

Earth Day South LA
Saturday, April 17, 2010 * 11 am – 6 pm

Workshop Schedule

11:30 – 1:30

Neighborhood Fruit Pick with Food Forward www.foodforward.org
Join in picking fruit from neighborhood trees and then return to Normandie to share the harvest. Participants will leave Normandie at 11:30 and return at approx 1:30. If you are interested in participating in the fruit pick please contact Heather at heather@csuinc.org or 323-299-7075 to reserve your space before April 17th.

Location: *Off campus, in the neighborhood around Normandie Ave Elementary School*

12:00 – 12:30

Yoga for All Levels with Angelica de la Pena from Crenshaw Yoga and Dance www.crenshawyogaanddance.org/
Come and enjoy a session of Yoga and learn the wonderful effects that yoga has on your mind, body and spirit. Open to all ages and levels.

Location: *The Green Patch (lawn near the school garden)*

1:00 – 1:30

Fruit Tree Pruning with Master Gardener Ned Boyer
Come learn the basics of pruning and tree care to keep your fruit trees healthy and bursting with fruit.

Location: *Normandie Ele. Fruit Tree Orchard*

1:00 – 1:45

Son Jarocho (zapateado) Dance For Beginners by The Eastside Cafe & El Centro Cultural de Mexico
Join this workshop to learn basic steps to this lively Afro-Mexican music from southern Veracruz, Mexico. Comfortable shoes with a heel work best but are not required. We encourage people participate in this workshop and the drumming circles to experience the connection between Africa & Mexico.

Location: *The Green Patch (lawn near the school garden)*

2:00 – 2:30

Home Composting with Garden School Foundation www.gardenschoolfoundation.org
GSF will provide a basic how-to demonstration for composting and vermiculture composting. We will discuss the importance of recycling organic green and brown waste. We will conclude by showing the centrality of composting in sustainable urban agriculture in South LA.

Location: *Normandie Ele. Fruit Tree Orchard*

2:00 – 2:45

Drumming Circle with Larry Graber from Institute for Wellness Education Supported By Remo www.remoo.org
All ages welcome. No Previous experience necessary. Drums will be provided. This facilitated Drum Circle will focus on Recreational Music Making to promote noncompetitive group involvement, stress reduction, personal expression and an increased sense of community and is Loads of Fun!

Location: *The Green Patch (lawn near the school garden)*

2:30 – 3:15

Introduction to Non-violent Parenting with Center for Nonviolent Education and Parenting www.cnvep.org

Introduction to our Parenting Classes that are designed to help families and caregivers understand child development, learn practical ways to create a more peaceful home, and create stronger emotional connections with each family member.

Location: Room 14

2:45 – 3:15

Bookmaking with Recycled Materials with Melissa Gutierrez from MamaHoneyBee

We will make our own journals/books using cardboard and other recycled materials and personalize your covers using found objects.

Location: Normandie Ele. Fruit Tree Orchard

3:00 – 3:30

Bike Safety and Maintenance with Bike Oven www.bikeoven.org

Location: Normandie Ele. Fruit Tree Orchard

3:00 – 3:45

Capoeira with Capoeira Batuque www.capoeirabatuque.org

Capoeira is an Afro-Brazilian art form that combines elements of martial arts, music, and dance. Come learn a brief history, basic movements, and music. In capoeira, one has to learn to be flexible and avoid frontal confrontations, to go with the flow of things. Life is much more than just winning or surviving – it's the joy of being alive.

Location: The Green Patch (lawn near the school garden)

3:30 – 4:00

Earth Medicine: Using common garden herbs for healing with Yerberia Mayahuel

Workshop will focus on growing your own herbs to ensure access, quality and sustainability. The workshop will cover: Growing from seed, cuttings and transplanting; Harvesting herbs, cleaning and storage; and Preparation of remedies and methods of application.

Location: Normandie Ele. Fruit Tree Orchard

4:00 – 4:45

Drumming Circle with Larry Graber from Institute for Wellness Education Supported By Remo www.remo.org

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Location: The Green Patch (lawn near the school garden)

4:30 – 5:00

How to Start a Food Not Bombs Chapter with Guerrilla Food Not Bombs

Learn to start your own chapter of Food Not Bombs! Workshop will include organizing a group and food resources, sourcing a location and how to direct those resources. Emphasis on SOLIDARITY!

Location: Normandie Ele. Fruit Tree Orchard

5:00 – 5:30

Yoga for All Levels with Jewel Love from Community Yoga www.coyoga.com

Through yoga postures and breathing exercises we will increase our body's flexibility, intentionally release stagnant energy, and embody a renewed sense of vitality. All ages and levels welcome.

Location: The Green Patch (lawn near the school garden)

HIP HOP POETRY ROOM

(Located in the Normandie School Library)

A special series of workshops for poets and hip hop artists.

No Experience Necessary! All Ages Welcome!

12:30 – 1:15

The Art of Storytelling Through Poetry by the Nogales H.S. Poetry Club

Come revive the dying art of storytelling as we use your own stories and moments to create a poem/story that you can recite to your grandkids!

1:30 – 2:15

Hip Hop Rhyming and Poetry by the Nogales H.S. Poetry Club

Hip Hop and Poetry were engaged a long time ago. Now its time they tie the knot. Come be engaged as we write poems using the hip hop influence, and write rhymes using the influence of poetry.

2:30 – 3:15

Crafting a Poem/Spoken Word Piece About Your Environment by Dario Serrano of the award winning teen poetry troupe, the Get Lit Players www.getlit.org

This workshop will ask the question “where is your home?” and engage the participants in writing exercises that cause them to list and notice the particulars of their communities and or living situations. Participants will notice any environmental factors like pollution, poverty, that cause them to take a call to action, making their world a better place. Members of the Get Lit Players will be present to demonstrate what finished environmental poems look like.

3:30 – 4:30

Open Mic Hosted by BessKepp and the Nogales H.S. Poetry Club