

Greater Hardwick Community LEARNING EXCHANGE SPRING 2008

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 or Robin 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.

Française (French conversation)

Paule Bezaire

This workshop is offered to all community members that have suggested (and all others) that we have a French conversation group. This inclusive workshop will consist of simple [guided if necessary] conversation opportunities. We will gather in a non-hierarchic manner and converse. Conversation topics can be brought forth, if group deems helpful. [beginners are welcome if they are willing to "watch the movie without the subtitles"]. Paule is a native French Canadian who has lived [in French] 23 years of her life, in the multi-cultural city of Montreal. she now lives in Hardwick, Vermont, soon to be Wolcott. she raises her children bilingual and is hoping to support other French or French-to-be speakers.

Date: Monday or Tuesday evening, 5:30–7pm? every other week? or once a month, depending on the participants' wishes.

Place: To be determined by group.

Fee: free (unless materials are requested by participants)

Registration: pezbez3@yahoo.com, or 472-6034

LOVING KINDNESS: A Path with Heart

Maggie McGuire

Throughout our lives we long to love ourselves more deeply and to feel connected to others. Instead, we often contract, fear intimacy, and suffer a bewildering sense of separation. We crave love, yet we are lonely. Our delusion of being separate from one another, of being apart from all that is around us, gives rise to all this pain. Spiritual practice, by uprooting our personal mythologies of isolation, uncovers the radiant, joyful heart within each of us and manifests this radiance to the world. Practices that cultivate love, compassion, sympathetic joy, and equanimity move the heart out of isolating contraction into true connection. Course includes talks, guided meditations, experiential exercises, and discussion. Recommended reading: Sharon Salzberg *LOVING KINDNESS: The Revolutionary Art of Happiness* (books available onsite.) Maggie McGuire, psychologist, has been studying practicing meditation for over 30 years.

Date: 10 sessions, Wednesdays May 7–July 16, 5:30-7pm.

Place: Wellspring Mental Health and Wellness Center

Fee: Donation Registration: Contact

Maggie McGuire at mmcquire@vtlink.net

Yoga

Sophia Light Smith

Come to play and feel free as you experience yourself through yoga postures, meditation, and breath exercises. This moderately paced yoga class will blend active and restorative postures to promote strength, flexibility, and healing. Treat yourself to the ancient practices of yoga to cultivate peace of mind, rejuvenate your body, and nourish your spirit. All levels welcome! Sophia Light Smith is a certified yoga teacher, by the Yoga Alliance, with experience in Hatha, Ashtanga, and Anusaura styles of yoga.

Date: Every Thursday from 5:15-6:30pm.

Place: Room To Move, in Hardwick (next to Chinese restaurant).

Fee: \$10 for drop in, or \$50 for a 6 class pass, or trade equivalent

Registration: Sophia's contact: (cell) 802-224-6925 or email: sophialightsmith@gmail.com

Girls in Motion:

An experientially based therapeutic girls group
for 4th, 5th, & 6th grade girls.

Kary Bennett

Girls in Motion utilizes the therapeutic benefits of expressive arts and movement, and weaves this together with the psychotherapeutic process, to provide a rich opportunity for girls to develop both interpersonal and intrapersonal skills. A valuable form of psychotherapy, the group process facilitates insight and self awareness amongst peers, and provides peer feedback and support, which are essential to the change process. In addition, the group offers participants the chance to form close and rewarding relationships. Girls in Motion is intended for girls who could benefit from increased self-esteem, overcoming shyness, increased body awareness, learning to emotionally self-regulate, building trust, learning self-care, building respectful relationships, improving social skills, and improving communication skills. A brief initial interview with each participant's parents is required prior to beginning the group.

Kary Bennett, MA, CN, is a transpersonal psychotherapist who is excited to bring together her 15 years of combined experience in the fields of counseling, teaching, and movement, to offer this exciting opportunity for local girls.

Date: Thursday afternoons, May 8–June 12, 2:30-4:30pm.

Place: Wellspring Mental Health and Wellness Center.

Fee: \$20; Insurance Accepted.

Registration: Contact Kary Bennett at 472-6694 ext.5 or e-mail: kbennett@pshift.com.

Classes in Basic “Energy Medicine” Movements for Health

Janice Brandts, CEEMP

Energy Medicine is a new field with ancient roots. It builds not only on what is known in Western science and medicine, it also draws heavily from Eastern health practices and disciplines such as acupuncture, yoga and gi gong.

Learn how to keep yourself healthy and balanced with this 5-10 min. routine. Use basic Energy Medicine movements to rebalance your mind and body, facilitate healing and pain relief, improve memory and focus, increase vitality, experience joy!

Janice Brandts is a graduate of the two year Eden Energy Medicine Certification Program. She has been involved in Energy Medicine for about five years and has recently opened a practice called Peace Balance Energy Medicine.

Dates: May 10th and again on May 31st, beginning at 10am.

Place: The People Barn in Greensboro.

Fee: \$15

Registration: contact Janice @ 802-586-9990, please register in advance, limited class size.

Creative Writing Group

Sarah Houston

Do you write fiction? Are you thinking about a memoir—or have one under way? Creative Writing group forming. We'll meet alternate Thursdays beginning May 15 and go through June. Come to first meeting and we'll work out focus/dates together. Only requisite is desire to write and commitment to group after first meeting.

Date: Alternate Thursdays, May 15 through June 26, 6:30-8pm.

Place: Judevine Memorial Library, Hardwick.

Fee: Donation.

Registration: Sarah Houston at 472-6642 or email story@vtlink.net

Loving What Is: The Work of Byron Katie

Mary Young

This **Work** is a deeply transformative process that is helping people around the world approach their problems from a perspective of peace and clarity. It's radical, life changing, and it's simple: four questions that can open you to new ways of viewing life's stressful situations and relationships. Presented by Mary Young, Licensed Mental Health Counselor, practicing in the Hardwick area for 20 years. She is a Graduate of the School for The Work of Byron Katie and uses it daily in her life.

Date: Introductory Evening, no charge, Friday, May 16, 6:30-8:30pm Monday, May 19, 6:30-8:30pm and Friday, May 23, 6:30-8:30pm

Place: Wellspring, 39 Church St., Hardwick.

Fee: \$50 for 2 classes.

Registration: Please register in advance by phone or email: 533-2215, mwyoung@greensborovt.net

Aruvedic Cooking

Ginna Bourisseau

Learn to cook easy, healthy, (and most important) tasty meals while gaining understanding of the elements and the doshas of Ayurveda; the key to understanding your unique constitution and bringing the health of your body, mind and spirit into balance. Discover how easy it is to prepare healthy meals in 30–40 min's and how tasty it is as we eat what we have prepared.

We will use common kitchen spices as medicine, and gain a understanding of the 6 taste theory to bring balance to one's health. Class led by Ayurvedic Health Counselor, Ginna Bourisseau, Ayurvedic Diploma, Kalidas Sanskrit Univ, Nagpur, India.

Date: Sunday, May 18, 4-6:30pm.

Place: Buffalo Mtn. Co-op.

Fee: \$15

Registration: Call 472-3844 or 229-9539.

Beautiful Birth

Jennifer Thoma

Please join us for a presentation of inspirational natural birth videos including amazing footage of women birthing in the Black Sea. Following will be a discussion of birth options such as water birth, midwifery care and doula services. We must come together as a community and examine the ways in which mothers and fathers can create empowering birth experiences. Babies born and raised in trust and love and peace will grow to reflect those qualities back to the world.

Jennifer Thoma is a mother of two girls and lives in Hardwick. She has been a doula, providing labor support and postpartum care for five years.

Date: Sunday, May 18, 2-4pm.

Place: Buffalo Mountain School.

Fee: Free of Charge.

Registration: Jen at 371-8553.

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 20, at 7pm.

Place: Co-op Café.

Fee: \$10 or barter.

Registration: Kate at truthinhand@verizon.net,
or 472-3844

Allergies

Judy Jarvis

Come and learn homeopathic remedies, nutritional support and acupressure points to strengthen your system so allergies don't get the best of you this Spring and Summer. Judy Jarvis is a Homeopathic and Heilkunst practitioner. Heilkunst is a German word that means the art of making whole. Heilkunst looks at the energetic disturbance of the disease as well as the physical foundation of diet, sleep, exercise, stress levels and hydration.

Date: Thursday, May 22 at 7pm.

Place: Buffalo Mountain Co-op Café.

Fee: Free of Charge

Registration: Judy at 472-6169

Screening of "Stealing America Vote by Vote"

Followed by Discussion with Anne Hanson

Concerned about the myriad "irregularities" in the 2000 Presidential Election, in November 2004 I traveled from my home in Craftsbury to Palm Beach County, Florida to serve as an Election Protection Volunteer. I will briefly discuss my experience in Florida as an introduction to the film, then will show the 70-minute documentary Stealing America: Vote by Vote by Emmy-winning and Oscar-nominated filmmaker Dorothy Fadiman. This film is a thorough, concise, and essential exploration of the theft of the 2004 Presidential Election. Fadiman interviews numerous Americans across the political spectrum who are deeply worried about the legitimacy of the 2004 election, and the implications of stolen elections on our democratic system. The film also includes interviews with Election Protection Volunteers and others who monitored the '04 election, statisticians and pollsters who question the "official" results, as well as cuts from Jon Stewart's "The Daily Show," one of the few "mainstream" programs that raised questions about the legitimacy of that election. This film will anger, humor, and sadden you: most important, it will educate you and inspire you to take action. After the film we will discuss positive and concrete things we can do in our state and in our country to ensure that all citizens can vote, and that their votes count.

(Please note the Learning Exchange sponsored a showing of this film in February. I am dedicated to showing this movie in as many venues as I can prior to the November '08 election. Please call me if you would like to borrow the DVD, have ideas of where it should be shown, or if you would like to host a house party. Also check the Hardwick Gazette's "This Week" Calendar or Hardwick's on-line Community calendar for other screening dates!)

Date: Sunday, May 18, 7pm.

Place: Craftsbury Public Library, Craftsbury Common

Contact: Anne Hanson 586-8065

Say Seitan!

Kate Arnold

Seitan is a popular vegetarian meat substitute. It is derived from wheat flour and extracts the gluten which contains the protein portion of the grain. It's quite versatile and also easy to make. It does take some time to make, so getting together and making it in a group should be lots of fun. In this class we'll make a batch of seitan, then cook a dish to share and eat. I'll also bring some extra recipes for you to try at home.

Date: Tuesday, May 27, at 7pm.

Place: Coop Café

Fee: \$10, covers class and materials.

Beginning Beekeeping

Michael Gulick

The workshop will include a very informative video about bees and setting up a hive. There will be time for questions. Topics covered will include bee equipment, diseases, and how to get started. Weather permitting, we will visit a bee yard and examine a hive. Michael Gulick has kept bees for 20 years. He spent several winters working for a queen rearing company in Captain Cook, Hawaii.

Dates: Saturday, May 31, 12 noon-4pm,

Raindate: Saturday, June 7.

Place: Glover Library

Fee: none

Registration: Call or email to register. Michael will confirm the date and give you directions. Michael's email: wbfarm@ipwisp.net phone: 525-3800

HCTV Video Production Workshops

Meredith Holch

Hardwick Community Television is our local Public Access TV Station. It is an amazing resource, and we are offering sessions for anyone interested to get together and start making videos for broadcast! Together, the group will brainstorm ideas, go over use of camera and editing equipment, and produce a show. NO EXPERIENCE NECESSARY! The workshops will take place at the HCTV Station on the top floor of the Memorial Building.

Date: Preferred time and dates are Monday evenings, from June 2 to June 30, 6:30 to 8:30pm.

Fee: All sessions are free.

Registration: Call: 472-6655 or e-mail: hardwicktv@comcast.net to register or ask questions.

Hatha Yoga

Alicia Feltus

Enjoy yoga postures, self-massage, breathing practices and deep relaxation to calm and purify the body and mind. Experience increased energy, strength, flexibility and balance. Each class is taught to the beginner student, while engaging the more advanced student in deepening their practice.

Alicia Feltus is a Certified Integral Yoga Instructor and Foot Reflexologist. Alicia has been teaching classes and workshops since 1993.

Date: Monday, June 2-30, 5 week session, 6-7:30pm.

Place: Cabot School, Cabot

Fee: \$35, or \$7 class

Information: For more information, call Alicia at 563-3220.

Artist Critique Group

Heather Gray

Often time making art is a solitary, individual activity. Artists create alone and in isolation, without input nor suggestion. But in gathering together in critique meetings artists can show and share their work with other artists to get—and to give—input and insight; as a way to learn, grow, develop and evolve in one's work. They can explore the issues and problems in their artwork, engaging each other in open discussion of individual artistic goals. Artists can help each other develop, understand and explore their visions. And in this coming together, perhaps, begin in the grassroots building of personal artistic community.

Dates: Starting Tuesday, June 3, open discussion and input for future dates.

Place: To be announced.

Contact: 533-2507

Quick, Healthy, Affordable Cooking

Rachel Davey

It's possible!! With very little skill, time or money you can fill your body with nutritious food. You will leave this workshop with recipes and tips in hand and food in your belly. Come join Rachel, one of the Buffalo Mountain Café Coordinators for a tasty evening. Bring your favorite quick and easy recipe to share with the group. See you there!

Date: Friday, May 23, at 6pm.

Place: Buffalo Mountain School

Fee: \$10 or barter

Registration: Rachel Davey at 563-2250

How to Save Your Own Back

Kathy Jarrett

Come join a participatory workshop and explore ways to improve the health of your back and enjoy your body. Bring your questions and concerns. Kathy Jarrett is a certified Structural Integrationist and Accupressure massage therapist. She has been featured in Yankee magazine and has maintained a busy practice in Craftsbury VT, where she lives, for many years.

Date: Tuesday, June 17, 7pm.

Place: Buffalo Mountain School.

Fee: \$10.

Registration: Kathy at 586-7785

Drum and Sing to Welcome the Summer Solstice

Miles Sherts

Join us for an evening of hand drumming, music making and singing at Sky Meadow Retreat in Stannard. We will gather around a small fire, in the beautiful dance pavilion, or on top of the hill overlooking the green mountains, watching the sunset (depending on the weather). We will drum and make music with percussion, acoustical instruments, and our voices. Several simple song/chants will be introduced for the group to improvise with. No experience necessary. Bring drums, instruments, voices and simple songs we can all learn.

Date: Friday, June 20, 7:00-9:00pm.

Place: Sky Meadow Retreat in Stannard

Fee: Free of Charge.

Registration: Reservations required: 533-2505 or
miles@skymeadowtreat.com

Learning the Rudiments of the (Western) Abenaki Language

E. George Peskunck" Larrabee

The student will be given instruction into the basics of Aln8biawi, the Native American language that was spoken in (what is now) Vermont for thousands of years before this land was occupied by the forebears of the present English-speaking population. The Native people's speech, of the Algonquian linguistic family, was obliterated to such an extent that even the present members of the O'banakiak ("Abenaki") nation in Vermont do not speak it any longer, except for a few words here and there. The utility of learning (at least the rudiments) of this language may essentially be a moral one, that of assisting the genocidically traduced tongue from being completely rendered a dead language.

E. George Peskunck" Larrabee, a member of the O'banaki/S8kokiak Nation of Mississiquoi, will give students a compilation of extant language sources and include the showing of students various Abanaki or Abanaki-related tools, items and "artifacts" that he has made or collected.

**Date: To be arranged based on the best time
for most.**

Place: At Gagnon's Video Store (when open)
in Hardwick, at the student's residence, or
tali nodagakigamid'i l8badamu8gan al8miui
Abaziaguankahodo—at the instructor's home-place
in Woodbury.

Fee: \$10 (kids under 12 free)

Registration: 472-3065

Vermont Yankee Truth Tour The reality behind the "Clean and Green" Façade—Native Americans show the truth behind the rhetoric

Lorraine Rekmans, of Ojibway-French descent, is from Elliot Lake, Ontario, a former uranium mine boom town. Ian Zabarte, a member of the Western Shoshone Nation, is from Yucca Mountain, the site of America's proposed high-level nuclear waste repository. They will appear at a series of community forums throughout Vermont, including one co-sponsored by the Learning Exchange, at the GRACE Building in Hardwick on Thursday May 8th at 7PM, to talk about the impact of the nuclear industry on their communities. Both Rekmans and Zabarte have experienced cancer-related deaths among friends and family, and environmental damage in their communities they claim results from exposure to the nuclear fuel-cycle. With the Vermont Legislature poised to take up the request by Entergy, Vermont Yankee for a 20-year extension of the Vernon nuclear reactor's license in the next legislative session, a look at the wider impact of this facility's continued operation is timely. Chris Williams, of Hancock, an organizer of the tour, states that "Vermonters considering the license extension need to hear about and understand that poor, rural, Native Americans and people of color are being subjected to nuclear exploitation through the uranium mining practices and radioactive waste storage practices for which no environmentally sound alternatives exist"

Lorraine Rekmans, was born in Elliot Lake, Ontario, a city which was formerly surrounded by uranium mines in which most of her family worked. "Many of us have been silent for a long time. We have been told to be quiet because we do not know all the details of the scientific information possessed by the experts."

Since the boom years of uranium mining in the 1970s, tailings from the mines have rendered lake water undrinkable, and contaminated fish and game. Rekmans has had five close friends from the region around Elliot Lake contract brain cancer. "What has happened?" she asks. "The poisons that seep into our water system and the tailings dust in the air around us will kill us slowly and silently."

Lorraine is a member of the Serpent River First Nation. As the former Executive Director of the National Aboriginal Forestry Association (NAFA), Lorraine worked on national and international forest policy. Lorraine published an aboriginal newspaper in Northern Ontario, and has also worked as a reporter at the Elliot Lake Standard.

Ian Zabarte lives in the Yucca Mountain region of Nevada, where the proposed high-level nuclear waste storage facility has prompted statewide opposition, especially in light of Nevada residents' health impacts as host to the Nevada Nuclear Test Site.

He states, "We are fighting for our lands, which is the essence of who we are. We know these lands, the mountains bear the figures of our greatest chiefs, the valleys contain the foods that have sustained our people for 10,000 years. These lands contain the patterns and lifeways which our people need to carry on our traditions, much like DNA carries the messages of the human body. If these lands are uninhabitably destroyed, we have nowhere to go, no reason to go on. We cannot discover some other land to inhabit. Our culture and tradition dictate that we remain within our traditional homelands as caretakers. This is our responsibility."

The Truth Tour will be visiting Vermont from May 6th through 12th. For more information on other stops, visit <http://www.nukebusters.org/> or www.vyda.org. All are most welcome and encouraged to participate in these important presentations. The tour is also sponsored by the Vermont Yankee Decommissioning Alliance and the Citizen's Awareness Network.

Date: Thursday, May 8, at 7pm.

Place: GRACE Building, across from the Post Office
in Hardwick

Fee: Free of Charge.

Registration: Robin Cappuccino at 533-2296

Class Calendar

MAY 2008						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7 ☯ Loving Kindness On-going	8 ☯ Girls in Motion On-going	9	10 ☯ Energy Medicine
11	12	13	14 ☯ Loving Kindness On-going	15 ☯ Yoga w/Sophia ☯ Girls in Motion ☯ Creative Writing	16 ☯ Loving What Is	17
18 ☯ Beautiful Birth ☯ Aruvedic Cooking ☯ Stealing America Vote by Vote	19 ☯ Loving What Is	20 ☯ Know Your Heartline	21 ☯ Loving Kindness On-going	22 ☯ Yoga w/Sophia ☯ Girls in Motion ☯ Allergies	23 ☯ Loving What Is ☯ Quick, Healthy Affordable Cooking	24
25	26	27 ☯ Say Seitan!	28 ☯ Loving Kindness On-going	29 ☯ Yoga w/Sophia ☯ Girls in Motion ☯ Creative Writing	30	31 ☯ Energy Medicine ☯ Beginning Beekeeping

JUNE 2008						
S	M	T	W	T	F	S
1	2 ☯ HCTV Video Production ☯ Hatha Yoga	3 ☯ Artist Critique Group	4 ☯ Loving Kindness On-going	5 ☯ Yoga w/Sophia ☯ Girls in Motion	6	7
8	9 ☯ HCTV Video Production ☯ Hatha Yoga	10 ☯ Artist Critique Group	11 ☯ Loving Kindness On-going	12 ☯ Yoga w/Sophia ☯ Girls in Motion ☯ Creative Writing	13	14
15	16 ☯ HCTV Video Production ☯ Hatha Yoga	17 ☯ Artist Critique Group	18 ☯ Loving Kindness On-going	19 ☯ Yoga w/ Sophia	20 ☯ Welcome the Summer Solstice	21
22	23 ☯ HCTV Video Production ☯ Hatha Yoga	24 ☯ Artist Critique Group	25 ☯ Loving Kindness On-going	26 ☯ Yoga w/ Sophia ☯ Creative Writing	27	28
29	30 ☯ HCTV Video Production ☯ Hatha Yoga					