

## FRIDAY APRIL 15TH

5:00 - 8:00 PM - Welcome & Registration @ Merton

8:00 - 12:00 AM - Pizza & Bonfire Kickoff Kickback @ Dashain

## SATURDAY APRIL 16TH

6:00 - 7:00 AM - Sunrise Dance with Michelle & Satine @ Isla Vista Bluffs (Meet at Dashain)

"Rise with the Sun through stretch & dance. On the beautiful bluffs overlooking the pacific ocean and the channel islands we will flow with each other. awaken your body, mind, & spirit with the witches of Dashain. Optional Tea drinking @ Dashain afterwards"

8:00 - 10:00 AM - Registration and Breakfast @ Merton

8:30 - 9:30 AM - Morning Yoga with Megan @ Merton

10:00 - 11:30 AM - Tour of SBSHC Co-ops starts @ Merton

11:45 - 12:45 PM - Lunch (on the town) in Isla Vista

### 1:00 - 2:30 PM - Workshop Block 1

Foundational Facilitation Skills with Shay O'Reilly @ Merton

"Dynamic, empowering meetings do exist! Good facilitation makes them happen. Whether you are new to or have practiced facilitating co-op meetings, we will share tools and practices for creating inclusive meeting spaces, designing agendas, delegating meeting roles, preparing for facilitation, 19 and evaluating meetings. We will also collectively troubleshoot how to facilitate in light of challenging scenarios such as power dynamics, low group energy, interpersonal conflicts, and passive aggressive communication in groups. Workshop participants will leave with a trove of resources as well as a few more facilitation strategies in their back pocket."

Sustainable Home Gardens and Food Growing with Pablo Alonso @ Dashain

"Tour of the abundant garden of Dashain. Short talk on the principles and techniques of small-scale food production, learn how to produce food in your limited space."

Ecstatic Dance Jamz with Clare Rey @ Biko Garage

"This will be a space for radical self-expression through movement. The first half we will concentrate on bringing mindfulness attention to our bodies through engaging specific points and gradually move into our internal flow space. We will gently guide your journey of learning about yourself through free & ecstatic movement while practicing the aligning of mind, body, and heart."

### 2:45 - 4:15 PM - Workshop Block 2

The Waste Stream: Recycling, Compost, and Trash by AS Department Of Public Worms at UCSB @ Merton

"This will be providing answers to questions such as where does Isla Vista Trash go? What happens to our recycling? How does trash affect our community? How does composting improve waste management? What is e-waste? The basics of vermicomposting (worms). You'll learn what you can do to reduce our collective waste and pressure on the environment."

Entangled Oppression by Nia & Valentina & Kyron @ Biko Garage

"This will be held at the Biko house, which is traditionally a house dedicated to people of

color and has a culture of social justice activism. An intersectional analysis of human and non-human animals exploitation. There will be a guided caucus to discuss different forms of societal oppression and its deeply interconnected yet disproportionate nature."

Vegan Cooking by Anbareen Shefa & Evan Crook @ Dashain

"Quick & Easy tips to get animal products out of your cooking & still have scrumdiddlyumptious food. Will make demos on how to make vegan cheese and multiple egg substitutes"

### 4:30 - 6:00 PM - Workshop Block 3

Direct Democracy and Cooperative Accountability by Andrew Johnson @ Merton

"Andy J will give a talk about the history and philosophy of direct democracy, why it matters for today's complex globalized world, and how cooperatives (and their individual members) can best practice democratic decision-making in their everyday lives. It will also include a discussion on the issue of accountability and how best to enforce it in the context of a horizontal cooperative structure."

Personal/Community Food Systems & Ethics in the Modern Era with Andrew Smith & Matias @ Food Coop Patio

"It will be held at the pleasant outdoor patio of the IV Food Coop. We will provide an overview of the food history of SBSHC discuss specific food systems and solutions that we've found here in our community. after we'll discuss the ethics and principles of food systems in specific cooperative contexts by creating a space to share stories and ideas of those present."

Envisioning Interfaith Spaces with Shay O'Reilly @ Merton

6:00 - 7:00 PM - Dinner @ Merton

7:00 - 8:00 PM - Sunset Beach Stroll guided by Megan & John

9:00 - 12:00 AM - Party @ Biko

## SUNDAY APRIL 17TH

10:00 - 11:30 AM – Love Your Life Yoga with Betsy Phillips @ Merton

"Betsy is a professional psychotherapist, dancer, and teacher of wellness and cultivating balance. She will be teaching an hour long partner yoga, breathing, mindfulness class that supports light hearted sweet connection between and amongst through all of you, spiraling out into this wonderful world. Come, have fun, and fill yourselves with a little bit of laughter and tranquility."

11:30 - 12:15 PM - Brunch @ Merton

12:00 - 1:30 PM - Workshop: Troubleshooting Roadblocks to Effective Facilitation with Morgan Crawford @ Merton

"Have you ever facilitated or attended a meeting that wasn't as productive, inclusive, or as fun as you hoped? How can facilitators ensure that all voices are heard? An effective democratic, cooperative process requires first-class facilitation. In this session, we will discuss our collective facilitation experience, swap tips and tricks, and put our skills to work in some fun skits. Participants will leave this roundtable with new strategies, resources, and perspectives on facilitating in a cooperative context."

1:15 - 1:30 PM - Closing Circle

WESTCO 2016  
ISLA VISTA  
MAP



## SBSHC HOUSES

\* AND FRIENDS

- 1 Newman
- 2 Manley
- 3 Dashain
- 4 Biko
- 5 Merton
- 6 Faux-Op \*

## FOOD

- |                         |                                |
|-------------------------|--------------------------------|
| 7 IV Food Co-op         | 12 Coffee Collaborative coffee |
| 8 Super Cucas mexican   | 13 Woodstocks pizza            |
| 9 Silvergreens etc      | 14 Naan Stop indian            |
| 10 Cajé coffee          | 15 The Habit burgers           |
| 11 IV Deli Mart falafel | 16 South Coast Deli sandwiches |

