

**FREE SKOOL
SANTA CRUZ**

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

WHAT DOES THE "FREE" IN FREE SKOOL MEAN? FREE AS IN FREE EXPRESSION, FREE THOUGHT, AND LIBERATION. WE TRY TO KEEP FREE SKOOL FIRMLY FIXED IN A GIFT ECONOMY AND OUTSIDE THE STREAM OF COMMERCE. WHILE SOME TEACHERS MAY ASK FOR A DONATION TO COVER MATERIALS, NO ONE IS TURNED AWAY FOR A LACK OF FUNDS.

<p>DOMINEN 2 BRANDS BECOME AND BACKSTAGE @ 2 PM</p>	<p>3 Field Guide 4 Walk 11am Guardieff for Marchists 5pm</p>	<p>5 CLASSES MYTHS & REALITIES 12 PM</p>	<p>6 POLITICAL HEALTH 8PM</p>	<p>7 MARCH Lil' Ban Dinosaurus</p>
<p>OCEAN 9 AM EXPLORING GOD OWEN 10 AM INTRO TO BIKES 12 PM</p>	<p>10 Field Guide Walk 11am</p>	<p>12 ANYONE CAN PULL THEMSELVES UP BY THEIR BOOTSTRAPS 11 AM</p>	<p>13 Gentle YOGA 8PM</p>	<p>14 STAR- GAINING 101 8-30 PM</p>
<p>SEAFOURGE 10AM 16 BUTTERFLY WORKSHOP 12 PM CREATURES 3A Mammals, Cakes 5pm GUITAR 6pm</p>	<p>17 Field Guide 18 Walk 11am Guardieff for Marchists 5pm</p>	<p>19 Gentle YOGA 8PM</p>	<p>20 HACKTIVITEI 27 11 6PM BUTYKO 8PM BREATHING</p>	<p>21 REPTILE WALK 12 STRAWBERRY PARADES 12 PM</p>
<p>OCEAN 23 EXPLORING 9am ORIENTEERING 11PM GUITAR 6pm</p>	<p>24 Field Guide Walk 11am</p>	<p>26 CLASS ACTION 7PM</p>	<p>27 NATURAL MAYSTERY WALK 2PM</p>	<p>28 FUKUSHIMA RADIATION 6PM</p>
<p>CHAPARRAL 30 BOTANY 11am FUKUSHIMA 6PM GUITAR 6pm</p>	<p>31 APRIL Field 1 Guide Walk 11am Guardieff for Marchists 5pm</p>	<p>2 BUTYKO 8PM BREATHING</p>	<p>3 MAY POLIST HEALTH 8PM</p>	<p>4 TEACHING 12 NBOARD 10 AM LOGAL Indigenous HISTORY 12 PM</p>
<p>WORKSHOP 22 PM NATURE 3:30 PM ANAKRES 5 PM CHAPARRAL 11 PM BOTANY 11 PM</p>	<p>7 Field Guide Walk 11am</p>	<p>9 MAY 1 POLIST HEALTH 8PM</p>	<p>10 TRAUMA & Self 11am Natural History of Upper Campus 12am</p>	<p>11 LICHENS vs. MUSHROOMS 19 11am RREFM 12 PM</p>
<p>INTRO TO BIKES 12 PM nature and 12 community pm GUITAR 6pm</p>	<p>14 Field Guide 15 Walk 11am For-rest 0000 Guardieff for Marchists 5pm</p>	<p>16 NATURAL MAYSTERY WALK 2PM</p>	<p>17 HACKTIVITEI 112 6PM</p>	<p>18 TEACHING 12 NBOARD 10 AM LOGAL Indigenous HISTORY 12 PM</p>
<p>WORKSHOP 20 GUITAR 6pm</p>	<p>21 Field Guide Walk 11am</p>	<p>23 NATURAL MAYSTERY WALK 2PM</p>	<p>24 HACKTIVITEI 112 6PM</p>	<p>25 RREFM 12 PM</p>
<p>27 INTRO TO BIKES 12 PM nature and 12 community pm GUITAR 6pm</p>	<p>28 Field Guide 29 Walk 11am Guardieff for Marchists 5pm</p>	<p>30 MAY 1 POLIST HEALTH 8PM</p>	<p>31 TRAUMA & Self 11am Natural History of Upper Campus 12am</p>	<p>32 RREFM 12 PM</p>
<p>DD: SUPPLIES 4 WORKSHOP 12 PM sewing machine REPAIR 2pm</p>	<p>5 Field Guide 6 Walk 11am Guardieff for Marchists 5pm</p>	<p>7 ALKALINE DIET 8PM</p>	<p>8 TRAUMA & Self 11am Natural History of Upper Campus 12am</p>	<p>9 RREFM 12 PM</p>
<p>WTF WORKSHOP 12 PM BNAE 2 PM Foot WALK 3 PM game Eyre 3pm</p>	<p>12 Field Guide Walk 11am</p>	<p>14 STRES MANAGEMENT 8PM</p>	<p>15 TRAUMA & Self 11am Natural History of Upper Campus 12am</p>	<p>16 RREFM 12 PM</p>
<p>RedBarn Dojo 9am</p>	<p>19 Field Guide 20 Walk 11am Guardieff for Marchists 5pm</p>	<p>21 HACKTIVITEI 115 6PM</p>	<p>22 TRAUMA & Self 11am Natural History of Upper Campus 12am</p>	<p>23 RREFM 12 PM</p>
<p>25 RedBarn Dojo 9am</p>	<p>26 Field Walk 11am</p>	<p>28 HACKTIVITEI 115 6PM</p>	<p>29 TRAUMA & Self 11am Natural History of Upper Campus 12am</p>	<p>30 RREFM 12 PM</p>
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2014 MARCH-MAY
SPRING

FREE SKOOL SANTA CRUZ

PROTECTING THE FOREST

Home is much more than streets and houses and shops. The vibrant forests and grasslands surrounding Santa Cruz breathe life into moist ocean air, nourishing us in more ways than we understand. Every day we drink the waters of wild north coast streams and the once-mighty San Lorenzo. This beautiful land holds us all so tenderly and graciously.

Since we live in a society based on taking from the land without reciprocity or responsibility and turning living matter into toxic waste, our collective impact on the earth is of course immensely destructive. Numerous species, such as coho salmon in the Santa Cruz Mountains, are on the brink of extinction. So what can be done? As a foundation for things to really change, we've got to transform our relationship with home. Rather than continuing to live in complicity, in a colony on-top-of the land, we can begin to step into a web of relations and ally ourselves with the struggle of all species to thrive and survive.

What does that actually look like, you may ask? So many things. Yet there's one example we'd like to highlight: the ongoing struggle to protect what many in Santa Cruz consider our "home forest." The biologically diverse wildlands of UCSC Upper Campus are gravely endangered by UCSC's plans to build new facilities, roads and parking lots on roughly 240 acres. This year, a new group called Santa Cruz Forest Keepers has renewed the campaign to Save Upper Campus and much energy and inspiration are in the air.

Saving Upper Campus very much depends on the active involvement of a diverse community, and that means you! Come out for regularly scheduled Forest Walks (listed on this calendar!) and visit :

<http://saveuppercampus.org/>



SUPPORT THE SANTA CRUZ 11

The Santa Cruz 11 are local community members who have been charged with an unprecedented variety of offenses arising from their alleged involvement with the occupation of a long-time vacant bank building late last fall, 2011, which was opened to create a community and educational center. The Santa Cruz 11 defendants were participating in constitutionally protected activities either as news gatherers, observers, or as supporters, including a mediator between police and activists.

In March, four remaining persons will be in court to defend themselves against these baseless charges. Over two years later, the Jury Trial for the remaining 4 defendants is set to begin on March 3rd, with a trial readiness hearing on **February 27th**. These will take place in Department 6 of the Santa Cruz County Courthouse at 701 Ocean St.

Support the remaining Santa Cruz 11! More information and support suggestions at:
<http://santacruz11.wordpress.com>

D.I.Y. Guide to Santa Cruz

AN INCOMPLETE LIST OF INDEPENDENT LOCAL PROJECTS

There are many inspired and energized people in this town who are motivated to create new ways to relate to each other and the world around us. Here is a short list of some of these kinds of projects in Santa Cruz.

Anarchist Library

at SubRosa, 703 Pacific Ave. 831-426-5242

Rad books! Topics include anarchy, cultural studies, history, ecology, gender and queer studies, indigenous studies, kids books, and more! Knowledge is power and can be inspiring and fun!

Bike Church

703 Pacific Ave. 831-425-BIKE

<http://bikechurch.santacruzhub.org>

A community bike shop and tool cooperative. Mechanics help you learn how to fix your bicycle. We encourage you to get your hands dirty and familiarize yourself with this machine that you rely on.

Central Coast Rising

centralcoastrising@gmail.com

<http://www.facebook.com/centralcoastrising>

A collective organizing to empower communities to protect land, air, & water. Our current focus is to stop the fracking of the Monterey Shale.

Computer Kitchen

703 Pacific Ave.

<http://computerkitchen.org>

Strives to reduce the amount of technology that ends up in landfills while providing a space, tools, and advice for people to work on and learn about this technology. Open Wed & Sun.

The Fábrica

703 Pacific Ave.

<http://thefabrica.wordpress.com>

A community textile arts cooperative organized by a collective of artists for the purpose of artistic collaboration and creative reuse. A space to work on projects or learn to sew, knit, etc.

Free Radio Santa Cruz - 101.1 FM

101.1 FM. 831-427-3772

<http://www.freakradio.org>

On the air since 1995 without a license, broadcasting 24 hours a day, 7 days a week, 365 days a year, in defiance of federal regulations. Broadcasting programs unavailable on corporate controlled stations.

Free Skool Santa Cruz

Calendars distributed widely around Santa Cruz

<http://santacruz.freeskool.org>

A completely grassroots, collective effort to create an autonomous, mutual-support network. It is a direct challenge to institutional control and the commodification of learning and how we relate to each other.

Guerilla Drive-In

<http://www.guerilladrivein.org>

An outdoor movie theater under the stars that springs up intermittently. Showing great movies, bringing a broad community together, and reclaiming public space.

Meristem Health Distro

Zines available at SubRosa and info at <http://meristemdistro.blogspot.com>

Information to empower ourselves and each other, take our well-being and healing into our own hands, and find ways to minimize our reliance on western medicine. Topics include herbalism, women's health, mental health, emotional support, and more!



Another world is possible and we can create it in the here-and-now. At times our actions must also involve struggle against oppressive forces to protect and nurture that which we value and love. Of course, there are many more possibilities for meaningfully-relating than this short list encompasses. Act alone and with others to make this area a more vibrant place to be alive!

Really Really Free Market

at SubRosa, 703 Pacific Ave

A completely free market every third Saturday based on a gift-economy striving to subvert exploitative exchange. Bring food to share, special items that you don't use but can't throw away, and/or special talents to offer people.

Santa Cruz Food Not Bombs

<http://www.santacruzfoodnotbombs.org>

All volunteer project that recovers foods that would be otherwise discarded and prepares and serves vegan meals at the clocktower on Pacific, Sat./Sun. @ 4pm. We also share meals in solidarity with local groups seeking peace, social justice and a sustainable future. Contact: info@santacruzfoodnotbombs.org

Santa Cruz Forest Keepers

<https://www.facebook.com/saveuppercampus>

and more info at <http://saveuppercampus.org>

Community organizing to protect the beautiful forest of Upper Campus from UCSC development plans.

Santa Cruz Fruit Tree Project

fruittreesc@gmail.com

A network of volunteers working to make use of surplus tree fruit, and to support tree propagation and maintenance.

Santa Cruz Indymedia

<https://www.indybay.org/santacruz>

Indymedia is a tool for the creation of radical, accurate, and passionate tellings of truth, and is dedicated to improving the coverage of local events. You can easily publish articles, audio, photography, and video. Find & contribute online.

Sin Barras

<http://sinbarras.org>

Contact sinbarras@gmail.com for meeting info.

A community-based group that works to build coalitions to eradicate the prison industrial-complex. We are working to build a long-term movement for a world without cages.

SubRosa: a community space

703 Pacific Ave.

<http://subrosaproject.org>

An anarchist and radical space offering anarchist literature, coffee and tea, shows and a weekly open mic, art by local artists, and a garden courtyard social space. It also hosts the Anarchist Library, Free Skool classes, Meristem Health Distro, GDI, and more!

Support the Santa Cruz 11

<http://santacruz11.wordpress.com>

The Santa Cruz Eleven are community members who are charged with a variety of offenses arising from their alleged involvement with the occupation of a vacant bank building in 2011. The remaining defendants go to trial March 2014.

Union of Benevolent Electrical Workers

<http://ubew.org>

Creating technical infrastructure for both local and global radical communities. UBEW provides mutual support to anti-authoritarian groups making radical social change through direct action, community involvement, and education.

2014 MARCH-MAY SPRING

FREE SKOOL SANTA CRUZ



Really Really Free Market **SubRosa, 703 Pacific Ave**
with Trashbox Liberator airbaron@gmail.com

No money. No trades. Everything is free. This market is based on a gift-economy and thinks capitalism sucks. Bring food to share. Bring your special items that you don't use but can't throw away (ex. clothes, toys, art supplies, instruments, books and zines...your free box). Bring your special talents to offer people (ex. haircuts, message, reiki...). Come and take what you can use and say thanks! We will have folks to check in with as you arrive. First come first served, space may be limited. Mutual respect. If you bring things, you are expected to take away whatever is left at the end of the market.

Sat Mar 15th, Apr 19th, May 17th – Noon-3pm

Red Barn Dojo **Red Barn Dojo**
with Danielsan danielsan@riseup.net

Red Barn Dojo classes have a lot of components: fitness, personal safety, boundary setting, traditional martial arts, and ass-kicking, as well as healing. Join us for Ju Jitsu, Judo, Kenpo, weapons, padded fighting, practical self-defense, and tips for dealing with violence. Bring questions. *Directions:* Contact for location

Sun Apr 27th – 9-11am

Reptile and Amphibian Walk **Twin Gates - Marshall Field**
with Arthur & Faun faun.den@gmail.com

Come explore the diverse herpetofauna (reptiles and amphibians) of Upper Campus! We'll be flipping over rotting logs, rocks, and wood piles in search of these elusive creatures. We'll discuss the characteristics, life cycles, and habitats of campus species, and ways that development could harm them. *Requirements:* Rain invigorates. *Directions:* Twin Gates Marshall Field entrance to UCSC campus off Empire Grade.

Sat Mar 22nd – Noon

Riding Waves **Manresa State Beach**
with Danielsan danielsan@riseup.net

You live in Santa Cruz and you've never surfed? You always say you want to try it one day? You have a board behind your house and you haven't been out in years? We'll review respect for the ocean (safety), surfing basics, important rules, and hit the water before 9:30. *Requirements:* Know how to swim, and email me to RSVP so I can pull together surfboards/wetsuits. *Directions:* Manresa is at the intersection of San Andreas Road and the coast. There is often free parking just outside the gate/lot, or it costs \$10 to park inside.

Sun May 11th – 9-11am

Sea Foraging: Food From The Sea **Far end of Santa Cruz wharf**
with Jesse befreplanttrees@gmail.com

If you are into collecting and eating foods from the sea, come learn what seaweeds are edible, when it is safe to consume shellfish, and where to go fishing locally. We can also discuss local marine ecology, safety and contamination of the ocean, "legalities" of fishing/foraging on our coastline, and more, as well as try our luck at fishing off the wharf. Rain postpones. *Requirements:* Bring gear if your like, but not required. The wharf is often colder and windier than in town so dress warm. NOTE: No fishing license is required to fish off the wharf.

Sun Mar 16th – 10am-Noon

Sewing Machine Maintenance and Repair **The Fábrica, 703 Pacific Ave**
with Ann thefabrica@riseup.net

This class will be an introduction to reviving cranky sewing machines and keeping them running well. We will cover cleaning and oiling, how a stitch is formed, and troubleshooting shooting for when things go wrong. A few small tricks will "fix" many machines! Bring your own machine or learn on one of ours. Space is limited, so please come on time.

Sun May 4th – 2-5pm

Sewing Machines 101 **The Fábrica, 703 Pacific Ave**
with Ann & Elaina thefabrica@riseup.net

This class covers the basics of how to use a sewing machine: how it works, how to thread it, bobbins, tension, general use, basic stitches, proper machine care and a little troubleshooting. Please be on time.

Mon Apr 7th – 2-3:30pm

Sewing with Paper **The Fábrica, 703 Pacific Ave**
with Jodi thefabrica@riseup.net

What's more fun than sewing with fabric? Sewing with paper, fabric, trim, and, well, just about anything you can think of that won't break a needle. Lots of samples and supplies will be available to fire up your creativity. If you have "sewable" objects you'd like to use, bring them along. We'll work mostly with standard letter-size paper or smaller. But your mileage may vary; if you can figure out how to get the machine to accommodate larger sheets, go for it. We'll spend the afternoon creating cards, envelopes, wall-hangings, sculptures and who knows what else. Prepare to be inspired and have lots of fun! *Requirements:* Knowledge of sewing basics--both hand and machine.

Sat Mar 22nd – Noon-4pm

Stargazing 101 - Equinox Edition! **Twin Gates on Empire Grade**
with Espi & Penseke bicicletabandito@gmail.com

Dabble in Astronomy but don't care for the math? Enjoy Astrology but want to be taken seriously? Come learn the basics of both! This class will focus primarily on identifying the constellations and stars of distinction, but also touch upon the Big Bang Theory, ancient mysticism, and our own relationship to it all on Earth. Expect some Spring Equinox "woo". *Requirements:* Bring a blanket and/or warm clothing, binoculars, food to share. Red-lense flashlights recommended. Rain/coastal fog cancels. Please be prompt. Smartphones will be destroyed. *Directions:* From the last stop-lighted intersection at UCSC's Heller Dr, go 2.3 miles up Empire Grade, look for trail crossing signs. Parking is sparse, please try to carpool.

Fri Mar 21st – 8:30-10pm

Stress Management **Communi-Qi, 1729 Seabright Ave**
with Gatisa Goodwin gatisa@me.com

While it is a normal part of life, stress can become overwhelming without adequate outlets and coping skills. Stress can play a role in problems such as headaches, high blood pressure, heart problems, diabetes, skin conditions, asthma, arthritis, depression, and anxiety. In this class, we will discuss causes of stress and methods for managing it in a healthy and productive way. *Requirements:* Seats are limited; RSVP is required. *Directions:* Walk down the driveway and we are the last door on your left.

Thu May 22nd – 8-9:30pm

Teaching Abroad Intro **Genealogy Room, Santa Cruz Downtown Library**
with Julie jasla7719@yahoo.com

The hope of this class is to inspire you to step outside of your comfort zone and consider making a bold life change, as well as to inspire you to travel and hone a new skill of teaching, while experiencing life abroad. We'll discuss how to find these jobs, different types of positions, the benefits and challenges of this kind of work, and what to expect when teaching abroad. The instructor will share from her own experiences teaching in China and South Korea for two and half years. *Note: NO teaching experience or foreign language proficiency required to teach abroad. *Requirements:* Class is open to all. However, most teaching visas require a bachelor's degree (in ANY discipline). *Directions:* The Genealogy Room is to the left when you enter the library. The library is at 224 Church St., Santa Cruz.

Sat Apr 12th – 10-11:30am

Trauma and the Anti-Authoritarian Self **Contact teachers for location**
with Summer & Matt summerthyme@riseup.net, matthewendwars@gmail.com

In this class, we will be looking at common ideas about trauma and providing an alternative framework to play with. Our capitalist socialization teaches us how we are supposed to "deal" with trauma, but as anti-authoritarians, how can we respond to trauma with a more holistic approach? We will focus on responses to common traumatic stressors with breathing techniques, somatic bodywork, and a relaxed self-discipline. *Requirements:* Come as you are.

Sat May 10th – 11am-4pm

Women/Trans/Fem Workshop **The Bike Church, 703 Pacific Ave**
with BC WTFers 831-425-2453

Bicycle maintenance has traditionally been an overwhelmingly male-dominated area. It is our goal to provide time for individuals who may have been marginalized or intimidated in this setting to be supported in being knowledgeable and confident in cycling, mechanics and tool use. This workshop provides a safer space for women and trans identified folks to work on their bikes and learn new skills. Taught by women/queer mechanics. *Directions:* Entrance on Spruce Street

Sun Mar 2nd, 16th, Apr 6th, 20th, May 4th, 18th – Noon-3 pm

2014 MARCH-MAY SPRING

FREE SKOOL SANTA CRUZ



WHAT YOU NEED TO KNOW

A radically different approach to living and learning, Free Skool Santa Cruz is a grassroots educational project beyond institutional control. It is an opportunity to learn from each other and share what we know, to foster communities of mutual support and autonomy.

We see Free Skool as a direct challenge to dominant institutions and hierarchical relationships. The project strives to blur the lines between teacher, learner, and organizer. Free Skool is decentralized, with classes held in homes, social spaces, & parks.

Part of creating a new world is resistance to the old one. Through this project, we want to change the way we learn and the way we relate to each other.

INTERESTED IN TEACHING A CLASS?

If you want to propose a class, please go to the "teach" section of our website at:

<http://santacruz.freeskool.org>

We particularly would like to see more free skool kids classes. We are thrilled by your participation in the project and we hope it brings you closer to your own liberation.

Alkaline Diet **Communi-Qi, 1729 Seabright Ave**
with Brittney Anne Herrera & Gatisa Goodwin gatisa@me.com

When given proper nutrients our bodies are capable of healing themselves, and the key to activating this process is maintaining a healthy pH. Discover the healing properties of an alkaline diet and lifestyle and become an expert on how to live a life free of dis-ease. This class is part of an ongoing Holistic Health & Weight Loss Group facilitated by Gatisa, Certified Holistic Health Counselor. Guest speaker Brittney is a Certified Kundalini Instructor and is currently studying at the Institute for Integrative Nutrition to become a Certified Health Coach. *Requirements:* Seats are limited; RSVP is required. *Directions:* In the Communi-Qi Acupuncture Community Room. Walk down the driveway and we are the last door on your left.

Thu May 8th – 8-9:30pm

Barefoot Walk **North Remote Parking Lot, UCSC**
with Jon jonahauer@gmail.com

An opportunity to practice what was for our ancestors a daily feat(!) but for civilized humans is counter-cultural. The roads & trails of upper campus offer an increasingly rare variety of textures and other sensory to help ease our transition from concrete and rubber to soil and skin. Let's not forget how precious permeable surfaces are! *Directions:* Take Empire Grade to UCSC West Entrance. Turn Right at the entrance and onto Heller Drive. Follow it until it dead ends at North Remote. Walk to the trailhead at the top of the parking lot.

Sun May 18th – 2-5pm

Buteyko Breathing **Communi-Qi, 1729 Seabright Ave**
with Jeanne Shimizu & Gatisa Goodwin gatisa@me.com

The Buteyko Breathing method is medically researched and scientifically confirmed breath retraining that reverses the condition of overbreathing or hyperventilation. In this class, Certified Buteyko instructor Jeanne will give us an introduction this powerful tool. Anyone who is a mouth-breather, has asthma or other respiratory ailments can benefit from Buteyko Breathing. This method can also help those who suffer from chronic sleep disorders, anxiety, high blood pressure, panic attacks, ADHD, or chronic fatigue. *Requirements:* Seats are limited; RSVP is required. *Directions:* In the Communi-Qi Acupuncture Community Room. Walk down the driveway and we are the last door on your left.

Thu Mar 27th – 8-9:30pm

Chaparral Botany **North Remote Parking Lot, UCSC**
with Harpo & Faun faust.justine@gmail.com

We will explore the dynamic and often overlooked botanical intrigue of the chaparral plant community. The divine ecology here enchants a myriad of botanical beauties for us to explore, faun over and enchant. Bring a hand lens, journal, pen and raging curiosity!

Sun Mar 30th – 11am

Class Action **Contact for Location**
with Olive liveolive@gmail.com

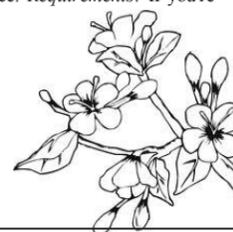
This circle will be centered around the notion that communities, made up of individuals, are capable of creating lasting social change. We will play with some creative ways to take action around homelessness and other class related issues. We will share and explore our own identity in relationship to the impact we have on communities and begin to strategize around class based issues here in Santa Cruz. *Requirements:* Second in a series of two. Feel free to join even if you missed the first one.

Mar 26th – 7-9pm

Class Myths & Realities **Contact for Location**
with Olive liveolive@gmail.com

"Education is the most powerful weapon which you can use to change the world" - Nelson Mandela
This is a process group meeting to address the somewhat taboo topic of class privilege and class oppression. We will do exercises to debunk stereotypes and dissect systems. We will have a discussion where we can address our own perceptions around income inequality in the United States and how that plays out in our own lives. This is a chance to learn from each other about class dynamics and how that shapes and structures so much of our existence. *Requirements:* If you're ready to explore 'class', this is the right class for you!

Wed Mar 12th – 7-9pm



FREE SKOOL SANTA CRUZ



Cob Oven Contact teacher for location.
with Tyson tylerschub@gmail.com

We will be beginning and hopefully finishing the process of building a cob oven in the backyard! Over the course of 1 or many days we will talk about and create the oven using materials from the earth. *Requirements:* Be prepared to get dirty muddy. *Directions:* Contact teacher for location.

Sat Mar 8th, Sun Mar 9th – 10am

Creature Class The Fábrica, 703 Pacific Ave
with Stef & Blaize thefabrica@riseup.net

Join us for an afternoon of stuffed creature creation! Using basic hand or machine sewing, and finding inspiration in found materials, a world of button eyes and yarny mouths emerge. Bring something special to add to your creature and use our bin of scraps.

Sun Mar 16th – 3-6pm

DIY Sutures: How to Safely Close a Wound SubRosa, 703 Pacific Ave
with Dr. Ari & Jon jonahauer@gmail.com

Sometimes professional medical help isn't available and you or a loved one may be left with the risks of a serious open wound. Come practice (on fruit) professional and improvised methods of cleaning, sterilizing, and closing wounds in a safe & fun environment. *Requirements:* Please try to RSVP to jonahauer@gmail.com

Sun May 4th – Noon-2pm

Field Guide Walk: Campus adventures N. Remote Parking Lot, UCSC
with Tyson tylerschub@gmail.com

Want to help create a common language field guide for the UCSC campus and upper forest? Every week we will explore different areas of the land to collect experiences, drawings, stories, photos, and anything else in order to eventually compile into a guide of the plants, animals, and histories of campus. Bring whatever it is you use to record your interactions and observations (camera, drawing pad, journal, binoculars, nervous system, to name a few) and we will take to the forest! Come share your knowledge and help create some. *Requirements:* Water *Directions:* Empire Grade to UCSC West Entrance, right on Heller Drive, follow until it dead ends at North Remote parking lot, walk to trail head at top of lot.

Every Tuesday – 11am

For-rest: Listening in the Forest North Remote Parking Lot, UCSC
with Nadia nadialuciaperalta@gmail.com

This walk has two parts: I will give a brief intro to the LRDP and will invite walk participants to please help share what they know about how the forest is threatened i.e. university expansion, lack of fire management, etc. Next, we will share and eat snacks while I explain the "listening spot" that walk participants will pick in a part of upper campus that we will walk towards together. We will briefly discuss themes such as "getting into mountain time", asking questions, and the benefits of picking a place in the forest that you re-visit with intention and practice. The intention of the walk is to get us out into the forest, open up our sensitivities, and settle into listening to the world around us in a spot that beckons us to rest. *Directions:* Take Empire Grade to UCSC West Entrance. Turn Right at the entrance and onto Heller Drive. Follow it until it dead ends at North Remote. Walk to the trailhead at the top of the parking lot.

Tue Apr 15 – Noon

Fukushima and the History of Low-Level Radiation RCNV, 612 Ocean St
with Catherine Euler, Ph.D. (History) drceuler@gmail.com

I will discuss the history of the nuclear industry since 1945 with particular focus on gender, race, and class. We will learn about the history of uranium mining, nuclear weapons testing, nuclear power plants, and ten of the nuclear meltdowns that have occurred since World War II. We will examine referenced scientific sources regarding what actually occurred at Fukushima, what is happening now, and the meanings of the radiation levels reported in Japan and the West Coast either at the time or later. Five US nuclear power plants have been shut down in the last two years, but more are being built. Who is pushing for new nukes, and where? We will also look at the history of the low-level radiation controversy. We will examine the differences between internal and external radiation exposures, ICRP vs. ECRR estimates of cancer deaths, the difference between nuclear meltdowns and radioactive bananas, and come away armed with arguments we can all use to fight the big money pro-nuclear propaganda.

Fri Mar 28th, Sat Mar 29th, Sun Mar 30th – 6-8 pm

Gentle Yoga & Meditation Communi-Oi, 1729 Seabright Ave
with Brittney Anne Herrera & Gatisa Goodwin gatisa@me.com

Kundalini yoga, also known as the yoga of awareness, will allow you to unlock, discover, and unite with your highest, truest self. This form of yoga focuses on releasing the sacred energy, kundalini, which lays dormant at the base of the spine. Certified Yoga Instructor Brittney will take you on a guided journey that focuses on controlled breath and movement, which leads to an enhanced nervous and immune system as well as ultimate self discovery. *Requirements:* All are welcome. Please RSVP and bring a yoga mat. *Directions:* Walk down the driveway and we are the last door on your left.

Thu Mar 20th – 8-9:30pm

Guitar Lessons SubRosa, 703 Pacific Ave
with Monica Salandra 310-499-3163

It doesn't matter your skill level, let's learn how to read tablature, play scales, play chords and basic strumming patterns, fingerpick, tune your guitar by ear, make a capo, string your guitar, and jam with others. *Requirements:* If you need to borrow a guitar, ask me! I've got a few I could possibly bring. Also, if you need help putting strings on I'll teach you how to do it.

Sun Mar 16th, 23rd, 30th, Apr 6th, 13th, 20th – 6-7pm

Gurdjieff Discussion Group The Abbey, 350 Mission Street
with Allan Lindh gurdjieffsantacruz@gmail.com

Informal discussion of the ideas and practice of G. I Gurdjieff. A "modern" approach to the ancient quest for self-knowledge. No ritual, no beliefs, no religion, just practical approach to the question of who I am, the possibility of a work in life. See FaceBook/GurdjieffSantaCruz for details, changes in schedule. *Requirements:* Honest desire to see myself as I am.

Tue Mar 4th, 18th, Apr 1st, 15th, 29th, May 6th, 20th – 5-6pm

Hacktivate! 111: Authoritarian use of technology against civilians
Crepe Place, 1134 Soquel Ave

with UBEW ubew000@gmail.com

Just because you're paranoid doesn't mean they're not out to get you: NSA, warrantless spying, electronic surveillance, data gathering, secret data warehouse bunkers, license plate readers, face recognition. A basic intro to Big Brother, and afterward: please join us for our monthly Meet & Geek hangout! *Directions:* Crepe Place back patio. We'll have a sign proclaiming: "UBEW Presents: Hacktivate!"

Thu Mar 27th – 6-7:30pm

Hacktivate! 112: How I Learned to Stop Worrying and Love Tech
Crepe Place, 1134 Soquel Ave

with UBEW ubew000@gmail.com

An open conversation about the wonders and worries of tech and the myth of tech neutrality. An open question: What part does technology have in our struggles for liberation? Afterward: please join us for our monthly Meet & Geek hangout! *Directions:* Crepe Place back patio. We'll have a sign proclaiming: "UBEW Presents: Hacktivate!"

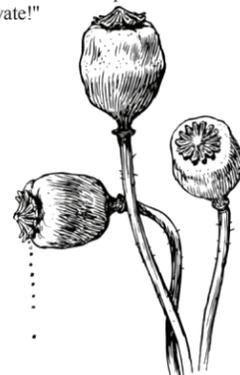
Thu Apr 24th – 6-7:30pm

Hacktivate! 115: Geek Love From Luddite Technologists -or- Fear and Loathing in Silicon Valley
Crepe Place, 1134 Soquel Ave

with UBEW ubew000@gmail.com

We're still Human beans, and though we're immersed in the 21st century, it doesn't mean we have to give up our spiritual connection to the Universe. Join us for a free form discussion on using technology for good, and empowering yourself with every day tech. *Directions:* Back patio of the Crepe Place. We'll have a sign proclaiming: "UBEW Presents: Hacktivate!"

Thu May 29th – 6-7:30pm



FREE SKOOL SANTA CRUZ



Holistic Health & Weight Loss Group Communi-Oi, 1729 Seabright Ave
with Gatisa Goodwin gatisa@me.com

Make friends with your body. Learn about some of the many components of wellness. Share your knowledge. Be held accountable. This ongoing Holistic Health & Weight Loss Group offers an opportunity to become part of a supportive, inspired community. Topics so far have included creating healthy habits, GMO's, life balance, and nutrition fads. In the coming months, we'll discuss sugar, gluten, emotional eating, community, detox, and more. Please contact the teacher for additional dates and information on each week's topic. Facilitated by Gatisa Goodwin, Certified Holistic Health Counselor. *Requirements:* Seats are limited; RSVP is required. *Directions:* Walk down the driveway and we are the last door on your left.

Thu Mar 6th, May 1st – 8-9:30pm

Intro to Bicycles The Bike Church, 703 Pacific Ave
with BC Mechanics 831-425-2453

Welcome to the Wonderful world of bicycles! This class will cover the three major systems that operate on a bicycle. We will go over basic maintenance and take a tour of the shop to become acquainted with the space. A great class for beginners or new comers to The Bike Church. *Directions:* Entrance on Spruce Street

Sun Mar 9th, Apr 13th, May 11th – Noon-2 pm

Jane Eyre 'Til You Weep Contact for Location
with Stef Wolf steffwolf@gmail.com

Curious about Jane Eyre or already a fan? Lets talk about the book, then read some critical essays, then watch at least a few of the trillion versions of Jane Eyre in video form. Then maybe we can make a zine about Jane Eyre! Sound fun? We will also eat cookies and drink tea. *Requirements:* willingness to enjoy jane eyre.

Sun May 11th, 18th – 3pm

Lichens vs. Mosses North Remote Parking Lot, UCSC
with Penelope Gillette pgillett@ucsc.edu

Let's get lost in the micro-forests of upper campus! Our focus: lichens and mosses, how they are different and how they are the same. Be prepared to get up close and personal with some fruiting bodies. We will be tuning into our senses to become sensitive to these tiny treasures all around us. Zooming back out, you might find that you have unlocked a new dimension of how you view a forest or even a landscape. I look forward to sharing this adventure with you! *Requirements:* Please bring water and snacks. Journals and handlenses are highly encouraged.

Sat Apr 19th – 11am

L'il Dinosaurs (The feathery ones) Twin Gates - Marshal Fields
with Christian waxwingboheme@gmail.com

We'll look for and talk about birds in a morning ramble around Marshall Fields, and the Chinquapin Road Chapparal. Wrentits? Yes. Hawks? Maybe. Chickadees and kinglets? Certainly. Ancestral theropods? Unlikely, but we will change plans to suit the group's interests if we encounter one. *Requirements:* Bring water and binoculars

Sat Mar 1st – 8am-Noon

Local Indigenous History Mission Santa Cruz Plaza
with Rizzo marizzo@hotmail.com

Have you heard of the Uypi? Cotoni? Achistaca? The Aptos tribe? Chief Soquel? Wondering why you've never heard of the local Indigenous peoples? Have questions about how and where to do your own research? Local Indigenous peoples left a legacy of resistance that earned Santa Cruz a reputation as the "Mission of Padre Killers," following an early rebellion that resulted in the burning of Mission buildings, the murder of Padre Quintana, numerous poisoning attempts, and ongoing mass exoduses. I've been piecing together these histories from documents spread across the continent, come with your questions.

Sat Apr 12th – Noon-2pm

Making Mead and Manzanita Cider in the Woods! N. Remote Parking Lot, UCSC
with Burl & Naali burlwood@riseup.net

Come make some delicious mead and manzanita berry cider from plants we find in the forest to take home with you. We'll bring samples we've made to try. And then we'll howl and dance under the full moon! *Requirements:* Bring jars filled with water, manzanita berries you saved from the winter, food in case you get hungry. *Directions:* Empire Grade to UCSC west entrance, right on Shiller, follow until dead ends at North Remote Parking Lot, walk to trail head at top of parking lot.

Sun Mar 16th – 5pm

Natural History of Upper Campus North Remote Parking Lot, UCSC
with Jack Mazza jmazza@ucsc.edu

Come for a walk full of mysteries and fun! This will be a walk exploring many of the diversities found in Upper Campus, including birds, trees, flowers, shrubs, animal tracks, and butterflies. Please bring binoculars. Games and silliness may or may not happen.. *Requirements:* Snacks, water, binoculars, journal, and pens!

Sat May 10th – 11am

Natural Mystery Walk North Remote Parking Lot, UCSC
with Bryce & Fred

Explore the natural mystery of UCSC with slug alumnus Bryce Winter and special guests. Learn about stewardship and the importance of keeping it wild for future generations. *Requirements: Directions:* North Remote Parking Lot is located near the top of the UCSC campus. Take Empire Grade to UCSC West Entrance. Right onto Heller Drive. Follow it until it dead ends at North Remote Parking Lot. Walk to the trailhead at the top of the parking lot.

Thu Apr 24th – 2pm

Nature & Community North Remote Parking Lot, UCSC
with Monica msalandr@ucsc.edu

Let us hold a space for trust, respect, and gratitude that will give each of us a chance to share our life stories with one another. This will allow us to connect with both the forest and ourselves! If any questions arise please ask! *Requirements:* Rain or shine. *Directions:* Take Empire Grade to UCSC West Entrance. Turn Right at the entrance and onto Heller Drive. Follow it until it dead ends at North Remote. Walk to the trailhead at the top of the parking lot.

Sun Apr 13th – Noon

Nature Awareness North Remote Parking Lot, UCSC
with Naali willowaldaler@gmail.com

We'll look at tracks, talk about bird language, do some plant ID, and practice moving through the forest in an integrated way as large mammals. Please bring a journal and pens/pencils for sketching. This walk will definitely involve long periods of total silence, so please come prepared to do that. Some children can do this, so be sure to check in with your child if you plan on bringing them and be sure they really can commit to being completely silent for a long time. If you are a parent who would rather not bring your child, I might be able to arrange childcare with plenty of notice. *Requirements:* Bring journals, pencils, water, snacks

Sun Apr 6th – 3:30pm

Ocean Exploration Seabright Beach
with Jessica & Daniel danielsan@riseup.net

Both classes will start with a short presentation & discussion. Then we'll jump in the water to surf, swim, and dive together. We plan to bodysurf, free dive/snorkel, open-ocean swim, paddle surfboards, and generally explore the water and waves. March 9th We'll focus on Ocean Ecology and have a presentation on the Marine Sciences. March 23rd we'll focus on ocean safety and have a presentation from a lifeguard. *Requirements:* Participants for the in-water part of the class should be strong, confident swimmers who take full responsibility for themselves in the water and know their own limits. People of all abilities are welcome to come for the talks at the beginning of each class. *Directions:* Meet on the beach near the jacks (the jetty with the lighthouse)

Sun Mar 9th, 23rd – 9-11am

Orienteering With Map & Compass North Remote Parking Lot, UCSC
with David stormypetrel@gmx.com

Come learn how to navigate in wilderness areas with the use of a topographic map and compass. We will be exploring the wild lands of UCSC upper campus while learning how to read topo maps and travel through difficult terrain. *Directions:* Take Empire Grade to UCSC West Entrance. Turn Right at the entrance and onto Heller Drive. Follow it until it dead ends at North Remote. Walk to the trailhead at the top of the parking lot.

Sun Mar 23rd – 1pm