



#### Ballet Folklorico

Who: Juliana Garcia [bfithaca@gmail.com](mailto:bfithaca@gmail.com)

Where: Old Mexico Restaurant, 357 Elmira Rd

When: RSVP for dates

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.

#### Bokashi Composting Workshop

Who: Adam Michaelides [acm1@cornell.edu](mailto:acm1@cornell.edu) 272-2292 ext. 124

When: 2/15 7- 8:30 PM

Where: EcoVillage: FROG Community House 100 Rachel Carson Way

The bokashi method of handling food scraps involves natural fermentation. This practice originated in Japan and offers a way for people-particularly those living in an urban environment-to manage their food scraps. The liquid produced can be used to water houseplants while the food scraps are pre-digested, and can then be composted or buried in the soil to finish. Join us, the EcoVillage community and bokashi expert Shig Matsukawa in learning about the practice, and making some of your own bokashi to use. Optional dish to pass at 6pm before the workshop. Pre-register by calling (607) 272-2292. There is a cost associated with the materials (TBD) + suggested donation.

#### Book Club: A Novel Idea: Monthly Book Club

Who: Asha Sanaker [generalmanager@buffalostreetbooks.com](mailto:generalmanager@buffalostreetbooks.com)

Where: Argos Inn, 408 E State St.

When: 2/1, 3/1 4-6pm

Join us at 4pm on the 1st Wednesday of every month at Bar Argos where BSB's Asha Sanaker will lead a fun and lively discussion on a different book each month. All the while, the skilled bar staff of Bar Argos will craft you something tasty to sip. Books and fancy cocktails, just what your Wednesday needed! Check the slideshow on our homepage to find out what book we're reading this month!

#### Borrowing Basics

Who: Kenneth McLaurin, Jr., [kem228@cornell.edu](mailto:kem228@cornell.edu), (607) 272-2292 ext. 150

When: 2/18 5:30 - 8:30 PM

Where: CCE-Tompkins Education Center 615 Willow Avenue

This workshop covers how credit works and helps participants determine if they are ready to apply for credit. During the workshop, participants will learn to: Define credit and loan, Distinguish between secured and unsecured loans, Identify three types of loans, Identify the costs associated with getting a loan, Identify the factors lenders use to make loan decisions, Explain why installment loans cost less than rent-to-own services, Explain why it is important to be wary of rent-to-own services, payday loans, and refund anticipation loans, Describe how to guard against predatory lending practices. [Register Online.](#)

#### Buffalo St. Books Readings

Who: [info@buffalostreetbooks.com](mailto:info@buffalostreetbooks.com)

Where: Buffalo St. Books 215 N Cayuga St

When: 2/18 3pm, 3/12 2pm, 4/22 3pm

2/18 3pm Robert Jensen will read from his new book, The End of Patriarchy,

Radical Feminism for Men.

3/12 2pm Denise Gelberg will read from her latest novel, Engagement.

4/22 3pm In Reading for Fun, a collection of essays, Ms. Lurie, writes about some of the most brilliant and original American and British fiction of the last hundred years, including work by Henry James, Doris Lessing, John Updike, Mary McCarthy, Anthony Powell, Angela Carter, and Garrison Keillor

#### Charge It Right

Who: Kenneth McLaurin, Jr. kem228@cornell.edu 272-2292 ext. 150

When: 3/18 3:30- 5:30 PM

Where: CCE-Tompkins Education Center 615 Willow Avenue

This workshop covers credit cards, their benefits, how to use them responsibly, and what to do when a credit card is lost or stolen. During the workshop, participants will learn to: Define credit, Explain why credit is important, Identify the factors creditors look for when making credit decisions, Describe the purpose of credit cards, Determine if they are ready to apply for a credit card, Determine which credit card is best suited for them, Describe how to use a credit card responsibly, Identify the steps to take when a credit card is lost or stolen. [Register Online](#)

#### Community Beautification Trainings

Who: Martha Gioumousis mg10@cornell.edu 272-2292 ext. 123

When: 3/30 & 4/5 6- 8PM

Where: CCE-Tompkins Education Center 615 Willow Avenue

The Beautification Brigade takes care of public flower plantings in Ithaca. Have fun, learn gardening techniques, and help keep Ithaca gorgeous. No experience required. Free dinner provided at the trainings. FREE and open to anyone who wishes to volunteer with the program. Download a [volunteer application](#). Learn More <http://ccetompkins.org/gardening/community-beautification>

#### Community Seed Swap

Who: Chrys Gardener cab69@cornell.edu 272-2292 (Voicemail #241)

When: 3/26 11AM - 2PM

Where: CCE-Tompkins Education Center 615 Willow Avenue

Bring your extra seeds (home-saved or purchased) to share with others and go home with lots of seeds for your spring and summer planting! Learn about seed saving from some of our region's avid seed savers, and take home seed varieties that you won't find anywhere else and that are well-adapted to our growing conditions. Free hands-on demonstrations will also be held throughout the day on starting seeds, seed saving, seed cleaning and more!  
Free if you bring seeds to share!

#### Dacha Projects

Who: Dacha crew [dachaproject@gmail.com](mailto:dachaproject@gmail.com)

When: RSVP for dates

Where: Dacha Project homestead, Freeville / RSVP for location

We are a group of friends who built our own earth-bermed home, created a garden, lived off-grid for 6 years, and are still working on all kinds of homesteader projects. If you are interested in permaculture, straw bale, gardening, off-grid systems, construction or starting your own community or sustainable project - get in touch. We will be working on different things throughout the year and you can jump in. We can give you a tour and answer any questions you might have about this type of living. You can see more about us at [www.dachaproject.com](http://www.dachaproject.com).

#### Fill Your Freezer: Buying Local Meat in Bulk

Who: Matthew LeRoux, mnl28@cornell.edu 272-2292 ext. 159

When: 3/15 6:30 - 8:30 PM

Where: CCE-Tompkins Education Center 615 Willow Avenue

Are you ready to start buying locally-raised meat in bulk? It's easier and more affordable than you might think, and the benefits are great: know your farmer, know your food, cook and eat with confidence! We will guide you through everything you need to know about researching and contacting farms near you, why buying in bulk can save you money, and how to use the Ithaca and Corning community Meat Lockers.

#### Financial Recovery

Who: Kenneth McLaurin, Jr. kem228@cornell.edu 272-2292 ext. 150

When: 4/29 3:30- 5:30 PM

Where: CCE-Tompkins Education Center 615 Willow Avenue

This workshop covers how to recover financially and rebuild credit after experiencing a financial setback. During the workshop, participants will learn to: Assess their current financial situation, Identify ways to increase income and decrease and prioritize expenses, Develop a financial recovery plan, Identify steps to successfully implement a financial recovery plan, Recognize how to

guard against credit repair scams, Identify time frames to review and adjust their financial recovery plan. [Register Online](#)

#### First Friday Gallery Night

Who: Downtown Ithaca Alliance [ithacafirstfriday@gmail.com](mailto:ithacafirstfriday@gmail.com)

When: First Friday of the month 5-8pm

Where: Downtown Ithaca area

The Downtown Ithaca Alliance welcomes you to Gallery Night Ithaca, a walkable tour of art openings and other special cultural events in and around downtown Ithaca taking place from 5:00-8:00 PM on the first Friday of every month. With upwards of twenty venues to visit to explore each month, there is sure to be something that will catch your eye, whether you're a seasoned collector or a first-time browser.

#### Food Not Bombs!

Who: Ithaca FNB, 607-339 0330, [foodnotbombsithaca@gmail.com](mailto:foodnotbombsithaca@gmail.com), [Facebook](#)

When: 12 p.m. – 2 p.m. every Saturday .

Where: Shawn Greenwood Park, otherwise known as Dewitt Park Free Meal, Everyone welcome! We also meet on Fridays 4-4:30, to plan meals. Call to get involved.

#### Free Astrology Readings

Who: Uriel Carpenter/Tim Turecek [turecekt@gmail.com](mailto:turecekt@gmail.com)

When: 2/13, 3/20 5:30-8 pm

Where: Aurora Street, Ithaca RSVP for details

Practicing astrologers will print and read your personal astrological chart with you. Couples, families, and groups are welcome. You will need: your birth date, your birth location, and (as best as you can figure) your birth time.

#### 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](mailto:freeskoolithaca@gmail.com)

When: Get in touch anytime!

Where: Worker's Center 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. Get in touch and we can figure out a good time.

#### Garden Tour Slide Show: Betty Ford Alpine Garden

Who: Pat Curran, [pc21@cornell.edu](mailto:pc21@cornell.edu), 272-2292 ext 146

When: 2/12, 2:30 - 4 PM

Join Horticulture Educator Pat Curran for a slide show featuring slides from the Betty Ford Alpine Gardens in Vail, Colorado! A colorful tonic to Ithaca's gray or white winter! Refreshments and socializing follow. Free and open to the public.

#### Garden Tour Slide Show: Chanticleer Garden

Who: Pat Curran, [pc21@cornell.edu](mailto:pc21@cornell.edu) 272-2292 ext.146

When: 3/5, 2:30 - 4PM

Where: CCE-Tompkins Education Center 615 Willow Avenue

Join Horticulture Educator Pat Curran for a slide show featuring photos from Chanticleer Gardens in Wayne, PA! A colorful tonic to Ithaca's gray or white winter! Refreshments and socializing follow. Free and open to the public. Call 272-2292 with questions.

#### Healers Jam

Who: Briel Driscoll, [Briel.Driscoll@gmail.com](mailto:Briel.Driscoll@gmail.com)

When: 2/12, 3/12, 4/9 2-4pm

Where: TBD - Email for location

These shares are open to anyone that practices any and all modalities at any skill level. Bring your knowledge/experience and we will share with each other. Herbal Medicine, Massage, Reiki, Tarot, Energy Healing, Acupuncture, Etc. all welcome! Opportunity to give and receive.

### Herbal Medicine and Mental Health

Who: 7Song 7Songsevensong@gmail.com

When: 3/19 2-4 pm

Where: Bramble Herb Shop 118 W Green St, Ithaca

This class will focus on some of the common mental health issues seen by herbalists. These include; anxiety, depression, insomnia, fatigue and other associated symptoms. In this class we will discuss assessment and treatment strategies along with specific plants, formulas and lifestyle alternatives.

### Home Improvement Scams

Who: Consumer HelpLine at 272-2292

When: 4/13 11AM - 1PM

Where: CCE-Tompkins Education Center 615 Willow Avenue

In this Consumer Issues Program, Mike Danaher, Consumer Fraud Attorney from the New York State Attorney General's Office, will present information on what typical home improvement scams look like, how to avoid them, and what to do if they happen to you. The public is invited to attend this free program. No advance registration is necessary.

Following the presentation, members of the public have the opportunity to consult individually with Attorney Danaher regarding specific issues they have been unsuccessful resolving locally. Individuals should arrive by 12:30pm for a consultation. For more information call the Consumer HelpLine at 272-2292 weekdays from 11AM to 3PM. Presentations are videotaped for broadcast on Public Access Channel 15 on Mondays at 7:00 am, 1:00 pm & 7:00 pm.

### Israeli Folk Dancing

Who: Nomi eema.nomi@gmail.com

When: Most Mondays 5:30-7pm; email to confirm

Where: Downtown Ithaca / RSVP 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: Saturdays 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).

### Ithaca Folk Song Swaps

Who: Eric Songswap2@ericlerner.net 273-1154

When: 2/5, 3/5, 2-5pm,

Where: 115 The Commons Upstairs from Autumn Leaves Books

Let's get together and sing. We're looking for people in the Ithaca area who want to get together to lead a folk song, and join in on others' songs. We'll welcome traditional ballads, chanteys, & songs, as well as contemporary songs with traditional roots. Bring your acoustic instrument or sing a cappella. We'll take turns going around the circle to lead or request a song. One person guides the turn-taking, encourages beginners, discourages noisy side conversations, and generally tries to keep things on track. Let's build a stronger Ithaca-based network of folksingers. Come sing us a song! <http://www342.pair.com/elerner/Songswap/>

### Ithaca Showing Up for Racial Justice (SURJ)

Who: SURJ members [ithacasurj@gmail.com](mailto:ithacasurj@gmail.com)

When: 3rd Monday of the month 6-8:30PM

Where: Quaker Meeting House, 120 3rd St. Ithaca

SURJ is part of a national network of groups and individuals organizing white people for racial justice. Through community organizing, mobilizing, and education, Ithaca SURJ supports white

people to act for racial justice with passion and accountability. There are four open working groups, Steering Committee, Outreach, Action, and Education and lots of ways to plug in. Contact us at [ithacasurj@gmail.com](mailto:ithacasurj@gmail.com) for more info or find us on Facebook.

### Loan To Own

Who: Kenneth McLaurin, Jr. [kem228@cornell.edu](mailto:kem228@cornell.edu) 272-2292 ext. 150

When: 4/1 3:30 - 5:30 PM

Where: CCE-Tompkins Education Center 615 Willow Avenue

The 'Loan to Own' workshop covers installment loans, including car loans and home equity loans. During the workshop, participants will learn to: Identify various types of installment loans, Explain why installment loans cost less than rent-to-own services, Identify the questions to ask when purchasing a car, Identify the factors lenders use to make home loan decisions, Explain why it is important to be wary of rent-to-own, payday loans, and refund anticipation loan services, Identify how federal laws protect them when applying for a loan, Guard against predatory lending practices. [Register Online](#)

### Loaves and Fishes

Who: Loaves and Fishes 272 5457 [info@loaves.org](mailto:info@loaves.org)

When: Mon, Wed, Fri 12-1pm Tues, Thurs 5:30-6:30pm

Where: 210 North Cayuga St

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. Great volunteer opportunities available - help cook for your community. [www.loaves.org](http://www.loaves.org)

### Looking at Haiti

Who: LeGrace Benson, PhD [legrace.benson@gmail.com](mailto:legrace.benson@gmail.com)

When: First and third Tuesdays Feb., Mar., April ; 5 - 6 pm

Where: 314 E. Buffalo St.

We will look at the history of Haiti from 1491 with special attention to visual and performance presentations and representations. Certain visual works are available to be seen on site. Participants may also use --on site- the library of Haitian materials. The leader will have a plan for the study but before or on the first session participants can present the leader with questions or issues they would particularly like to see included. Leader will try to accommodate such requests, to the extent of current knowledge. Class size is limited to ten.

### Overview of the Ins & Outs of Insurances

Who: Consumer HelpLine 272-2292

When: 3/9, 11AM - 1PM

Where: CCE-Tompkins Education Center 615 Willow Avenue

In this Consumer Issues Program, New York State Assistant Attorney General Mike Danaher will discuss insurance related issues. He will explore things consumers should consider when determining insurance needs; what insurance can and cannot do; and what to do if problems occur. The public is invited to attend. It is not necessary to register in advance for this free program. Following the presentation consumers will have the opportunity to consult individually with Attorney Danaher regarding specific consumer issues that they have been unsuccessful resolving locally. For more information about this program or other consumer issues, call the

### Scams Targeting Senior Citizens

Who: Consumer HelpLine, 607-272-2292

When: 2/9, 11AM - 1 PM

Where: Cooperative Extension Education Center 615 Willow Avenue

Mike Danaher, New York State Assistant Attorney General, will discuss Scams Targeting Senior Citizens: a presentation about scams and frauds that may affect older adults, including how to recognize and protect yourself and others from becoming a victim. The presentation is open to the public. Following the hour-long presentation, consumers will have the opportunity to consult individually with Attorney Danaher regarding specific consumer issues that they have been unsuccessful resolving locally. Plan to arrive by 12:30pm for a consultation; no advance registration necessary.

#### Science Cabaret

Who: Ithaca Science Cabaret [www.sciencecabaret.org](http://www.sciencecabaret.org)

When: 2/15 7pm (check website for other dates)

Where: Coltivare 235 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 Cafe Scientifique 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.

#### Seed to Supper Volunteer Training

Who: Chrys Gardener [cab69@cornell.edu](mailto:cab69@cornell.edu)

Where: CCE-Tompkins Education Center 615 Willow Avenue

When: 2/15, 2/22, 3/15, 3/22, 3/29. 6:30-8:30pm

Are you interested in helping beginning gardeners in your community learn to grow their own vegetables? This five-part training program will prepare Seed to Supper volunteer educators to teach free vegetable gardening classes throughout Tompkins County. Volunteers will gain familiarity with the Seed to Supper curriculum and learn some hands-on activities that they can use when teaching the classes in their communities. Volunteers will work in pairs to teach the classes and are provided with all the materials needed to run the classes. There is no cost for the training and the classes held in communities are offered for free as well. Must register in advance, there is an expectation to attend every session. <http://cctompkins.org/events/2017/02/15/seed-to-supper-volunteer-training>

#### To Your Credit

Who: [Kenneth McLaurin, Jr. kem228@cornell.edu](mailto:Kenneth McLaurin, Jr. kem228@cornell.edu) 272-2292 ext. 150

Where: Cornell Cooperative Extension of Tompkins County, 615 Willow Ave

When: 2/4, 3:30 - 5:30 PM

This workshop covers how to read a credit report, and how to build and/or repair your credit history. During the workshop, participants will learn to: Define credit, Explain why credit is important, Describe the purpose of a credit report and how it is used, Order a copy of their credit report, Read and analyze their credit report to determine if they are ready to apply for credit, Differentiate between good and bad credit, Describe the implications of good and bad credit scores, Identify ways to build and repair their credit history, Recognize how to correct errors on their credit report, Recognize how to guard against identity theft.

#### Tompkins Time Traders Orientation

Who: [info@tompkinstimetraders.net](mailto:info@tompkinstimetraders.net)

When: 2/5, 3/5, 4/2 4:30-5:30

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 undervalued labor (i.e. eldercare, childcare or cooking). The orientation is geared toward people who have applied ([www.tompkinstimetraders.net/join-us/](http://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](mailto:info@tompkinstimetraders.net)

#### Urban Gardening Networking Event

Who: Holly Payne, [holly@greenstar.coop](mailto:holly@greenstar.coop), 277-0080 ext 509

When: 2/6 5:30 - 8:30 PM

Join the movement to grow *food* anywhere in Ithaca (even in raised beds over cement!). Starting with existing gardening initiatives, we plan to grow more food for food pantries and for anyone who feels opportunity for participants to get together to brainstorm new projects. *Free Meal, Open to All.*

#### Urban Plant Walk

Who: Briel Driscoll [Briel.Driscoll@gmail.com](mailto:Briel.Driscoll@gmail.com)

When: 4/8 2:30pm

Where: We will meet at the playground on the Commons at 2pm and walk from there.

Plants creep up from the cracks in the sidewalks and line the edges of our streets. Join us to learn about the plants and trees that you see everyday while you out and about!

#### WAASR (White Allies Against Structural Racism)

Who: WAASR members rit & jeri gallucci 277-4936 anne rhodes 844-9550

When: 2nd Thur of each month 6-8pm

Where: Quaker Meeting House, 120 3rd St., Ithaca

WAASR is a group of local people committed to raising awareness about and supporting actions to dismantle local structural racism. We facilitate a monthly drop-in in session, on the second Thursday of the month, for white people to learn, think, and plan together. Our goal is to provide a safe, supportive place for any white person to process their experiences of being white, confront any fears or misinformation, think and learn about what it means to be white, confront the nature of white supremacy, and test their thinking about what actions they might take, personally or collectively. We see our work in conjunction with and in support of people taking actions in the community through SURJ, Black Lives Matter and other groups. Sessions will be loosely structured and guided by Talking Circle graduates and facilitators. We will bring snacks to share.

#### WRFI Morning Show Ride-Along

Who: Jim Murphy [murphy@ithacaradio.org](mailto:murphy@ithacaradio.org)

When: Tues or Wed: Arrive 7 am

Where: WRFI 103 W. Seneca St. Suite 305 - The Clinton House

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.

#### Your Own Home

Who: [Kenneth McLaurin, Jr. kem228@cornell.edu](mailto:Kenneth McLaurin, Jr. kem228@cornell.edu) 272-2292 ext. 150

When: 4/15 3:30 - 5:30 PM

Where: CCE-Tompkins Education Center 615 Willow Avenue

This workshop covers the pros and cons of renting versus owning a home, the home buying process, and financially protecting your home. During the workshop, prospective home buyers will learn to: Explain the advantages and disadvantages of renting versus owning a home, Identify questions to ask to determine their readiness to buy a home, Identify the steps required to buy a home, Identify basic terms and required disclosures used in a mortgage transaction, Describe the advantages and disadvantages of different mortgage options, Describe how interest rates affect the amount of house they can buy, Explain how taxes and insurance affect a monthly payment and the amount of house they can buy. Homeowners will learn to: Describe the advantages and disadvantages of borrowing against a home, Explain what to do if they are having trouble making payments, Describe different types of refinancing options, Explain the advantages and disadvantages of a reverse mortgage, Identify predatory lending practices and loan scams. [Register Online](#)

**Freeskool is run by an all-volunteer staff. We can always use your help if you can give it. We accept donations online at [Error! Hyperlink reference not valid.](#) and are always looking for organizers. Thanks, community!**

