



The HOPE Coalition

Humboldt Organized for Peace & the Environment

"Working in partnership toward the development of a diverse, just, & sustainable community."

Calendar of Happenings in Humboldt County Inside

Newsletter Editorial Page – August 24, 2010

World Peace Is About People With Different Lives Getting Along

by C. E. Moné

[One of our readers responded to the previous HOPE editorial, and we'd like to share it with you.]

From last week's Naiman piece: *"So, if you happen to run into any American who claims to support the open-ended war and occupation of Afghanistan, or a US/Israeli attack on Iran, or any other demand to bomb, invade, or occupy someone else's country based on "humanitarian" motivations, ask them to say this sentence: "Hundreds of thousands of Iraqis have died as a result of the US invasion and occupation of their country." If they can't say this sentence, you can safely ignore anything else they have to say.*" Robert Naiman truthout.org and last HOPE newsletter editorial.

I think Robert Naiman is wrong. It is poor policy, in general, to ignore anyone who does not agree with one politically. It is far more instructive and helpful to the planet to pay close attention, to explore their beliefs, to find out why they think as they do and find out what they think about one's own beliefs, and why they disagree. What is their proposed solution to world problems? This produces civilized discourse. We also find areas in which we share beliefs, and so are more apt to support one another when the need arises.

When the power is out and the big tree has just fallen over your road, do you really want your neighbors to be pissed at you because they refused to pronounce "Hundreds of thousands of Iraqis have died as a result of the US invasion and occupation of their country." to your satisfaction? C'mon.

Some people are brought up to believe that one has to hurt other people to gain whatever is personally desired, that God rewards those who kick ass and the dead people are the result of their own misdeeds, or maybe it is all predestined. Aren't these interesting roads to explore? One does not need to negate other people's belief systems to find areas in common. And the areas in common are our shared humanity.

Okay—I vilify you, you vilify the Iraqi people—what is the difference? **At this point in the world, extending loving kindness to people who may not agree with us is the road to the common understanding that will curb continued escalation of insanity, particularly the group insanity named war.** Numbers are unimportant. I think the first Iraqi killed as the result of this endless, insane war was one too many. One futile death is more than enough, and that goes for the young soldier sent to invade also.

So, if this is the "HOPE" newsletter, let's start with some hope. Let's not be so convinced that facts and numbers will change other people's views. Extending a loving and understand hand, however, and articulating differences in a polite and respectful way, might. So let's build peace from the ground up. It doesn't start with rabid attachment to a "correct" viewpoint. Our life experiences form our viewpoints, and we can be instrumental in changing other's life experiences.

But by demanding that they emulate our world view isn't the way. Example: When people ridicule me for being a vegetarian, it doesn't really endear them to me or me to them. When people ask me why I am a vegetarian, I have an opportunity to tell them and perhaps feel heard or understood. It is not possible in this world to "safely ignore" other people. Try "safely" ignoring your spouse, child, parent, or a close friend. See what happens. It won't be pretty.

No, what we have to do is **engage one another in a respectful manner and try to find areas of agreement.** This is a much bigger and more difficult task than it seems. Most people, including you and me, are unconscious lots of the time. We need to be more awake, not less so, and conscious of our actions so that we build the bridges, not burn them.

World peace is about people with different lives getting along. It is easy to see why it can't happen if we won't even muster the effort to make peace with our fellow Americans!?

PEACE NEWS

Saturday, September 11: Humboldt Pride Parade and Festival “2010: A Queer Odyssey—Freedom on the Rise.” The parade starts at noon at 1st and Commercial Streets in Eureka and continues on to Halvorsen Park, where there will be entertainment, vendors, educational booths and fun for the whole family. Noon - 6 pm. Free. Info: 407-8824.

ENTERTAINMENT, CELEBRATIONS, & CULTURE

Friday, August 27: Picnics on the Plaza. Picnics on the Plaza is a free, family-friendly event featuring live, local music. 11:30 am - 2 pm. Info: 822-4500.

Friday, August 27: Pi: The Physical Comedy Troupe presents "Slices for All." Their original work relies on the physical virtuosity of their bodies and uses elements of mime technique, acrobatics, juggling, eccentric dance, live music, improvisation, and puppetry. 8 pm at the Arcata Playhouse. Info and tickets: pi.clowns@gmail.com or 822-1575.

Friday, August 27: Humboldt Folklife Society Barn Dance, featuring caller Tara Stetz, The Striped Pig Band and concessions by Health Care For All. Each barn dance is taught before it is danced, and you don't need to bring a partner. 7:30 - 11 pm at the Arcata Veteran's Hall. \$7, \$6. Info: 822-5394.

Saturday, August 28: Hops in Humboldt. Taste beer and microbrews from around northern California and Southern Oregon and enjoy live music, crafts and food. Noon - 6 pm at Rohner Park in Fortuna. \$40, \$30 advance. Info: 725-9261.

Saturday, August 28: an Evening of Traditional American, Jewish, and European Folk Music featuring Les Scharmberg and Sam McNeil. 7 pm at Trinidad Town Hall. \$15, \$12; proceeds benefit Temple Havurah Shir Hadash. Info: 839-7978.

Sunday, August 29: Concerts on the Plaza, featuring Moonalice. 2 - 4:30 pm at the Arcata Plaza. Free. Info: 822-4500.

September: Local Food Month, a county-wide celebration of local food, local farmers, and local abundance, intended to raise awareness of agriculture and healthy food systems in Humboldt County. Kick-off at the Arcata Farmers Market on September 4 with seasonal produce tasting. Visit CAFF's website for more info: www.caff.org/humboldt/.

Thursday, September 2: First Thursday Film Series: “One More Line: The Art and Life of Ferndale Artist Jack Mays,” a documentary about the local artist who has sat on Main Street for over fifteen years with his white plastic chair and drawing board, producing a unique interpretation of small-town life. Free admission. 6 - 7:30 pm at the Morris Graves Museum, 636 F St., Eureka. Info: 442-0278 or www.humboldtarts.org.

Monday, September 6: 25th I-Block Party, a benefit for the Arcata-Camoapa Sister City Project. Special guests from Camoapa, Nicaragua, live music, BBQ dinner, kids' activities, raffle and silent auction, local microbrews. On I Street in Arcata between 10th and 11th from noon - 6 pm. Info: 822- 7130.

Monday, September 6: Annual Labor Day Picnic, at Sequoia Park, Eureka, noon - 3 pm. Free; bring a can of food for Food Bank. Music, speakers, BBQ, salad, drinks, and games. Info: 443-7371 or 442-1751.

Friday, September 10: Bat-N-Rouge: Softball With a Twist. Collaborative choreographed softball game between the Eureka Sisters of Perpetual Indulgence, Queer Humboldt and Babes One For The Road where cheating is encouraged and home runs can be purchased. Proceeds benefit Arcata Forest Fund-Ridge Trail Project. \$10, \$50. Info: 845-3873.

Friday and Saturday, September 10 and 11: Annual Storytelling Festival by the Sea. Friday night and all of Saturday at Trinidad Town hall. The event will feature a slate of exceptional storytellers with songs and music. Info: 677-3840 or www.inkpeople.org.

Saturday, September 11: Humboldt Pride Parade and Festival “2010: A Queer Odyssey—Freedom on the Rise.” The parade starts at noon at 1st and Commercial Streets in Eureka and continues on to Halvorsen Park, where there will be entertainment, vendors, educational booths and fun for the whole family. Noon - 6 pm. Free. Info: 407-8824.

Saturday, September 11: HSU Music Dept. Faculty Artist Series: Music Department Faculty Welcome Concert; 5 pm in the Fulkerson Recital Hall, HSU. \$8, \$3. Info: 826-3456.

Monday, September 13: Open Mike at Poets on the Plaza. Original poetry, 5-minute time limit, no music. All ages. \$1 donation. 8 pm, sign-up 7:30 pm at the Plaza Grill View Room, 2nd Floor at the Jacoby Storehouse in Arcata.

CHILDREN, YOUTH & ALL AGES

Wednesdays: Summer Reading Club Craft Program. 1:30 pm at Humboldt County Library, 1313 3rd St., Eureka. Free. Info: 269-1910, www.humlib.org.

Saturday, September 4: KEET's Kids Club at the Morris Graves Museum of Art, featuring short stories and art activities geared to youth 2 - 8 years old. Every family takes home a free book. September's book is "When a Line Bends, a Shape Begins." Free. Noon to 2 pm. Info: 442-0278.

Saturday, September 11: Second Saturday Family Arts Day: September SLAM. Activities for youth and families, including performances of Hoop Dance with Nicole Garrett and Belly Dance with Shoshanna. Put on by the Humboldt Arts Council at the Morris Graves Museum. 2 - 4 pm at 636 F St., Eureka. Info: 442-0278.

PROTECT THE EARTH & ITS LIVING CREATURES

Saturday, September 4: Manila Dunes Restoration. Help restore the Manila Dunes by removing invasive plants, especially European beachgrass from the foredunes (right next to the beach). Come out and see what native plants are already starting to grow. Meet at the Manila Community Center at 9:30am and work until 12:30. Gloves, tools, and cookies will be provided. Please wear closed-toed shoes and bring drinking water. Info: 444-1397 or email emily@friendsofthedunes.org.

Saturday, September 11: Conifers of the World, a plant walk with Dr. Dennis Walker. Not all conifers look like Christmas trees. Learn what makes a conifer and see the wide array of conifers growing on Humboldt State University campus, led by the man who put them there. Meet at the front doors of the dome greenhouse, between the biology and engineering buildings. Parking is free on weekends in campus lots. Info: 822-2015.

Sunday, September 12: Audubon Society Free Public Field Trip to the Humboldt Bay National Wildlife Refuge. This leisurely, 2- to 3-hour trip is intended for people wanting to learn birds of Humboldt Bay area. Meet at Refuge Visitor Center off Hookton Road at 9 am. Info: Jude Power and David Fix at 822-3613.

Ongoing Through September: Lost Coast Hikes With Sanctuary Forest; educational hikes that highlight the magnificent diversity of plant and animal life in the Sanctuary Forest, Sinkyone Wilderness State Park, and the King Range National Conservation Area. Info, reservations and schedules: 986-5415 or 986-1087 or www.sanctuaryforest.org.

Saturdays, Ongoing: Redwood Region Audubon Society Free Public Field Trips at the Arcata Marsh and Wildlife Sanctuary.

Rain or shine, docent-led field trips. Meet with binoculars in the parking lot at the south end of I Street in Arcata at 8:30 am.

Saturdays, Ongoing: Friends of the Arcata Marsh Docent-Led Walks. A 90-minute, docent-led walk focusing on different topics of the marsh. 2 pm at the Interpretive Center on South G St. Info: 826-2359.

Friends Of The Dunes Announces The Release Of The 2010 Humboldt Bay Beaches, Dunes, and Wetlands Map and Guide.

Free guides are available at area visitor locations or on-line at: www.friendsofthedunes.org. The public may also request a free guide by sending a self-addressed, #10 envelope with 61¢ postage to: Friends of the Dunes, PO Box 186, Arcata, CA 95518. Info: 444-1397.

MEETINGS

Thursday, September 2: Humboldt County Human Rights Commission at 5 pm in Conference Room A in the County Courthouse.

Anyone with interest in or concerns about human rights in Humboldt County is encouraged to attend. Commissioners will hear a report by John Shelter on homelessness in Humboldt County as well as one on the New Directions Program which functions to deal with homelessness. Members of the public are invited. Info: 668-4095.

WORKSHOPS AND MISCELLANEOUS

Saturday, September 4: Household Hazardous Waste Collection. Maximum load limits for residents are 15 gallons or 125 pounds of hazardous waste. The cost for disposal is a flat fee of \$5. 9 am - 2 pm at the Hawthorne Street Transfer Station, 1059 W. Hawthorne Street, Eureka. Info: 441-2005.

Ongoing: Avoid Foreclosure. Redwood Community Action Agency is offering one-on-one assistance with mortgage default and foreclosure information. RCAA will also provide homeowners with financial guidance on budgeting and money management. Info: Windy Scott at 269-2043.

TALK SHOWS, COMMENTARY, & MEDIA SPECIALS

"Thursday Night Talk" hosted by David Cobb of Democracy Unlimited airs every Thursday 7:30 - 8:30 pm on KHSU FM 90.5. It is a live call-in show, so it's a great way to have your opinion heard by thousands of listeners. The studio line is 826-4805.

"Conversation with Paul Mann," a new public affairs program covering national and international issues with local guests and callers. Tuesday evenings from 7:30 - 8:30 on KHSU FM 90.5. Studio line: 826-4805.

"Bill Moyers Journal." Interviews and news analysis on a wide range of issues. PBS, KEET TV Channel 13 on Fridays at 9 pm and Wednesdays at 11:30 am, or on the Internet at www.pbs.org/moyers/journal. Info: 445-0813 or www.keet.org.



HOPE Coalition Newsletter & Calendar, Aug. 24, 2010
PO Box 873 Arcata, CA 95518

Page 4

RETURN SERVICE REQUESTED

Save paper & \$\$\$. Let us know if you would rather receive this by email.

Printed on recycled paper with voluntary labor.

Editorial: Page 1, Calendar: Pages 2 - 3, Action Item: this page.

Newsletter, Aug. 24, '10. Vol. 16, Number 13. Published semi-monthly on 2nd & 4th Tuesdays; next Sept. 14, '10. For calendar items PO Box 385, Arcata 95518 or e-mail to hopecoalition@igc.org. Next deadline. Sept. 9, '10. Write or e-mail for sample newsletter. Newsletter volunteers: Dave Keniston, Mara Segal, Mayer Segal, Michael Welch, Paloma Orinoco. Web site: www.hopecoalition.org.

Target, stop trying to buy elections!

The retail company Target just gave over \$150,000 to buy ads supporting a far-right Republican candidate for governor in Minnesota.

That's bad enough. But the stakes are much higher than one candidate and one company. If we don't push back hard, this will just be the tip of the iceberg. Other corporations will learn that they can pour money into elections to buy the outcome they want. So we're sending a message to Target's CEO that we won't shop there if Target continues spending money on elections.

A compiled petition with your individual comment will be presented to Target CEO Greg Steinhafel.

Please Sign the Boycott Petition:

"I won't shop at Target until it stops spending money on elections. Companies like Target should stay out of elections, period."

[Sign the Petition >>](http://www.targetboycott.org)

<http://www.targetboycott.org>

This is an important petition, and probably the first of boycotts of corporations for trying to buy elections. In addition to the boycotts, it is also important to change the law. Please also go here and sign the petition to amend the constitution to prevent corporations from owning our country:

<http://www.movetoamend.org>

--- HOPE Coalition Needs Your Support ---

The Objective of the HOPE Coalition:

To synthesize & promote the individual visions of the organizations that make up Humboldt's environmentally & socially just community. These include, but are not limited to, the following organizations: Environmental, Social Justice, Peace, Labor, & Human Service.

Yes, I would like to help support the HOPE Coalition's newsletter and other efforts:

- \$25 \$50 \$100
 \$500 \$15 \$_____ other

Make checks to payable to: HOPE Coalition.

I wish to receive newsletter by

- US mail Email Both

Name _____

Address _____

Email _____

Phone _____

The HOPE Coalition • PO Box 385 Arcata, CA 95518 • hopecoalition@igc.org • www.hopecoalition.org

The HOPE Coalition Newsletter is available in Arcata at: the Co-op, & the Northcoast Environmental Center; at the main Humboldt, Arcata, McKinleyville, and Trinidad libraries; and at the Senior Center in Eureka.

HOPE Coalition Newsletter Insert—this insert contains regularly scheduled events. For special happenings and one-time events, see the regular calendar that follows the page one editorial.

PEACE NEWS

Peace Vigils Fridays 5 - 6 pm on the Arcata Plaza. Mondays at 4 pm at the Courthouse in Eureka, 445-5100 ext. 215, ask for Jack.
Vets for Peace Silent Vigil; Fridays, 5 - 6 pm: SW corner Arcata Plaza.
Vets for Peace, Humboldt Bay Chapter 56 meets 1st Thurs. at 7 pm: at the Arcata Marsh Commons. Info: 826-7124.
Women in Black stand in silent vigil every **Friday 5 - 6 pm** at the **Arcata Plaza**, 8th & G, at the **Humboldt County Courthouse** (also Saturdays at noon), the **McKinleyville Shopping Center** on the grassy area out front, and **Fridays 4 - 5 pm** in **Trinidad** at the intersection of Scenic Dr. and Main St.

TALK SHOWS, WORKSHOPS & COMMENTARY

Access Humboldt: Public, education & government media access. Cable channels 8, 10, 11 & 12. For program schedule, submission policies, and program request forms go to www.accesshumboldt.net. Call or email for further info. 476-1798 or info@accesshumboldt.net.
COMMENTARY on KEET TV Channel 13 445-8013: **Wide Angle** Tues. at 9 pm
NOW with David Brancaccio. Fri. at 8:30 pm:
COMMENTARY on KGOE 1480 am, 442-2000: **Thom Hartmann**, weekdays 9 am - noon.
Peter B. Collins, weekdays 3 - 6 pm. Progressive talk show from San Francisco.
COMMENTARY on KHSU, 90.5 fm, 826-6089. **Democracy Now!** with Amy Goodman: weekdays 9 - 10 am.
The Econews Report with Greg King. 1:30 pm Thursdays.
A World of Possibilities locally produced syndicated public affairs program. 1:30 pm Wednesdays. Info: 826-9111 ext. 18.
COMMENTARY on KMUD, 88.3 fm, 923-2513. **Counterspin**, Sunday 1 - 1:30 pm.
Alternative Radio, Mondays 9 am. Boulder-based award-winning weekly series with David Barsamian.
Animal Advocate, 2nd Thursday, 7 - 8 pm. Animal welfare issues. Info: Barbara Shultz at 986-7835, animaladvocate4@yahoo.com.
A World of Possibilities locally produced syndicated public affairs program. 9 am Tuesdays. Info: 826-9111 ext. 18.
Democracy Now! with Amy Goodman; noon, Mon. - Fri. Also 4 pm Access Humboldt Channel 12. Also 11 am on KIDE 91.3 fm. Also on Free Speech TV (FSTV) Mon. - Fri. midnight, 8 am, noon, or 7 pm.
Civil Liberties Monitoring Project Report; 1st Wednesday, 7 - 8 pm. 923-4646.
Politically Correct Week in Review, call-in radio show, 2nd, 4th, & 5th Mondays at 7 pm 923-3911.
All Things Reconsidered with Eric Kirk. 3rd Thursday at 7 pm.
Global Stuff call-in talk show with Jimmy Durchslag, last Friday, 7 - 8 pm.

PROTECT THE EARTH & ITS LIVING CREATURES

Adopt-the-Bay. Participate in a number of tasks aimed at maintaining a healthy Humboldt Bay. All welcome. Info: 443-0801.
Audubon Society Field Trips; Free field trips through the Arcata Marsh and Wildlife Sanctuary every Saturday at 8:30 am at the Klopp Lake parking lot (foot of I St. in Arcata). Bring your binoculars. Rain or shine. Info: 268-8052 or 822-3613.
Campus Center for Appropriate Technology; info: 826-3551.
Friends of the Dunes; Restoration workdays the first 3 Saturdays every month, 9 am - 1 pm. Info: 444-1397 or info@friendsofthedunes.org. Complete calendar: www.friendsofthedunes.org.
Friends of the Marsh guided interpretive walks every Saturday 2 pm at the Interpretive Center on South G St., Arcata. Info: 826-2359.
Redwood Alliance Climate Action Project. (Public meetings temporarily suspended until after the election.) Info: 822-6171, climatechange@redwoodalliance.org; www.redwoodalliance.org.
Wild Urban Gardeners! Meets Wednesdays at 7 pm, 1552 Spear Ave. in Arcata. Promoting food & native plant species, information about compost, greenhouses, seed banks, and community gardens. Info: 822-5861.

ARTS

Arcata Artisans Cooperative Gallery; H St. on the Plaza. Mon. - Sat. 10 - 6, Sun. 12 - 5. Info: 825-9133, www.arcataartisans.com.
Arts Alive! Eureka; first Saturday of the month at venues around town. Art, music, dance, refreshments. Info: 442-9054.
Arts! Arcata; second Friday of the month at venues around town and at HSU. Art, music, dance, refreshments. Info: 822-4500.
Clarke Historical Museum; 240 E St., Eureka. Info: 443-1947 or www.clarkemuseum.org.
First Street Gallery; 422 First Street, Eureka. Tuesday - Sunday from noon - 5 pm. Info: 443-6363 or www.humboldt.edu/~first.
Morris Graves Museum; 636 F St., Eureka. Wed. - Sun. 12 - 5 pm. www.humboldtarts.org
The Ink People; 411 12th St, Eureka. Hours: Tuesday - Saturday, 11 am - 4 pm. Info: 442-8413 www.inkpeople.org.
Westhaven Center for the Arts; 501 S. Westhaven Dr. Info: 677-0860, www.westhavenarts.org.

MEETINGS

Arcata's Committee on Democracy & Corporations meets the third Tuesday of each month and was established in response to Arcata's Measure F. Info: 822-5951 or www.cityofarcata.org.

Arcata's Nuclear Weapons Free Zone and Peace Commission. On indefinite hiatus due to lack of a quorum. Applications available at www.cityofarcata.org or at city hall. Info: 822-5951.

Commission on Status of Women meets 3d Tuesday at 6 pm. Call for place: 822-2502 or www.co.humboldt.ca.us/commissions/csw/.

Eureka Greens meet 3rd Saturday of every month. 3:30-5pm. 321 Coffee (321 Third St. in Old Town). Info: www.EurekaGreens.com.

Green Wheels; Mondays 6:30 pm at the Northcoast Environmental Center. Info: mail@green-wheels.org or www.green-wheels.org.

Humboldt County Human Rights Commission meets 2nd Tues. City Courthouse, Rm. B, Eureka, 6 pm. Info: 268-2548.

Humboldt Democratic Central Committee; 2nd Wednesday at 7 pm. 129 Fifth St. Info: 445-3366 or www.humboltdemocrats.org.

Humboldt Exchange Community Currency Project. Call for meetings: 269-0984.

Humboldt Watershed Council at NEC, 2nd and 4th Wednesdays, 7 - 9 pm. Info: sheds@humboldt1.com.

Mother Jones Club & Humboldt Communist Alliance. Call for meeting times: ncalview@igc.org or 839-3824.

NAACP; Regular 3rd Sunday at 3:30 pm, **PAC** at 2:30 pm, Cooper Gulch Ctr., 8th & Myrtle, Eureka. Info: 268-8287 or 442-2638.

North Coast IWW, the Wobblies meets every 3rd Wed. 6:30 - 8 pm at the Labor Temple, 840 E St., Eureka. Info: 725-8090.

Northern Humboldt Greens meet 2nd Tuesday of the month, 7 - 8 pm. Info: Shaye, 237-2790 or email arcata@greens.org.

Redwood Chapter ACLU meets 3rd Tuesday at noon at 917 Third St. in Eureka. Blog at redwoodaclu.blogspot.com. Info: 215-5385.

Sequoia Greens of southern Humboldt. Call for meetings: 923-4488 or encimer@hotmail.com.

Veterans for Peace (SoHum Chapter); 1st Tuesday of Each Month at 7pm at Haynes Vets Hall, Garberville.

Vets for Peace (Humboldt Chapter 56); 1st Thursday at 7 pm in Arcata. Info: 826-7124.

Women's International League for Peace and Freedom (WILPF); meets the last Monday, 7 - 9 pm at the Arcata Public Library, 500 7th St., Arcata. Info: Carol at 668-1901.

CHILDREN & YOUTH

Arts in the Afternoon; a free art studio for teens (6th - 12th grade). Open week days during the school year, 3 - 6 pm at Arcata Community Center. Sponsored by City of Arcata's Recreation Division. Info: 825-2028.

HSU's Natural History Museum, 1315 G St. Arcata. Closed to public, available for classroom visits. Info: 826-4478.

Humboldt County Library in Eureka Story Hour: 10 am Fridays & other programs. Info: Jo Ann Bauer, 269-1900.

Humboldt County Teen Court is looking for teen volunteers. Info: 444-0153.

Mondays, Fridays, & Saturdays: PULSE, new Teen Recreation Center; regular programming from 6 - 9 pm at the John Ryan Youth Center, 1653 J St, Eureka. Info: 268-1858.

Raven Project Queer Coffee House for Youth; Tuesday, 6:30 - 9 pm. Also, girls & women 10 - 24 years meet Wednesdays from 6:30 - 8:30 pm, 523 T St., Eureka, 443-7099.

COMMUNITY & WELL-BEING SERVICES

Buddhist Queers (lesbian, gay, bi, transsexual) Vipassana, Zen, etc. Beginners welcome. phone 269-7044.

Eureka Mindfulness Buddhist Meditation & Discussion. 2nd and 4th Wednesdays of each month. 7:15 pm First Christian Church 730 K St. Wheelchair accessible, fragrance free, beginners welcome. Info: 269-7044.

Fridays, Ongoing: Depression and Bipolar Support Alliance: Arcata Support Groups; free, voluntary, and open peer-support groups for those experiencing depression (seasonal, situational, or chronic) and/or mood swings. Open to the public. Family and friends are also welcome. 6 pm at the Arcata Library Conference Room. Info: 443-9659 or dbsahumb@sbcglobal.net.

Health Insurance and Advocacy Program (HICAP) provides objective information, help, and advocacy for people relying on Medicare. Info and appointments: 444-3000.

Healthy Kids Humboldt Enrollment Headquarters offers health care insurance by assisting with Medi-Cal, Healthy Families, and Cal Kids applications for children. 517 3rd Street, Eureka. 442.6066.

Humboldt Community Switchboard can direct anyone to services in Humboldt County. Info: 441-1001 or www.theswitchboard.org.

Humboldt Domestic Violence Services Support Groups; all services are free. Info & child care: 444-9255. 24-Hour Crisis Line: 443-6042 or toll free 866-668-6543.

Humboldt Literacy Project, to improve adult reading skills necessary to function on the job, in the family, & in the community. Free & confidential. Info: 445-3655 or www.humlit.org.

Nature-Based Spiritual Queers (GLBT) pagan, Native American traditions, etc. Newcomers welcome. phone 269-7044.

North Coast Rape Crisis Team; 24 hour crisis line: 445-2881. Business phone: 443-2737.

Ongoing: Drop-in Grief Support Groups. Hospice offers free, drop-in grief support groups in Arcata, Eureka, Fortuna and McKinleyville. These groups are open to anyone in the community experiencing grief and loss of a loved one. Info and schedules: 445-8443.

Ongoing: Volunteer Center of the Redwoods (VCOR): The Drop of a Hat Brigade connects volunteers of all ages with one time and short-term events. RSVP provides benefits such as limited mileage reimbursement for volunteers ages 55 and older. Info on these and other volunteer opportunities: 442-3711 or www.a1aa.org/VCOR/.

The Area 1 Agency on Aging sponsors many senior programs. Info: 442-9591 or www.a1aa.org.

The Emma Center Advocacy, support, referral services, library, and classes for trauma and abuse survivors. 920 Samoa Blvd. Suite 207, Arcata. Info: 825-6680 or info@emmacenter.org or www.emmacenter.org.

Vision Loss Services; Lighthouse of the North Coast, solutions for living with vision loss. Info: 268-5646 or www.lighthouse-sf.org.