

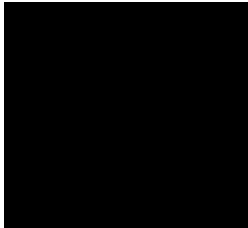
GREATER HARDWICK COMMUNITY LEARNING EXCHANGE Summer 2011

Welcome to the Hardwick Community Learning Exchange. We are an informal learning network sponsored by the Buffalo Mountain Food Co-op in Hardwick. Our purpose is to celebrate

the sharing of the wonderful wisdom and skills to be found amongst us. If you are interested in taking a workshop, please register as soon as possible as some class sizes are limited. If you would like to teach or suggest a future workshop, contact Lori, Kate or Maria at the co-op. If you would like to bring your children to workshops, please ask when you register as space is sometimes limited.

Seasonal Sensations – Jim Worcester

This promises to be a fun and delicious class. This class will be partly planned, partly surprise! Jim will teach how to prepare his famous blackberry mousse, using one of the local fruits of the season. He'll also be teaching other dishes using other local produce in season. We'll see what his muse cooks up. After we finish the preparation, it's time to feast! Sign up early, this class is apt to fill up fast. Class limited to 10
August 21st Sunday 4:00 –6:00 \$15
Buffalo Mountain Co-op Café
Contact Jim at – 472-6157



Raw Chocolate Truffles- Kate Arnold

Chocolate is actually full of healthy anti-oxidants and other nutrients. Really! These qualities are greatly diminished when cacao (chocolate in it's original form) is cooked. Come learn how to make different sorts of chocolate delicacies that taste great and are actually good for you! Various sweeteners will be used to accommodate every palette. (If you don't eat them all, you can take some home.)
July 14th Thursday 6:30 – 8:00 15\$
Buffalo Mountain Co-op Café
Contact Kate Arnold- 472-3844

.Roll Your Own - Kate Arnold

Always wanted to make your own Nori Rolls? In this class we will roll various sushi rolls. Starting with cooking and seasoning the rice, to cutting the vegetables, filling and rolling the rolls in Nori Seaweed. This 2 hour class includes watching, rolling and eating. Kate Arnold is a founder of the Café at Buffalo Mtn. Food Co-op. Cost - \$12 (includes rolling mat)
Time – Tuesday, Aug 2nd 6:30 to 8:30
Registration - Kate at 472-3844
Place - Buffalo Mountain Food Coop Café

Community Garden Walk with Heather Jerrett

Join us for a garden walk through the Hardwick Community Gardens with Master Organic Gardener, Heather Jerrett. Heather has run High Mowing Organic Seeds' trial gardens for the last eight years and brings a wealth of knowledge from soil fertility, variety selection, overall garden health, pest and disease control, seed saving and more. This session offers an opportunity to connect with other vegetable gardeners and gain expert advice that will get your veggie garden to the next level. Meets at the Hardwick Community Gardens Saturday, July 23rd, 10am - \$5 for Community Garden members, \$10 for non-members. Scholarships are available – Please pre-register at 472-5840 or at heather@hardwickagriculture.org



Food and Crop Storage for the Gardener and Homesteader with Chris Chaisson

In this workshop we will explore ways of storing our fresh and raw crops for the winter. Seeding, harvesting, and crop maintenance for optimum storage will be covered. Root cellars and their optimal use will be discussed along with some demonstrations of simple structures that can be made on a small budget. Participants will receive a free storage crop and seeding chart.

Meets at the Hardwick Community Gardens
Saturday, September 24th, 10am:

\$5 for Community Garden members, \$10 for non-members

Scholarships are available – Please pre-register at 472-5840 or heather@hardwickagriculture.org

**Find a New Friend
mAKE pOETRY NOT WORRY**

By Greenwood Lake with Phyllis R. Larrabee

Your inner poet is a friend, a voice, a power, who is there for you to call upon for celebrations of Joy, Ecstasy, for expression of grief, for sharing and releasing worry. For healing, for rage at injustice, for laughter. No moment is too small or too great to be transformed into poetry. **Join Phyllis RL on Sundays July 23rd and August 6th 10:30 a.m. to 3 p.m.** Pot luck Lunch. Call to reserve space. **472-3065**. Fee \$25. One scholarship for each session. Limited to groups of four. More times can be arranged. Please come fragrance free.

Mending old Socks and Darning a Transcendental Stocking with Phyllis R. Larrabee

Want to learn a very simple way of increasing the life of your socks? Bring your old socks, a darning needle, and whatever wool you have and whatever good stories.... We can share mending and stories of what we have transcended... These are **August workshops**. Call to arrange times. Limited to groups of four. Donations of organic produce would be joyfully received.
Call Phyllis at 472-3065



Vt Migrant Farmworker Solidarity Project Workshop

Vermont agriculture is dependent on roughly 1,200-1,500 migrant farm workers. The majority of Vermonters are not aware of the extent and scope of migrant farmworkers contributions to the sustainability of Vermont farms, food systems and landscapes nor of the difficult conditions under which they make these contributions. Farm workers lack simple taken-for-granted freedoms like the ability to gather together as a community, go to the hospital or go to the market, without fear of deportation. Due to this isolation many migrant farm workers struggle to meet their most basic needs like access to transportation, health care, education, food and decent housing, and some experience human and workers' rights abuses.

Several months ago a VT farmer returned to his home and found 2 state troopers and 3 border patrol cars in his driveway. It appears that when police responded to a 911 call and heard Spanish they called the border patrol! Three VT farm workers were sent to jail in New York and police had no reason whatsoever to call Border Patrol! This has prompted the VT Migrant Farmworker Solidarity Project and allies to build a state-wide campaign for Bias-Free Policing in VT. This campaign seeks to address the racial profiling, harassment, and unjustified detentions and deportations that plague the lives of many communities in our state. As you may know, the VT Attorney General recently released a Bias Free Policing Policy recommendation for Vermont law enforcement. At this workshop we will discuss the Bias Free Policy and how to impliment it in our communities. We will also address other issues faced by migrant farmworkers, who have come to play a vital and necessary role on many of our community dairy and vegetable farms. All are welcome, free of charge.
Date - Wednesday July 27th at 7:30
Place - Buffalo Mountain Coop Cafe
More Info - Robin Cappuccino - 533-2296 or Wmtfarm@together.net
To learn more about the Vt Migrant Farmworker Solidarity Project - <http://vtmfsp.org/about>

Jeudevine Teen/Adult Steelband

After seeing and hearing the amazing performances of the youthful steelband, several adults have expressed interest in starting their own steelband.

Location: Jeudevine Music School, 114 West Church St., Hardwick.

Thursdays, 10:45am-noon, beginning July 14.

Fee: \$90 for 6-week session; includes instrument use fee; barter considered.

Call Emily Lanxner at 472-5913.



Caspian Lake Steelband Camp

Five days of summer fun, including steeldrum practice, hand-drumming and percussion, art projects, and picnic/swimming excursions to Lake Caspian.

Location: Caspian Lake Grange, Greensboro.

Time: Mon-Fri, August 1 – 5, 9:30 – 2:30pm.

Cost: \$175; barter considered; family discount.

Program is limited to 8 students – Registration due July 22.

Call Emily Lanxner at 472-5913.



B-Boys / B-Girls - Breakdance!

Learn the moves from seasoned teenage breakdance performer, Palmer Jordon.

Location: Open Space at Centennial Building, Hardwick; Mondays 4-5pm.

Fee: \$45 for 6-week session. Ages 8 and up.

Pre-registration required ~ Please call Palmer Jordon: 472-5913.



Brasilian Capoeira Club of Hardwick

Martial arts, dance, singing, percussion, and Brazilian culture all come together in the amazing experience of participating in Fabio Nascimento's capoeira class. Class is accessible to teens and adults with any level of experience (acrobatics in photo not required). Monthly sessions (third Sunday of each month): July 17, Aug 21, Sept 18.../ 10:30am to noon, \$15.

Limited space, registration required. Call Emily Lanxner: 472-5913.

Location: Hardwick Memorial Building.



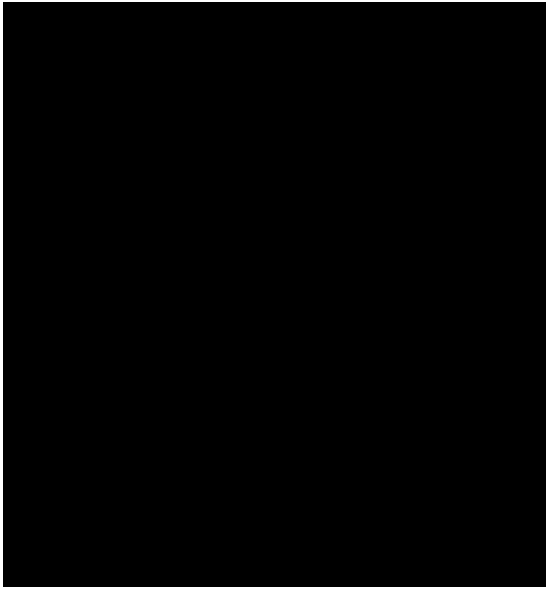
Hardwick Area Ride-Share Network

Action Network to put into place many ideas generated by recent local meetings – addressing the rising cost of gas, both economically and in terms of carbon footprint. These ideas include a community rideboard, public-use vehicles, online resources, and carpooling networks. There will be an information-sharing meeting specifically for getting task forces into gear; however, getting involved can take many forms (meeting attendance not mandatory!).

Location: Hardwick Memorial Building

Wednesday, July 20, 7-8:30pm.

Further info /ideas: Emily Lanxner, 472-5913.



Trust Birth Initiative - Paule Bézaire

To all birth trusters, birth junkies, and interested members: Hardwick's Trust Birth Initiative meetings are being held on the fourth Wednesday of each month.

You'd like a support group that really trusts birth? In July, we will watch the birth trusting video: "Birth with Gloria Lemay" (the infamous British Columbia midwife who inspires the midwifery world). It will be held at the Jeudevine Library, Wednesday, July 27th, 2011, from 7-9pm. After viewing, we will discuss the video in a supportive environment, empowering ourselves and our births.

The Trust Birth Initiative is an old / new concept in the birth field: Women talking to women about birth. Not another expert, not another class. We facilitate discussion / support groups. Talk about birth, hear success stories, contemplate your choices, and be empowered in your own birth. The Trust Birth Initiative is an all volunteer advocacy and support group.

The Trust Birth Initiative exists for the sole purpose of telling the truth about birth: facilitators around the world are holding meetings in their homes and other meeting spaces, supporting women, and telling the truth. Paule Bézaire is a BABA (birth and baby advocate), and has been involved with the birth world for a few years. Among others, she has been a doula, has assisted at births, and is also a placenta encapsulator. She is dedicated to serving women in any capacity, and believes

that the power of birthing lies in women's hands: Their body, their baby, their choice.

She is now a Trust Birth Facilitator, and is hoping to share with you the trust of one of the most natural processes: birth.

Contact: 802.917.3079 or email ashgrove@dishmail.net, www.trustbirth.com

Natural Health Care for Kids and Pregnant Moms

A nutrient dense diet nourishes vibrant health in growing children before and after birth. In this workshop we'll talk about strategies for both pregnant and hoping to become pregnant moms to feed themselves in order to support the optimal health of their unborn children.

We'll discuss how to care for your child's health with food, herbs, homeopathy and essential oils. Be prepared to respond to pressure to vaccinate and how to minimize risks if you do vaccinate. We'll learn how to select the best food and remedies for oneself and one's family – how to listen to what the body really needs. You'll leave with a list of home remedies for common complaints including colic and stomach distress, cuts and bruises, earaches and colds, and sleep issues.

Hart Brent has nourished her community with herbs, homeopathy and essential oils for 22 years. She helps those ranging in age from the unborn to the elderly and dying, from animals to ancestral spirits, coming from many cultures and countries. Her strength is in individualizing care so that clients leave with new skills in self-care and understanding of the link between body and spirit.

August 20th Saturday 10 am – 2pm \$35
HealthCalls/Hart Brent, West Danville
hart@vtlink.net 802-684-2570

Peace of Earth Farm Open Farm Work Days

Would you like to learn how to have a garden without tilling? Come to our farm to see sheet mulching in action. We'll have tours of past projects, a chance for you to work on a current project, and we'll share a meal at the end. Come with gloves and be prepared to get Earthy!

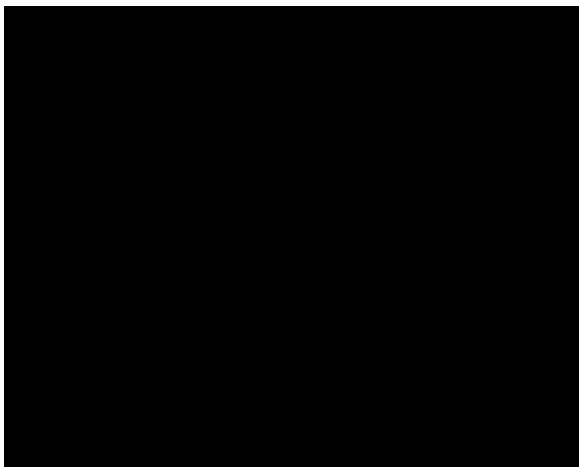
The 3rd Saturday of the month through September from 2-5 PM in Albany, VT
Call for directions 755-6336

Conversation Française - Paule Bézaire

On going French conversation: weekly meetings at the Buffalo Mountain Coop, Wednesdays, 5-6pm. Come discuss, or listen, en français, bien sûr!

Paule was born and raised in Quebec, where she lived 23 years. She has been in Vermont since 2000, and is eager to share the language with you. Call to confirm that we are meeting that week: 802.917.3079 or email

ashgrove@dishmail.net



Jeux et chansons - Paule Bézaire

Join us for a morning of pleasure, singing and playing in French. No prior experience necessary: a desire to learn and to have fun. Suggested age: 7-12 years old. Two days in August. Contact: Paule Bezaire: (802) 917.3079.

DIY Silkscreen Workshop

Come learn some simple and basic, DIY silkscreen techniques. We will demonstrate two different screen printing techniques and show you the whole process step by step from building a frame, exposing your image (or simply painting it on) to printing your own t-shirts or art on paper. You will leave with the knowledge to start printing in your own home. Bring something to take notes with and (if you wish) a blank t-shirt to be printed as well as a \$5 - \$10 suggested donation for the class. July 25th @ 6pm, Place to be determined (somewhere in Hardwick)

To register and receive further information about the class, email jon@itsmysoul.com

FROM TRAUMA TO TRIUMPH: Wendy Heilig Empowerment Workshop for Women Recovering from PTSD/Trauma**

During this introductory and experiential workshop, participants will learn about various recovery tools and techniques to help shift their mindset so they can begin to overcome limiting beliefs and personal history. This workshop will teach participants how to challenge their mind, body, and spirit, as well as help them step into their power, so they can then begin to live their best and brightest life. Minimum 4 participants – maximum 7. Workshop will be in the Hardwick area – date/time and location dependent on overall participation and best schedule for participants (I have flexibility). Can do either 1 long or 2 shorter workshops – overall time allotment is 2 hours. Please call (802) 821-4080 for more info and to secure your seat. If no answer, please leave your name & phone number. Or email

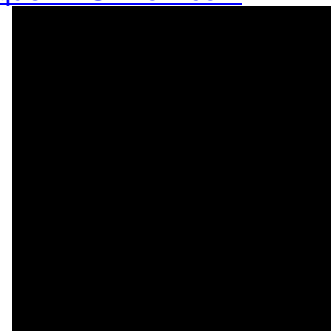
Wendy@FromTraumaToTriumph.com.

Workshop facilitated by Wendy Heilig – a Recovery & Security Specialist, Personal Empowerment Coach, Creative Career Consultant, and Spiritual/Healing Artist. Cost: \$50 and includes all workbooks and materials. One-on-one work also available.

**No personal accounts need to be discussed in this workshop - it is for information purposes only. For more information, see

www.FromTraumaToTriumph.com or

www.ConquerPTSDnow.com.



Lamp Repair Workshop – Frank Sauer

Re-wiring lamps. Learn how to take apart those old lamps, replace cords, plugs and receptacles.

Frank Sauer has a small repair/fabrication garage in Hardwick. He's spent most of his adult life fixing things. Tuesday July 26th, 6-8pm
Registration requested – 472-3036 - FREE

**4th annual Wellness Gathering!
Wheelock Mountain Farm**

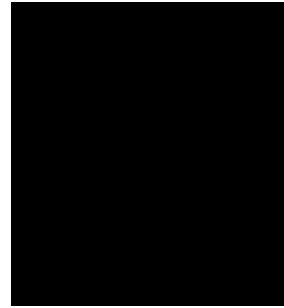
A skills share to inspire and inform us about what keeps us whole and in good health. Workshops and hands on activities led by our friends, neighbors, and community members on a variety of issues to do with wellness and healing including lip balm for social justice, Chinese medicine's 5 element theory, astrology and how it helps us, backyard medicine, street medic tent, kid's workshops and much more. Potluck Lunch - Sliding scale \$5-\$30 contact Emily at 533-9929 for more info or if you'd like to help. Visit wheelockmtnfarm.wikispaces.com for details Saturday August 13th

**Save these dates!
Fermentation Festival September 11th
at Wheelock Mountain Farm**

Learn to ferment all sorts of fruits, vegetables, dairy, beer, mead, miso and more! Tasting table and potluck lunch. Visit wheelockmtnfarm.wikispaces.com and stay posted Harvest **Swap!** Don't fret about the giant garden you've planted there will be a swap sisters hosted harvest swap sometime late fall!

Exploring Your Chakras - Energize, Reduce Stress, Relax, Clear, and Ground With Christina Ducharme (BHS) And Joe Rothstein (LAC)

This fun four-week class offers a chance to get to know your own energy system. Explore the chakra system to learn how to bring balance to emotions and thoughts, clear stuck energy, connect to the earth and spirit, reduce stress, heal, and have fun. These simple techniques can become part of a daily meditation to bring in calming energy, create healing, and harmony in all areas of your life. Christina Ducharme is a Brennan Healing Science Practitioner, Mother, Biologist, Wilderness Educator, Energy Healer, and incredible Manifester! She has recently opened Deep Root Healing with locations in Montpelier, Hardwick, and Cabot and offers Energy Healing and Flower Essence Consultations. Joe Rothstein is an Acupuncturist, Student at the Barbara Brennan School of Healing, and father. He offers Acupuncture sessions and Chinese Medicine from his home in Woodbury, VT. Location and Time: Wednesdays from 6:30-7:30, at the Open Space in Hardwick, from August 3-24. Cost is \$12/class or \$40 for the 4 weeks. Drop Ins Welcome No one turned away for lack of funds. To register contact Christina at (802)595-2248, or email at deeproothealing@gmail.com.



Living with Intentionality - Manifest From your Longing With Christina Ducharme (BHS) And Nessa Rothstein

Have you always longed to create something in your life, but just haven't gotten there? Do you wonder how to access more of your personal power? Do you create the same things over and over again and want to create something new? Are you working on a project with multiple people and want everyone to be on "the same page"? This workshop is designed to give individuals tools to create from their longings, while being deeply grounded into the earth and centered in self. Come explore intentionality and learn techniques to add to your daily meditation practice, staff meetings, and in relationships to facilitate the creation of your dreams. We will learn how to connect to and utilize the power of the Tan Tien, an energetic ball of power in our abdomen, which connects us to the core of the Earth. It is from the Tan Tien that Martial Artists move, and has been recognized as a source of personal power for thousands of years. We will explore our longings, and how they are connected to our Tan Tien and the core of the Earth, and learn simple techniques to bring our focus to these places. The techniques presented in this workshop can have powerful results. Christina Ducharme is a Brennan Healing Science Practitioner, Mother, Biologist, Wilderness Educator, Energy Healer, and incredible Manifester! She has recently opened Deep Root Healing with locations in Montpelier, Hardwick, and Cabot and offers Energy Healing and Flower Essence Consultations. Nessa is a student of the Barbara Brennan School of healing, Mother, and loves to garden. She offers healings from her home in Woodbury, Vt. Location and Time: Wednesdays from 6:30-7:30, at the Open Space in Hardwick, from August 31 - 24. Cost is \$12/class or \$40 for the 4 weeks. Drop Ins Welcome No one turned away for lack of funds To register contact Christina at (802)595-2248, or email at deeproothealing@gmail.com. Visit Deep Root Healing at Facebook.