

## Alternatives to the Common Core

Who: Tim Turecek turecekt@gmail.com  
When: 7/10 & 7/17 6:30-8:30 pm  
Where: Crow's Nest Cafe, above Autumn Leaves Bookstore on Commons  
Proponents of the Common Core always ask the question "If not the Common Core, than what?" We will put our heads together to design viable alternatives to the Common Core factory model. Where we take these alternatives- what actions we take as a result of these discussions- will be up to participating individuals and, if appropriate, the group as a whole. Please consider joining us in our pursuit of excellent education!

## Astrology Learning Group

Who: Tim Turecek & Jason Seymour stars@a7xj.com, turecekt@gmail.com  
When: Every Tues 6:30-8pm  
Where: Crow's Nest Cafe, above Autumn Leaves Bookstore on Commons  
Open discussions appropriate for beginners to experts. Come once or every week. We start from where you are. Discover how fun, empowering, and (maybe, even) true astrology can be!

## Ballet Folklorico de Ithaca

Who: Juliana Garcia jag394@cornell.edu  
Where: Southside Community Center 305 S Plain St.  
When: Tues 6-7:30pm 6/17 - 8/26  
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. Classes resume in mid June.

## Ballet for Beginners!

Who: Lucy "Legs" Walker 443-834-4612 lwalker2@ithaca.edu  
When: Weds 7:30-9 pm and another day if interested.  
Where: contact for location  
Ballet returns to the FreeSkool after a year-long hiatus! Come learn some ballet in a no-pressure environment. We start from scratch every week, so no experience is necessary, though experienced dancers are of course also welcome. And we dance to all sorts of music, so bring your tunes... Please wear comfortable clothing with dance shoes, comfy sneakers, or grippy socks.

## Bicycle Maintenance & Repair Clinics

Who: Mark Thornton harmoniousdwelling@gmail.com  
When: TBD RSVP please  
Where: RIBs-Recycle Ithaca's Bicycles  
I'll be hosting open shop hours and bike repair and maintenance clinics at Recycle Ithaca's Bicycles. Located on the Corner of Fulton and Buffalo. I'll be bringing in local bike smarty pants to host clinics on particular parts of bike maintenance and to answer questions. This a BYOB (bring your own bike) event. Space is limited so RSVP.

## The Challenge of Challenge- Practical Tools for Changing your Mind

Who: Victoria Marlowe curiosity.vkm1@gmail.com  
When: 6/1 and 6/7 4pm  
Where: TBA  
My aim in this class is for participants to become exposed to several types of

positive thinking techniques. No matter who we are or what situation we are in, everyone becomes overwhelmed, or at least somehow challenged. With a shared goal of giving and receiving respect, here we hope to dig up some of our cognitive distortions and their sources which keep us from having peace.

## Cheese Making: Soft Cheese & Yogurt

Who: Laura Woinoski 607-229-5081  
When: 6/8 2-4:30pm  
Where: 5111 Perry City Rd Trumansburg  
Soft cheeses are the best way to start making your own cheese at home because they are so simple and easy! I've been making my own cheese for about 6 years now and continue to be amazed by the freshness and taste of homemade cheeses! I'll walk participants through making their own soft cheeses and yogurt. We'll make fresh yogurt, mozzarella, and ricotta! Hope to see you there!

## 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.

## Clothes Swap

Who: Lily and Lauren laurenasalzman@gmail.com  
When: 8/24 3-5pm  
Where: RSVP for location  
Clean out that closet and renew your autumn wardrobe. Haven't worn that thing in years? Find it a new home. Anyone is welcome to come, all shapes and sizes, feel free to come even without anything to contribute - we'll have plenty. Snacks and drinks provided.

## Design Workshop -

Storyboarding 21st Century Experiences  
Who: Xanthe Matychak xanthe.matychak@gmail.com  
When: 7/12 10am to 1pm  
Where: Ithaca Generator 116 W Green St.  
The designer-user relationship is changing. In a hyper-connected world, technology users are much more technologically literate than they used to be. All over the web we see amateur designers making and selling logos and apps. And some of them are pretty good! So what are professional designers and developers to do? Up our game with UxD! In this workshop, we'll discuss three concepts for understanding 21st century user-experiences: Expertise - How might we value different types of expertise in a Post-Gutenberg age? Empathy - How might we understand problems from multiple points of view? Emotion - How might we develop solutions that are not only practical but engage peoples emotions? After this discussion, we'll use storyboarding techniques to put these concepts into action!

## Electric Cargo Bikes: Introduction to the Revolution

Who: Laurence Clarkberg laurence@boxybikes.com  
When: 6/20 7-9pm  
Where: Ithaca Generator in Press Bay Alley (116 West Green St.)  
You take the blue pill--you stay in the world of traffic jams, road rage, oil spills, and global warming. You take the red pill--you enter the world of the electric cargo bike. A kind of bike that can carry passengers and groceries, approaching and in some ways surpassing the utility of a car, but without all the baggage.

We'll explore the history of cargo bikes, hear from a few Ithacans who ride cargos, see a few short movies, and wrap up by riding around downtown on some of Boxy Bikes' rental bikes.

## Free Food Preservation Workshops

Ongoing with IthacaCan, check in at <http://www.ithacan.ning.com>, workshops posted throughout the season. IthacaCan 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 ithaca\_freeskool@riseup.net  
When: 8/10 2-4pm  
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.

## Freeskool Potluck

Who: Your Freeskool Organizers  
freeskoolithaca@gmail.com  
When: 7/12 5-7pm  
Where: Thompson Park on Cayuga St.  
Come celebrate summer and free things with the Freeskool crew. Bring a dish to pass, a plate, cup and utensils for yourself. Bring friends, strangers, toys, stories about your class experience, etc. If you're a werewolf, it will be a full moon, so just be ready for all of that. You never know what might happen at a Freeskool potluck - really we've never had one before.

## Guerrilla Film Group

Who: Conor Liam Bolton conorliambolton@gmail.com  
When: Mondays, Tues, & Thursdays 6-8pm  
Where: Pegasys 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 group's experience as a cable access show. Let's Get Started!

## Healing Earth Yoga

Who: The Yoga School Tennessa@gmail.com/www.yogaschoolithaca.com  
When: 8/7 5pm  
Where: Cascadilla Gorge (Linn St, near Court St) Practice Karma Yoga by gathering in community to pick up garbage, share our earth-loving intentions and practice Gentle Vinyasa under the trees. If you have a yoga mat and a recycled bag to gather litter please bring them. If you don't, please still bring yourself!

## 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](http://www.facebook.com/ithacafixers).

## IthacaCan BBQ

Who: Mark and Brigid 781 698 9314  
When: 7/19 12pm-10pm  
Where: 15 Roe Rd, Willseyville  
Our annual BBQ/cookout will be held at Phase 3 Farm, the home of Mark Norton and Brigid Cassidy. This is a family-oriented event, so bring the kids and lawn games. Beef and Veggie Burgers will be provided, but please consider bringing something to share. For those thinking about building their own house, Mark and Brigid will give a tour of their house under construction. We will review planning, execution, tools needed, and problems encountered.

## 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/Jesusiansofithaca](http://www.facebook.com/groups/Jesusiansofithaca) or [www.meetup.com/Jesusiansofithaca](http://www.meetup.com/Jesusiansofithaca).

## Learn to Knit Social!

Who: Laura Woinoski 607-229-5081  
When: 6/21 3-5pm  
Where: Location downtown TBD (mutually-agreed place downtown)  
All levels welcome! Whether you've never handled needles or if you have been knitting for years, there's always something to learn or teach! Come on down, supplies provided or bring your own, we will teach you how to cast on, knit, purl, bind-off, etc. If just experienced knitters show, then we can teach each other new skills or just connect and have a good time :)

## 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.

## Lunar Roots Womyn's Retreat

Who: Collaboration of Women simoneclackey@gmail.com  
When: New Moon, 7/26 -27  
Where: Caroline rsvp for address  
Gathering with intention to celebrate, heal, share, learn and strengthen as a community of conscious women. We will mix our day

## ITHACA FREESKOOL Summer 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](mailto:freeskoolithaca@gmail.com)

[www.ithacafreeskool.org](http://www.ithacafreeskool.org)

Love a Class or

Hate a Class

We want your Feedback. Fill out our survey online.

together with workshops/skill shares, hanging out, circles and ceremony. We will explore womyn's health and well being including yoga, meditation, herbal medicine and wild crafting, fertility awareness and natural birth control, naturalist, primitive and ancestral skills, and rights of passage and creating ceremony. We will be camping, sharing meals and enjoying each other's company in the time of the new moon. Please email or go to <https://sites.google.com/site/lunarrootsretreat/> to learn more and register/RSVP.

## Park Yoga

Who: Grace Johnston grace.johnston@gmail.com  
When: 6/14, 7/20, 8/17 4-5:30pm  
Where: Thompson Park, N. Cayuga btwn Farm & Marshall Streets  
Relaxed yoga class or skill share by the creek! This is going to be an awesome, restorative outdoor activity. Meet at the bell in Thompson Park and then roll out on the grass for a hour and a half of yoga fun. We'll decide to do a class format or share our practice/ take turns leading at the start of each meet up. Bring a mat if you have one (a few available to borrow). All levels and styles of yoga welcome, LGBTQ friendly. Rain location TBD.

## Pop-Up Paper Art

Who: Lily pipylotta@yahoo.com  
When: 6/15, 7/13 2-4pm  
Where: Owl Cafe above Autumn Leaves  
Books on commons  
Learn how to make pop-up cards and crafts. We will use several how-to books to make creative paper art that comes off the page. Just a few creative cuts and folds, and viola! I will have some materials but do bring paper, cardboard, string, crayons, paint, glue stick, scissors etc. if you have them.

## Running in Parks

Who: Lucy "Legs" Walker lwalker2@ithaca.edu 443-834-4612  
When: Every Saturday or Sunday morning  
Where: Parks around Ithaca  
Runners of all experience levels welcome, people who love to exercise or run especially encouraged! Every Saturday or Sunday morning -- we'll pick a morning depending on people's availability or we can alternate -- we will meet up in one of Ithaca's many wonderful parks. I'll chart out a circular route so that people can rest or stop when they need to but we all end up together. All you need are some decent sneakers, a water bottle, and a desire to soak in a beautiful Ithaca summer.

## Snail Mail Social

Who: Lauren Salzman laurenasalzman@gmail.com  
When: 6/8 4-6pm, 7/12 3-5pm, 8/10 4-6pm  
Where: TBD e-mail for location  
Did you ever have a pen pal? Do you lament about the 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 Conversation Hour/ Una cita por una hora de conversación en español

Who: Hispanohablantes de Ithaca  
When: June 4th 3-4 pm  
Where: Gimme! Coffee West State Street  
There is no Spanish conversation hour to be found in Ithaca. Sad day. Rectify immediately with FreeSkool class! Beginning to advanced speakers welcome. We can change place, date, or time depending on what's best for peeps, this first meeting is just to see who shows up and discuss details. /No hay una cita para conversar en español en Ithaca. Necesitamos esta cita/clase. Por hispanohablantes de todos niveles. Podemos cambiar el día, hora, o lugar, cualquiera está mejor para las que quieren participar. Esta cita, vamos a decidir estas detalles. ¡Hablemos!

## Tompkins Time Traders Orientation

Who: Margaret Soulstein info@tompkinstimetraders.net  
When: 6/8, 7/13 & 8/3 4:30pm  
Where: see [www.tompkinstimetraders.net/join-us/](http://www.tompkinstimetraders.net/join-us/)  
Tompkins Time Traders (T3) is a time bank where services and goods are exchanged for time. Everyone's time is valued equally, so an hour of specialized skills (i.e. dentistry, plumbing or carpentry) is equal to an hour of eldercare, childcare or cooking. The orientation is geared toward people who have applied (sign up now at: [bit.ly/joinTcubed](http://bit.ly/joinTcubed)) or folks ready to sign up. Not sure, but interested in learning more? You're welcome to come too. Orientation 4:30-5:30pm, Potluck 5:30-6:30pm. Bring your own plates, cups, utensils to the potluck. Please RSVP to [info@tompkinstimetraders.net](mailto:info@tompkinstimetraders.net). 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.

## Urban Ethnobotany

Who: Adrian Williams adrian.officinalis@gmail.com  
When: 6/17, 7/1 & 7/15 6pm  
Where: RSVP for meeting locations  
Pestos, salves, baskets, and more, all free for the making – even in the city. Explore the uses of wild plants within Ithaca city limits. We'll practice plant identification and then get to work with hands-on foraging, medicine preparation, and craftwork, all the while discussing the unique opportunities and challenges that wildcrafting in urban and suburban settings present. Email to [RSVP](mailto:RSVP) or for more information.

## Yoga on Grass

Who: The Yoga School lennessa@gmail.com/www.yogaschoolithaca.com  
When: Weds 10:30am & Sundays 9am  
Where: Washington Park (Bufflo St & Washington St)  
Come breathe Ujjayi Breath, lift your Bandhas and put your Dristi on the trees and sky (or come learn what all that means)! All level yoga classes on the grass at Washington Park. Please bring a yoga mat if you have one, though a mat is not required. Namaste.

Artwork by Hannah Schiller----->

