

Today's Date:
Valid: Now through August 2008
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For Immediate Release

sparkybeegirl.com & wise fool community arts
present

The Institute of Urban Homesteading

* Skills for a green life *
Coming soon to a backyard near you!

Have you ever bemoaned the loss of skills like canning homemade jams, making yogurt & cheese from scratch or keeping bees in your own kitchen garden? Did you ever wish to make your own fruit wines or lotion? The folks at The Institute of Urban Homesteading are on a mission to reclaim these lost arts and save the planet at the same time.

Founded by artist, activist and self acclaimed kitchen hack, K.Ruby, The Institute of Urban Homesteading is a new educational project offering classes on a wide range of topics, from gardening to beekeeping, handmade lotion preparation to bodywork. The premise of the school is a return to a simpler, more pleasurable and more sustainable way of life. To heck with convenience, let's do it the long way around, have fun and make a mess!

The Institute of Urban Homesteading is a response to the current interest in localization, food security and self-reliance. Yet what it offers is much more. Along side skills such as gardening, beekeeping and herbal preparations the school offers Art in the Garden as a way of integrating creativity and nature, plus a series on Bodywork and Sexuality. The school promotes a holistic view of living and believes that taking care of the planet necessarily includes slowing down and taking better care of ourselves.

The Urban Homestead semester is based on the season of the honeybee. Classes start on March 30 with an Introduction to Beekeeping and continue through Honey Harvest at the end of August. With a commitment to affordable education, all courses are sliding scale and are offered on evenings and weekends.

Individual classes are listed with a one sentence description on the next page.

Detailed class descriptions and registration information may be found at:
www.sparkybeegirl.com/iuh.html

Contact: (510)277-1023 or iuh@sparkybeegirl.com
Location: North Oakland. Exact location given upon registration for classes
Cost: sliding scale varies from \$25-120, see website for details

Photos available on request

The Institute of Urban Homesteading

CLASS SCHEDULE 2008

Most classes are \$25-50 sliding scale.
See our website for confirmation of course fees, detailed course descriptions, updates, additions and registration information.

MARCH

Sunday March 30, 11-3pm **Bees & Beekeeping**

Everything you need to know to get started as a backyard beekeeper using the Kenyan Top Bar System. People who just want to learn about bees also welcome!

APRIL

Sunday, April 6th, 1-3pm - **Fresh Plant tinctures & Infused Oils**

Learn to make tinctures and oils with fresh plants from the garden

Sunday April 13th, 1-5pm - **Art in the Garden: Fine Art Collage**

Make beautiful works of art using paper, found images, sewing, painting and other 2D media

Tuesday, April 15th, 6:30-9:30pm - **Herbal Salve & Lotion**

Learn to make herbal salves and lotions.

Sunday April 27th, 1-4pm - **Gardening 101**

All the basics to on your own organic kitchen garden

MAY

Sunday May 4, 1-5pm & Tuesday May 6, 7-9pm - **Art in the Garden: Introduction to Mosaic**

Introduction to the tools, cutting techniques, adhesives and grouts. Participants complete one small project.

Saturday, May 10th, 1-6pm - **Moon Cycle Magik- Honoring the Menstrual Cycle**

Go with the flow! A day of learning about menstruation for mothers and daughters. Movement, ritual and sharing.

Saturday May 17, 2-6pm - **Pelvic Breathwork:**

Learn this powerful yet simple breathwork technique to become more free and enjoy life more fully

Sunday May 18, 10-6pm - **Pelvic Bodywork**

A day of massage instruction for the center of the body. Clothes on practice, All genders and experience levels welcome.

JUNE

Sunday June 8, 1-5pm - **Art in the Garden: Assemblage**

Create three dimensional artwork assembled from found materials.

Tuesday June 10, 7-9:30pm - **Canning 101**

Learn the fastest easiest way to can fruit compotes, jams and jellies

Sunday June 22, 1-5pm - **Open House FREE EVENT**

Come on over and see what we're up to!

Tuesday June 24, 7-9:30pm - **Mead & Wine Making**

An introduction to making wine from honey and fruit.

JULY

Sunday, July 20, 10:00-11am - **Heavenscent Spritzers for Kids**

Children will make spritzers, artistic labels and play a game in the garden

Sunday, July 13, 10-11:30am - **Fairie Wheel Creation for kids**

Children will make a magical healing tool

Sunday July 20, 11am-3pm - **Pollinator Paradise**

Learn all about native bees and other pollinators and how to encourage them in your own yard.

Tuesday July 22, 7-10pm - **Making Yogurt & Cheese**

Learn to make Yogurt and three easy cheeses including a quick mozzarella

AUGUST

Sunday August 10, 1-5pm - **Art in the Garden: Printmaking**

An introduction to a wide variety of printmaking techniques.

Tuesday August 12, 7-9:30pm - **Canning 101 Section 2**

Learn to can tomatoes and tomato based sauces

Sunday August 24, 11am-3pm - **Bees, Beekeeping & Honey Harvest**

All the basics of bees and beekeeping. Plus honey harvest and potluck!