



Falls Brook Free School Schedule 2009

The sun should be shining, the hummingbirds are flying, and the first raspberries of the season are out. The first ever Falls Brook Free School promises to be a great success!

Thank you so much to all the teachers and students who have signed up to participate in this dynamic day. Here is a tentative schedule, which may still change over the next couple days. See you Saturday!

9:30	Welcome Circle
10:00 – 11:20	Workshops Kripalu Yoga- Yoga in Motion Working with a Woodlot How to Make the Perfect Strawberry Rhubarb Pie
11:30 – 12:10	Workshops Make Your Very Own Lavender Wand Transition Towns: From oil dependency to local resilience Manure Management and Backyard Composting
12:15 – 1:00	How to Change a Tire Plant Propagation through cuttings Image Technique and Art of Photography
1:00 – 2:30	Lunch
2:30 – 3:50	Workshops the Write Stuff: Moving from Form to FUN The Framing Components of Strawbale Renewable Energy 101
4:00 – 5:30	Workshops Djembes and Djuns: West African Rhythms and Drumming How to finish a hand-built wind turbine (painting, weatherproofing, varnishing) Pizza Party Pilates
5:30	Free School Wrap up
6:00	Dinner
8:00pm	Concert in the Barn with the Singing Bridge Orchestra
9:00 – 10:30 am	Breakfast

What to bring: Plate, cutlery if you are staying for meals
Camping gear if you are staying the night
Bug spray (wait till you meet our flies!)
Any supplies to teach your workshop

Directions: People inevitably get lost on their way to Falls Brook, or you might say, only the most determined make it. Make sure to follow directions. (see below)

Workshop write-ups:

Kripalu Yoga- Yoga in Motion

Kripalu Yoga is also known as meditation in motion. The class will start with centering, breath awareness, and gentle warm ups and then move into the core of the practice with standing and floor postures. We will then move into stillness, preparing for relaxation and meditation.

Working with a Woodlot

This workshop discusses how to manage Acadian Forest woodlots- what to cut, what to leave, how to encourage wildlife, how to promote our native Acadian Forest

How to Make the Perfect Strawberry Rhubarb Pie

Impress your friends with perfect pie! This hands on workshop will teach you how to make perfect pie crust and fabulous filling.

Make Your Very Own Lavender Wand

This workshop will teach you how to weave ribbon and lavender together to make a little wand that will dry and be used with linens for scent and to repel insects, or under a pillow to encourage sweet dreams.

Transition Towns: From oil dependency to local resilience

It all starts off when a small collection of motivated individuals within a community come together with a shared concern: how can our community respond to the challenges, and opportunities, of Peak Oil and Climate Change?

Manure Management and Backyard Composting

This workshop discusses turning waste into fertilizers to enrich our soils. This workshop is intended to answer your questions about how to start and maintain your backyard compost pile, with consideration to run-off prevention and watershed health as you recycle your kitchen, yard, and farm waste into nutrient rich fertilizer for your organic garden.

How to Change a Tire

Learn how to change a tire.... Properly

Plant Propagation through cuttings

Propagation through cuttings is really fun and interesting. You take a piece of vegetative material from the parent plant and help it grow new roots and shoots. This is how most fruit trees are propagated. The new plant will emerge with the exact same parent material as the first. It is useful for plants that are difficult to propagate through seed. Cool plant facts and anatomy are to be expected, as well as some plant babies for you to take home.

Image Technique and Art of Photography

The principles of good image making. Materials you will require - camera, scanner, computer. Colour, composition, subject. Traditional art techniques. New digital imaging techniques with the computer. Pixel based and vector graphics - combining the two. A proportion of the session will be question and answer. Students will benefit most if they bring pencil and notebooks as this will not be a hands on session.

the Write Stuff: Moving from Form to FUN

Do you know how to think critically and/or creatively? Are you interested in poetry, prose, or creative non-fiction, but don't know where to start? In this session, you will learn the basics behind what it takes to expand on your natural creative writing skills. By participating in tip-sharing, process-building, and other imaginative writing exercises, you will walk away feeling empowered that you can put pen to paper in a stress-free way.

The Framing Components of Strawbale

This is an opportunity to learn about the theory of framing windows and doors in a load-bearing straw bale structure. Hands-on practice and a short lesson on straw building techniques.

Renewable Energy 101

This workshop includes a tour of Falls Brook's many renewable energy systems and an overview of the different forms of renewable energy available for use in your home.

Djembes and Djuns: West African Rhythms and Drumming

Participants will learn basic djembe technique, play many West African rhythms on percussive instruments, such as djembe, djundjuns, claves, bells, and shakers. Participants will also be encouraged to dance along to the rhythms. Many percussive instruments are provided, but participants can bring their own

How to finish a hand-built wind turbine (painting, weatherproofing, varnishing)

A beautiful hand-built wind turbine was lovingly crafted by workshop participants at Falls Brook Centre / Silverfoot Wind last weekend. It needs a good creative coat of paint and varnish to spruce it up and protect it from the weather before it can be installed. Come even just to see what a hand-built 800 Watt wind turbine looks like, or get your hands on a brush and apply some weatherproofing. Artwork for the tail fin is especially invited.

Pizza Party

In this session you'll get your hands dirty learning the basics of home-made pizza dough. We will start from scratch; using the four fundamental ingredients (and a few tasty extras), we'll watch the dough rise, knead it out and cook it up in the Adobe oven just in time for dinner.

Pilates

Postural alignment through movement. Stretching and strengthening

Map & Directions to Falls Brook Centre

Driving directions also available at [Google Maps](#) - simply type in "Falls Brook Centre".



**Coming from the South on the new TransCanada Highway (Rt#2)
Duration: about 1hour&40mins from Fredericton**

Take the TCH (Route #2) to Hartland and exit onto Route 130 at exit#172. You will pass the new regional hospital on your right fairly soon after exiting. Continue on Route 130 until you pass over the Hugh John Flemming Bridge on the outskirts of Hartland. The bridge takes you over the St.John River and you will proceed up a steep hill. Halfway up the hill is the Ja-Sa-Le hotel on your right. Turn right at the hotel and you'll be on Hwy 104.

Follow the 104 through Coldstream, pass a gas station on the left and up another steep hill. Stay right on the 104 for another 4km, don't turn off until you come to the 580. This is a very sharp left hand turn that brings you to Windsor. Follow the 580 for about 3km, until you descend a steep hill (enjoy the view). The base of the hill is you will take a sharp right hand turn towards Armond. The Windsor cemetery should be on your right. Follow this road for 2km until you come to a T-intersection. Turn left onto the Knowlesville Road. After 2-3 kms watch for your first road on the right (the Simms Road). You will see a wind turbine mounted on a blue pole and a small array of solar panels. This is New Brunswick's first Net-metering renewable energy site and part of staff housing at FBC. Follow Simms Road right until it ends at a T-unction. Turn right onto South Knowlesville Road and then take the first driveway on your left. You've made it to the Falls Brook Centre.

Feeling adventurous and familiar with Fredericton? The backroad way from Fredericton takes 1hour&20min.

Leave Fredericton by the Westmorland Street Bridge (towards Fred. North/ Nashwaskis), cross the bridge and go straight through both sets of lights. Follow the Hwy 105 until a Shell gas station appears on your left, about 25 minutes from downtown Fred. Immediately after is the right hand turn to the Hwy 104 (Millville). Take this right and go through Burts Corner, Zealand, and into Millville (about 30 minutes). You are now halfway to the Centre.

After passing through Millville, (you're still on the 104) watch for the intersection just after going down a steep hill (FBC sign should be posted there). You will turn a sharp right as the road winds left and you'll still be on the 104. Follow through Cloverdale and you will see a sign for the Howard Brook Road on your right at a bend in Hwy 104, just after you pass an old school. Take the Howard Brook Road until you come to an intersection (pavement has ended by now) where you will bear left up a steep hill (another small FBC sign). At the next intersection you will see another old school - the Armond School (on your left) and the pavement resumes here. Go straight through the intersection and after 2-3 kms watch for your first road on the right (the Simms Road). You will see a wind turbine mounted on a blue pole and a small array of solar panels. This is New Brunswick's first Net-metering renewable energy site and part of staff housing at FBC. Follow Simms Road right until it ends at a T-unction. Turn right onto South Knowlesville Road and then take the first driveway on your left. You've made it to the Falls Brook Centre.

Coming on the TransCanada highway from the North:

Take exit#153 towards Florenceville. Follow Route 110 across the St John River and exit at the Florenceville/Bristol exit. Turn right after the exit ramp towards Bristol. A few km later, you will enter Bristol. Watch for and follow the signs for the 107 towards Juniper and Stanley, taking a right hand turn away from the river and up a steep hill. It is about 10km into Glassville where the highway forks to the left at a stop sign, then immediately to the right (passing a small convenience store and gas station on the left before you turn right). Once out of Glassville, watch for Knowlesville Road, on which you turn right. You will pass the Knowlesville Women's Institute Building and Baptist Church on your right and climb a hill out of Knowlesville. You will pass a large dairy farm with red barns on your right at the summit of the hil. The next road on your left will be Simms Road. You will see a wind turbine mounted on a blue pole and a small array of solar panels. Follow Simms Road right until it ends at a T-junction. Turn right onto South Knowlesville Road and then take the first driveway on your left. You've made it to the Falls Brook Centre.