



# 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 – Nov. 13, 2012

## How to Build a Grassroots Power Base

By Norman Solomon (excerpted)

Millions of Americans are eager, even desperate, for a political movement that truly challenges the power of Wall Street and the Pentagon. But accommodation has been habit-forming for many left-leaning organizations, which are increasingly taking their cues from the party establishment: deferring to top Democrats in Washington, staying away from robust progressive populism, and making excuses for the Democratic embrace of corporate power and perpetual war.

It's true that many left-of-center groups are becoming more sophisticated in their use of digital platforms for messaging, fundraising, and other work. But it's also true that President Obama's transactional approach has had demoralizing effects on his base. Even the best resources—mobilized by unions, environmental groups, feminist organizations, and the like—can do only so much when many voters and former volunteers are inclined to stay home. A month before the 2010 election, Obama strategist David Axelrod noted that "almost the entire Republican margin is based on the enthusiasm gap." A similar gap made retaking the House a long shot this year.

For people fed up with bait-and-switch pitches from Democrats who talk progressive to get elected but then govern otherwise, the Occupy movement has been a compelling and energizing counterforce. Its often-implicit message: protesting is hip and astute, while electioneering is uncool and clueless. Yet protesters' demands, routinely focused on government action and inaction, underscore how much state power really matters.

To escape this self-defeating trap, progressives must build a grassroots power base that can do more than illuminate the nonstop horror shows of the status quo. To posit a choice between developing strong social movements and strong electoral capacity is akin to choosing between arms and legs. If we want to move the country in a progressive direction, the politics of denunciation must work in sync with the politics of organizing—which must include solid electoral work.

Movements that take to the streets can proceed in creative tension with election campaigns, each one augmenting the other. But even if protests flourish, progressive groups expand, and left media outlets thrive; the power to impose government accountability is apt to remain elusive. That power is contingent on organizing, reaching the public, and building muscle to exercise leverage over what government officials do—and who they are. Even electing better candidates won't accomplish much unless the base is organized and functional enough to keep them accountable.

Politicians like to envision social movements as tributaries flowing into their election campaigns. But a healthy ecology of progressive politics would mean the flow goes mostly in the other direction. Election campaigns should be subsets of social movements, not the other way around. Vital initiatives to break the cycles of capitulation and lack of accountability will come from the grassroots.

Overall, progressive insurgencies did not perform well in House primaries this year. A few bright spots appeared when David Gill beat the Democratic machine in a central Illinois district and liberal challengers took out centrist incumbents in Texas and Pennsylvania. But even with high-profile support from national netroots groups, progressive candidates—notably Ilya Sheyman in Illinois, Eric Griego in New Mexico, and Darcy Burner in Washington State—lost by sizable margins. Each contest had its own dynamics (Burner was outspent six to one by a self-financed opponent who dropped \$2.3 million, whereas Griego had a money advantage), but the pattern is grim.

Yes, progressives are usually underfunded, and money matters a lot. But it's hazardous to internalize Mark Hanna's timeworn dictum, "There are two things that are important in politics. The first thing is money, and I can't remember what the second one is." We forget the second thing at our peril. In a word, we need to organize.

For progressives, ongoing engagement with people in communities has vast potential advantages that big money can't buy—and hopefully can't defeat. But few progressive institutions with election goals have the time, resolve, resources, or patience to initiate and sustain relationships with communities. For the most part, precinct organizing is a lost art that progressives have failed to revitalize. Until that changes, the electoral future looks bleak.

In my race, basic progress ended up reflected in vote totals to the extent that I was able to reach out and talk with people over the course of years. Yet many of the shortcomings of my campaign were related to fieldwork. Votes slipped through our fingers when we didn't do adequate follow-up with contacts made long before election day. As our campaign grew, so did the dilemmas of time, staff, volunteers, and money. By any measure, we ran the strongest grassroots campaign in the race, but it wasn't grassroots enough.

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Norman Solomon is founding director of the Institute for Public Accuracy and co-founder of RootsAction.org. He co-chairs the national Healthcare Not Warfare campaign organized by Progressive Democrats of America. His books include *War Made Easy: How Presidents and Pundits Keep Spinning Us to Death*.

[All opinions in editorials, action items, & calendar items are those of the writers, submitters, and involved organizations; and not necessarily the opinions of the HOPE Coalition or its volunteers. HOPE will consider rebuttal editorials from the progressive viewpoint.]

## PEACE NEWS

**Every Saturday: Eureka Women in Black.** Eureka Women in Black invites women to vigil for peace each Saturday noon – 1 pm at the County Courthouse, 5th & I Streets. Dress in black, if possible. Info: [www.womeninblack.org](http://www.womeninblack.org) or [EurekaWomenInBlack@hotmail.com](mailto:EurekaWomenInBlack@hotmail.com).

## ENTERTAINMENT, CELEBRATIONS, & CULTURE

**Saturday, November 17: Last Farmers Market of the Season.** 9 am – 2 pm at the Arcata Plaza. Stock up for Winter!

**Saturday, November 17: Vegan Thanksgiving Potluck.** Bring one or two vegan dishes to share, as well as plates, cups and utensils. Music by Josephine Johnson. 2 pm at the Humboldt Area Foundation, 373 Indianola Road, Bayside. Hosted by Humboldt Vegetarian Society. Info: 599-2951 or [humboldtveg.blogspot.com](http://humboldtveg.blogspot.com).

**Saturday, November 17: Dead As A Doornail: A Tellabration Event** featuring Paul Woodland and Carpathian in an elegant evening of good old fashioned folktales, legends, and myths with a spooky perspective. 7 pm at the Eureka Inn. \$10. Info: 441-9424.

**Sunday, November 18: Humboldt Mycological Society Mushroom Fair.** Vendors, exhibits and more. 11 am – 4 pm at the Redwood Acres Fairgrounds. \$2, \$1. Info: 822-8856.

**Tuesday, November 20: Native American Heritage Month Film Series: "Geronimo, an American Legend."** Dissatisfied with relegation to a reservation, angered by broken promises and mistreatment, Geronimo and a group of about thirty Apache warriors fight on, annoy the government and keep U.S. Cavalry running in circles. Following the film there will be a 30-minute discussion. Free. 6:30 pm at the Humboldt County Library, 1313 3<sup>rd</sup> St., Eureka. Info: 269-1910, [www.humlib.org](http://www.humlib.org).

**Thursday, November 22: Annual Community Thanksgiving Meal.** Free dinner for all (turkey and vegetarian options) served from noon - 3 pm at the Arcata Veteran's Hall, 14th and J St. in Arcata. The Arcata Interfaith Gospel Choir performs at 11:30 am. Please call to volunteer or donate; specific foods may be requested. Info: Alicia at 825-0440.

**Friday, November 23: Buy Nothing Day,** an informal day of protest against consumerism observed by social activists, traditionally observed on the day after Thanksgiving, one of the 10 busiest shopping days of the year.

**Friday and Saturday, November 23 and 24: The Blue Ox Craftsman's Days: Living History and Artisan Faire** featuring traditional artisans from around the area as they set up shop, display their wares, and interact with the public. 10 am – 4 pm at the Blue Ox Millworks, 1 X St, Eureka. \$8, \$7 w/food bank donation. Kids free. Info: 444-3437 or [www.blueoxmill.com](http://www.blueoxmill.com).

**Friday, November 23 through Wednesday, December 12: Dell'Arte's Holiday Show "The Fish in My Head,"** a one-of-a-kind theatrical storytelling spectacle celebrating the mysteries of the imagination. The show will be performed at a variety of free venues around the county. Bring a non-perishable food donation. Tour dates, times, and locations: 668- 5663 or [www.dellarte.com](http://www.dellarte.com).

**Tuesday, November 27: Native American Heritage Month Film Series: "Thunderheart."** The story is set during actual events on the Pine Ridge reservation in the early 1970s in which members of AIM, the American Indian Movement, took over the South Dakota town of Wounded Knee in protest against federal government policy. Following the film there will be a 30-minute discussion. Free. 6:30 pm at the Humboldt County Library, 1313 3<sup>rd</sup> St., Eureka. Info: 269-1910, [www.humlib.org](http://www.humlib.org).

**Friday, November 30: HSU Music Dept. Symphonic Band.** 8 pm in the Fulkerson Recital Hall, HSU. \$7, \$3. Info: 826-3456.

## CHILDREN, YOUTH & ALL AGES

**Saturday, November 17: Nature Story Time** with naturalist Sarah Johnson. Geared for ages 3-6, story time will focus on local wildlife and include a simple craft project. Meet at the Humboldt Coastal Nature Center, 220 Stamps Lane, Manila. Please RSVP. Info: 444-1397.

**Saturday, November 17: Los Cuentos Bilingual Storytime.** Stories in Spanish and English, with librarian Rachel. 1 pm at the Humboldt County Library, 1313 3<sup>rd</sup> St., Eureka. Info: 269-1910, [www.humlib.org](http://www.humlib.org).

**Thursday, November 22: Thanksgiving at the Zoo.** Come to the Zoo and watch the animals receive their Thanksgiving meals. 11 am – 3 pm at the Sequoia Park Zoo. Info: 441-4263.

**Wednesday, November 28: Sing Me a Story: Stories With Music.** Favorite local storytellers Dan O'Gara and Seabury Gould will share songs and stories for children that anyone can enjoy. Free. 6:30 pm at the Humboldt County Library, 1313 3<sup>rd</sup> St., Eureka. Info: 269-1910, [www.humlib.org](http://www.humlib.org).

## PROTECT THE EARTH & ITS LIVING CREATURES

**Saturday, November 17: Friends of the Dunes Lichen Exploration.** Join lichenologist Tom Carlberg for an exploration of the diverse lichen flora of the dunes. Bring a hand lens if you have one. 1 – 3 pm at the Humboldt Coastal Nature Center, 220 Stamps Lane, Manila. Info: 444-1397.

**Sunday, November 18: Free Public Field Trip Through the Eureka (Aka PALCO) Marsh,** sponsored by Redwood Region Audubon Society. Join leader Ralph Bucher for some great birding in downtown Eureka. Spend 1-2 hours on a flat loop through a variety of habitats, from bay and mudflat to riparian and marshland. Meet in parking lot at foot of West Del Norte Street at 9 a.m. Info: 499-1247 or [thebook@reninet.com](mailto:thebook@reninet.com).

**Thursday, November 22: 13<sup>th</sup> Annual Friends Of The Arcata Marsh Thanksgiving Morning Walk.** Stretch your legs with a 90-minute meander around the marsh beginning at 10 am. Meet on the porch of the Interpretive Center on South G St. Info: 826-2359.

**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.

## MEETINGS

**Every Tuesday: Eureka Fair Wage Act Meetings.** Eureka Fair Wage Act proponents assert that a higher minimum wage, with a small business exception, will improve lives, make Walmart reconsider its presence in Eureka, boost the local economy, bring employment up, and allow individuals who work full time to rise just above the federal poverty level. Fair Wage Act proponents are currently collecting signatures to get the initiative on the ballot and need your help. 6:15 pm at the Eureka Labor Temple, 840 E Street (9th and E Streets). Info: 442-7465 or [www.fairwages.org](http://www.fairwages.org).

**Thursday, December 6: 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. Members of the public are invited. This commission has several vacancies, and anyone interested in working to help ensure the rights of the residents of Humboldt County is urged to attend the meeting where applications for membership are available. Applications can also be obtained from the Office of the County Clerk in the County Courthouse Info: 268-2549.

## WORKSHOPS AND MISCELLANEOUS

**Saturday, December 1: 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.

## 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.

**“Through the Eyes of Women” hosted by Women in our Community.** News, views and interviews for, about and by women. Airs every Monday 1:30 - 2 pm on KHSU FM 90.5. Info: 826-4805 or <http://khsuwomen.wordpress.com>.

**“Moyers and Company” with Bill Moyers.** Discussions on the state of American Democracy. Saturdays. 4 pm on KEET World (Channel 13.2) and 7 pm on KEET HD (Channel 13.1). Info: 445-0813 or [www.keet.org](http://www.keet.org).



**HOPE Coalition Newsletter & Calendar, Nov. 13, '12** **Page 4**  
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**Editorial:** Page 1, **Calendar:** Pages 2 - 3, **Action Item:** this page.

Newsletter, **Nov. 13, '12.** Vol. 18, Number 20. Published semi-monthly on 2nd & 4th Tuesdays; **next Nov. 27, '12.** For calendar items PO Box 385, Arcata 95518 or e-mail to [hopecoalition@igc.org](mailto:hopecoalition@igc.org). **Next deadline. Nov. 22, '12.** Write or e-mail for sample newsletter. Newsletter volunteers: Dave Keniston, Mara Segal, Mayer Segal, Michael Welch, Paloma Orinoco. Web site: [www.hopecoalition.org](http://www.hopecoalition.org).

Please donate! We have a new, ongoing matching grant, which will double your donations, up to a max of \$250 per month!

**Norman Solomon on progressive campaigning**

[Continued from Page 1]

Fragmentation of core constituencies was another problem. From the outset, it was obvious that half of the twelve candidates didn't have a snowball's chance of getting through the primary. With rhetoric that sounded leftist, those six candidates received a combined total of 8.6% of the primary vote, while I lost by 0.1%. Huffman was no doubt exceedingly grateful to these anemic "protest candidates;" he could go on a cakewalk to the November runoff against a GOP candidate in a heavily Democratic district.

**My counsel to prospective candidates:**

- Do not launch a campaign unless you can give it your all and plausibly consolidate most of the progressive electorate along the way.
- Do thorough groundwork for a long time.
- Keep meeting people and adding to your database of contacts.
- Listen and learn about political microclimates.
- Work on building coalitions.
- Encourage volunteers and treat them with respect.
- Insist on meticulous, accurate and principled work from staff.
- Remember that better process is much more likely to result in better decisions; when disagreements flare within the team, strive to assess the clashing outlooks.
- Keep your eyes on the prize: not only winning but also making progressive activists and groups stronger for the long haul.

A campaign with resonance should keep evolving after the election. Donor files, e-mail lists, working relationships, infrastructure, public good will, and more can sustain and expand alliances. High-quality compost from one campaign should invigorate the growth of others.

Winning or losing an election can hinge on the decisions of just one group or even one individual. We may not feel powerful, but an internalized sense of powerlessness represents another triumph for a system that thrives on vast imbalances of power. Let's get more serious—and effective—about gaining progressive power in government, shall we?



- - - **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** \_\_\_\_\_  
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The HOPE Coalition • PO Box 385 Arcata, CA 95518 • [hopecoalition@igc.org](mailto:hopecoalition@igc.org) • [www.hopecoalition.org](http://www.hopecoalition.org)

The HOPE Coalition Newsletter is available at the Arcata & Eureka Co-ops, the Booklegger, Wildberries, and Eureka Natural Foods.

**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

**GI Rights Hotline**; provides accurate, helpful military counseling and information on military discharges, AWOL and UA, and GI Rights. [www. Glrightshotline.org](http://www.Glrightshotline.org) or 877-447-4487.

**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 550 Union St. Arcata in the Common Room (next door to Equinox). 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](http://www.accesshumboldt.net). Call or email for further info. 476-1798 or [info@accesshumboldt.net](mailto:info@accesshumboldt.net).

**Commentary on Access Humboldt** Thom Hartmann, Monday, Wednesday, Thursday, Friday at 10 pm, channel 12.

**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.

**Commentary on KHSU**, 90.5 fm, 826-6089. **Democracy Now!** with Amy Goodman: weekdays 9 - 10 am.

**The Econews Report**, 1:30 pm Thursdays.

**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](mailto: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](mailto:info@friendsofthedunes.org). Complete calendar: [www.friendsofthedunes.org](http://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.

**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](http://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](http://www.clarkemuseum.org).

**First Street Gallery**; 422 First Street, Eureka. Tuesday - Sunday from noon - 5 pm. Info: 443-6363 or [www.humboldt.edu/~first](http://www.humboldt.edu/~first).

**Morris Graves Museum**; 636 F St., Eureka. Wed. - Sun. 12 - 5 pm. [www.humboldtarts.org](http://www.humboldtarts.org)

**The Ink People**; 411 12th St, Eureka. Hours: Tuesday - Saturday, 11 am - 4 pm. Info: 442-8413 [www.inkpeople.org](http://www.inkpeople.org).

**Westhaven Center for the Arts**; 501 S. Westhaven Dr. Info: 677-0860, [www.westhavenarts.org](http://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](http://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](http://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/](http://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](http://www.EurekaGreens.com).

**Green Wheels;** Mondays 6:30 pm at the Northcoast Environmental Center. Info: [mail@green-wheels.org](mailto:mail@green-wheels.org) or [www.green-wheels.org](http://www.green-wheels.org).

**Humboldt County Human Rights Commission** meets 1st Thurs. 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](http://www.humboltdemocrats.org).

**Humboldt Watershed Council** at NEC, 2nd and 4th Wednesdays, 7 - 9 pm. Info: [sheds@humboldt1.com](mailto:sheds@humboldt1.com).

**Mother Jones Club & Humboldt Communist Alliance.** Call for meeting times: [ncalview@igc.org](mailto:ncalview@igc.org) or 839-3824.

**NAACP;** Monthly meetings: 3rd Sunday at 3:30 pm, Boys & Girls Club, 3015 J St., Eureka. Info: 268-8287.

**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](mailto:arcata@greens.org).

**Redwood Chapter ACLU** meets 3rd Tuesday at noon at 917 Third St. in Eureka. Info: 336-2258, [redwoodaclu@hotmail.com](mailto:redwoodaclu@hotmail.com).

**Sequoia Greens** of southern Humboldt. Call for meetings: 923-4488 or [encimer@hotmail.com](mailto:encimer@hotmail.com).

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

**Vets for Peace (Humboldt Chapter 56);** 550 Union St. Arcata in the Common Room (next door to Equinox) first Thursday of the month. Info: 826-7124.

**Women's International League for Peace and Freedom (WILPF);** date and location varies. Info: Sue at 822-3405 or [suejh@humboldt1.com](mailto:suejh@humboldt1.com).

## **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. Tues. – Sat, 10 – 5. 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.** 2<sup>nd</sup> and 4<sup>th</sup> 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@sbcbglobal.net](mailto:dbsahumb@sbcbglobal.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](http://www.theswitchboard.org).

**Humboldt Domestic Violence Services Support Groups;** all services are free. Support groups Thurs. eves and Fri. afternoons, with therapeutic childcare offered. 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](http://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/](http://www.a1aa.org/VCOR/).

**The Area 1 Agency on Aging** sponsors many senior programs. Info: 442-9591 or [www.a1aa.org](http://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](mailto:info@emmacenter.org) or [www.emmacenter.org](http://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](http://www.lighthouse-sf.org).