, ways to infuse our lives with 1-2 herbs that benefit this specific system, and mantra/meditation practices that bring it all together. For example : week 1 balancing the nervous system moving through a series of postures to stimulate and calm the NS and discussing the use of let's say oatstraw!

Freeskool is run by all-volunteer staff. We can always use your help if you can give it. We accept donations online at www.freeskool.org and are always looking for organizers. Thanks, community!

Artwork by Isaac Sharp----->

Ithaca Freeskool

