

Greater Hardwick Community Learning Exchange Spring 2007

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, leave a message for Kate, Robin or Caitlin at the co-op. If you would like to bring your children or others to workshops, please ask when you register as space is also sometimes limited.

Children's Tree House/Play-space Workday Esmerelda Irwin & Beth Cate

Come to the raising of the Children's tree house in the co-op. If you are interested in an old-school treat, this is your opportunity. Projects for both young and old. Member work hours can be earned by participating. Space is limited, so sign-up ASAP with Beth or Esmerelda at the co-op. Please bring a pot-luck item for lunch.

Date - Sunday, July 28th, 9AM - rain date August 14th

Natural Spring Cleaning For Your Home - Heather Davis Watsula

Come discover how easy and fun it is to brew up your own natural cleaning products! You probably have everything you need right in your own kitchen! It is more ecologically sound than store-bought products and you can save money doing it. We will discuss the ecological and health impacts of cleaning products; review basic ingredients; and make our own natural all-purpose cleaner!

Heather Davis Watsula is a mother of two and co-founder of the Northeast Queendom Herbal Collective, making the line of natural cleaning products. Heather also has a cleaning business and is currently studying to become a professional organizer and a feng shui consultant.

Fee - \$5 materials cost

Date - Wednesday May 30th 7-8pm

Place - Co-op Café

Electric Guitar Making Overview & Demonstration Per Courtney, of PER GUITARS

This will be an in-shop, step-by-step Overview of the Design, Layout, Construction & Finishing of a Handmade Electric Guitar. There will also be a discussion of Component Options, Installation & Set-up. Guitars will be seen at each stage of construction. An intensive session on electronics & components will also be offered on July 14, which will give anyone who would like to start working on a guitar to be ready for the next step. (See separate listing) Discounted prices on wood & components will be available to anyone who is interested in working on a guitar of their own. Shop time & guidance with your project, may be available, for a very limited number of students. Evening hours. Please talk to Per about cost & availability.

Date - Saturday, May 19, 2007 9AM - 1PM

Cost - \$25.00

Location - 281 The Bend Rd. Greensboro Bend, (Across from St. Michael's Church)

For more info & to Pre-register, please call Per @ (802) 533-2444

Taking The Confusion Out of Composting - "The Wacky Worm Sisters"

Would you like to take your yard and kitchen 'waste' and recycle it into organic plant food? Have you tried composting before but didn't get the results you expected? Let "The Wacky Worm Sisters" of Down To Earth Worm Farm take you through the 'ins and outs' of backyard and indoor composting. They will show you how to create an outdoor compost pile, explain the differences between 'active' and 'passive' composting, and then take you inside to see the worms at work and explain the benefits of year-round composting with redworms. You will also learn how the compost and worm castings you create will improve your soil while feeding your garden and potted plants a healthy, well-balance diet. This program is offered in cooperation with UVM Extension's Master Gardener/Master Composter Programs. Rain or shine.

Date - Saturday, May 19, 10 am

Place - New Leaf Designs Eclectic Nursery/Down To Earth Worm Farm of VT
281 The Bend Road Greensboro Bend (across from St Michael's Church)

Fee - Free, Children are welcome.

Registration - Please call 533-9836 if you'd like to attend.

Incorporating Native Plants Into your Landscape - "The Wacky Worm Sisters"

Explore the benefits of planting native trees, shrubs and perennials in your home gardens and grounds. Making the right selections will help attract birds and other wildlife, add beauty and interest with ornamental foliage and colorful fruit, and conserve water and your time. Plants suitable for specific locations such as wetlands, pond's edge, sandy soils, etc, will all be discussed. This program is offered in cooperation with UVM's Master Gardener Program. All are welcome.

Date - Saturday, June 9, 10 am

Place - New Leaf Designs Eclectic Nursery/Down To Earth Worm Farm of VT
281 The Bend Road, Greensboro Bend (across from St Michael's Church)

Fee - Free

Registration - Please call 533-9836 if you'd like to attend.

Monet's Water lilies Anyone? - Emily Lanxner

There's a short wall in front of the Art Park Mural that seems to be crying out for attention. The water theme was suggested. Anyone interested in joining the fun, please call Emily at 472-5913

West African Dance - Jordan Mensah

Join this very vibrant and exciting African dance class! Great for beginners and experienced dancers alike. Thanks to sponsorship by the River Arts council, there is tuition assistance - a sliding scale fee of \$30 to \$60 for the six-week session. Ten dancer minimum to run the class - so please remember to pre-register by May 7. Call Emily Lanxner at 472-5913, or grab a registration form at the co-op (near register). "Drop-ins" are discouraged, however you are welcome to join the class after the start date as long as you plan to continue for the remainder of the session. Mondays, 6:30 to 8pm, starting May 14.

West African Drumming - Emily Lanxner

Join this very vibrant and exciting African drumming class! Great for beginners and experienced drummers. As you get some basic skills under your belt, you will be welcome to join more experienced drummers in accompanying the African dance class, which happens from 6:30 to 8:30 on the same day. Thanks to sponsorship by the River Arts council, there is tuition assistance - a sliding scale fee of \$20 to \$40 for the six-week session. Five drummer minimum to run the class - so please remember to pre-register by May 7. Call Emily Lanxner at 472-5913, or grab a registration form at the co-op. "Drop-ins" are discouraged, however you are welcome to join the class after the start date as long as you plan to continue for the remainder of the session. Mondays, 5:15 to 6:15, starting May 14th.

Backyard Composting Workshop - Tom Gilbert

Do you have a lot of kitchen scraps that you wish didn't end up in the trash? Do you have a good intentioned rotting pile of vegetable trimmings that is referred to as the compost pile? Do you

wish you had a tidy system for handling your home food waste that actually produced a useful garden amendment? A well-conceived and simple home composting system offers a great way to add organic matter to your garden with little or no cost, and can reduce the amount of trash you dispose of and the associated environmental problems. Join us to create a composting system for Salvation Farms' needs as well as discuss what makes healthy compost. Workshop participants will assist in establishing this system and transforming our rotting vegetable pile into a functional compost system. This is a workshop every home gardener should attend.

Tom is Programs Director for Highfields Institute where he works with farmers and policy-makers around VT on municipal and on-farm composting programs. At home Tom has been composting a wide variety of organic materials using a number of different small-scale systems for the last 13 years. Co-sponsored by Salvation Farms and the Highfields Institute.

Fee - Free

Date - June 9th, 2007 10am-1pm

Location - Salvation Farms - Brook Road, Wolcott - call for directions

Contact - Teresa Snow at 888-5055

On-Farm Composting 101 - Tom Gilbert

Join Highfields Institute for their staple summer workshop in the practical management of on-farm composting systems. This 6 hour intensive workshop integrates classroom components and hands-on practicum to prepare farm-scale composters for effectively managing their operation and achieved their desired results. Workshop topics include understanding and applying the science behind composting, site identification and design, recipe development, managing various feedstocks, feedstock mixing, pile formation, pile monitoring, pile aeration, and trouble-shooting. This workshop features multiple demonstrations and practical exercises in recipe development and pile monitoring. The workshop will be held at Highfields' Demonstration and Research Site, a fully functioning, farm-scale composting site where staff manage a wide variety of feedstocks and explore strategic management questions associated with on-farm composting.

(See Tom's bio above.)

Fee - \$10 for farmers, \$15 per farm (up to 3 people); \$20 for non-farmers

Date - July 12th, 2007 9am-3:30pm

Location - Highfields' West Hill Farm Compost Demo & Research Site - West Hill Rd., Hardwick.

Registration - June Van Houten at 472-5138 or jvh@ezcloud.com to register. Space is limited.

Note: Please bring your own brown bag lunch, beverages will be provided.

The Centered Child - Yoga Play & Meditations for Children

Emily Hershberger and Kelly Fairchild

Playfully explore the movement and breath of yoga through stories, games and song. Experience a calm and quiet mind/body using creative tools to connected to your inner self.

Emily Hershberger, a yoga instructor for 8 years, has taught people of all ages. She combines her experience teaching children outdoors with her knowledge of yoga to create fun kids yoga classes.

Kelly Fairchild, a teacher in the community for 6 years, is inspired by using guided visualization, meditation and movement with children of all ages. "If children have the tools to "go inside" themselves and find a calm place, this becomes invaluable to them as adults."

Date - Wednesday, June 20th 9:00-9:45am ages 4-6, 10:00-11:00am ages 7-10

Where - Threshold, Hardwick

Cost - \$10/child

Pre-registration encouraged contact Emily Hershberger for more info. at 754-6623

Herb Walk - Emily Purdy

Come to the Wheelock Mountain Farm for a walk to get to know our local plants. Emily loves being with the plants and is a member of the Northeast Queendom Herbal Collective.

Fee - Free

Date – Sunday, June 10th 10am – 11:30
Registration and Information – Emily at 533-9929

Everything's Popping Up Paper - Ellen Bresler

An Introduction to making pop-ups and other types of paper engineering. This workshop for all ages will get you started making your own pop-up cards and decorations for any occasion. Students younger than 10 years old must be accompanied. Date to be announced. Cost: \$15 for the 2 1/2 hour workshop. (Special Family price: 2nd member \$10, 3rd member \$5, and the rest free.) For more info, call Ellen Bresler at 454-7197, or look for me at the co-op on Saturday afternoons

Keep on Poppin', Poppin' Them Blues Away - Ellen Bresler

5 weeks of more advanced pop-ups and other paper engineering. We had fun last time so let's do it some more. Last season's Make Your Own Pop-Up Book class is not a prerequisite, however this class will suit students experienced in working with the materials, tools and techniques of basic paper engineering. (See listing for Introduction to Pop-ups workshop and consider taking that first.)

Cost: \$55 for the series (Includes a \$5 materials fee). Dates to be announced but it will tentatively be alternate Wednesday evenings here at the Co-op. Class size is limited and pre-registration is required. For more information call Ellen Bresler at 454-7197, or you can find me at Buffalo Mt. Co-op on Saturday afternoons.

Creation Liberation – Eliza Tabacco

We are all artists with unique modes of expression.... Sometimes we forget this.

Calling all beings out, with the help of spring inspiration for therapeutic afternoons of free expression and connection with the creative force.

What to bring – Paper, the larger the better, favorite art supplies, masking tape and drop cloth

What to leave behind – Your inner critic

Date – Sunday, June 3rd 3 – 5pm

Place – to be announced

Registration – Eliza 472-6352

Know Your Heartline – Kate Arnold

Have you always wondered about your heartline? No, it won't tell you when or who you will marry, but it will help you to understand your relationship style. In this overview, Kate will discuss and show examples of the 4 basic heartline types, as well as go over some of the basics of hand analysis, and explain the difference between this science and the more commonly know palmistry. Kate has read hundreds of hands, and is a certified hand analyst, having completed a year long certification course through the International Institute of Hand Analysis in Los Angeles, CA.

Date - Tuesday May 29th 7:30

Fee - \$10 or barter