

# Greater Hardwick Community LEARNING EXCHANGE <sup>WINTER</sup> 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. You can also register for workshops by signing up on the clip-board opposite the front counter at the co-op. Or you can call the registration person listed with each workshop. 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.

## Hemp in Hardwick! Rural Vermont

Rural Vermont is hosting an event featuring Representative David Monson—a farmer, house representative, and one of the first applicants for an industrial hemp-growing license in North Dakota—and North Dakota Agriculture Commissioner Roger Johnson. Join us for a film screening of *Hemp and the Rule of Law* followed by a presentation and discussion led by Rep. Monson and Johnson. Come learn more about Rural Vermont's Hemp for Vermont Campaign, and how you can help pass H.267, a bill that would legalize industrial hemp in our state. *Hemp and the Rule of Law* is a documentary that blends history with current events, traces hemp's legendary past in US agriculture, and chronicles the heated debate to return the crop to American farmers. In the last decade of the twentieth century, consumer demand for hemp products has resulted in the crop's resurgence on farms throughout the western world. A decade after the crop's revival in other parts of the world, American farmers are still fighting for the right to grow this profitable and common sense crop.

**Date: Monday, January 21, 6:30–8:30pm.**

Place: Buffalo Mountain School.

Suggested Donation: \$5–\$10 *No one turned away for lack of funds.*

For more info: Rural Vermont at 223-7222, or [www.ruralvermont.org](http://www.ruralvermont.org)

## Traditional Singing, Drumming, and Dancing

RoseMary Wereley

Gather in Circle, practice and learn some Traditional and other uplifting Songs. Sing, Drum, Dance and consciously connect our Heartbeat to the Heartbeat of Mother Earth, to each other and All Our Relations. All ages welcome. You may bring a handheld Drum if you have one.

RoseMary Wereley has been learning, singing and teaching Traditional Songs in the area and beyond and has participated in Ceremonies and Gatherings near and far for more than a decade. Singing the Songs and passing them along is important to keep them alive. They lift our Spirits!

(Women/Girls: skirts are requested to Honor the Grandmothers.) Please also call if you have interest in a Saturday afternoon Boys Drumming on Pow-wow style Peace Drum (ages approx. 7–13).

**Date: January 20, February 10, and March 16, 3–5:30pm.**

Place: People's Barn, Greensboro.

Requested Donation: \$3–5 for use of the People's Barn (if you are able).

Information: contact RoseMary 586-9912 or [rose@spiritwheel.com](mailto:rose@spiritwheel.com)

## AWARE Teen Group

AWARE (Aid to Women, Men and Children in Abuse and Rape Emergencies) has sponsored Teen Groups in the area for over a decade. The meetings are open to all teenage girls (12–18 years old). The program includes healthy snacks, outings, slumber parties, public awareness campaigns, legislative activism, and weekly activities to increase awareness, learn safety skills, understand healthy and unhealthy relationships, and generally raise self-esteem. Homeschoolers are encouraged to attend.

**Time and Place: Cabot Teen Group meets at Cabot H. S. on Tuesdays from 2:50–4:20pm.**

**Hardwick Teen Group meets at Hazen Union on Wednesdays from 2:30–4:00pm.**

**Walden Teen Group meets on Thursdays at Walden School from 2:45–4:15pm.**

Information: For more information please call Amy at AWARE: 472-6463.

## Vt Earth Institute's Global Warming: Changing Course

Sponsored by the Hardwick  
Energy Action Resource Team

A four-week reading and discussion course co-sponsored by the Jeudevine Memorial Library. The sessions are as follows:

**Session One:** Off Course—Communities around the world are experiencing the effects of global warming. This session explores personal responses to climate change and why society has been slow to respond.

**Session Two:** Collision Course—To better understand the complexities of global warming, this session breaks down the history and science of global climate change, and identifies our participation in this ecological crisis.

**Session Three:** Changing Course—Although global warming is a daunting issue, there are accessible and significant actions we can all take. This session explores new strategies for addressing climate change and considers personal action to mitigate the effects of global warming.

**Session Four:** Setting a New Course—What will it take to create a sustainable future? Explore our individual and collective power to shape an effective response to climate change, enabling future generations to meet their needs.

**Date:** 4 Tuesday evenings, January 22 thru February 12, from 7–8:30pm.

Place: The Jeudevine Memorial Library.

Fee: \$15 for Course Readings Book.

Registration: Call the Jeudevine Library at 472-5968.

## Will the 2008 Elections Save Us? Film Series

In the recent New York Times bestseller, "The End of America: Letter of Warning to a Young Patriot," author and activist Naomi Wolf explores "ten classic steps dictators or would-be dictators take when they wish to close down an open society. Each of those ten steps is underway in the United States today." (book jacket excerpt) Wolf's thesis will serve as a frame for this two-part movie series, each with a double feature, where we will view some recent documentaries exploring the themes germane for the move from democracy to dictatorship. At the end of the two movies each day, we will discuss the films we have viewed and brainstorm positive actions we as citizens can take. Wholesome baked goods will assist us in confronting these weighty themes.

**Part I: Elections:** *Stealing Elections, Vote by Vote*, by Dorothy Fadiman (70 minutes)—this movie interviews voters, election officials, writers and experts who have followed election theft, focusing on Ohio in the 2004 election. At 3:15 we begin our second film *Electile Dysfunction*, a 55-minute "lively montage style" investigative documentary film by Penny Little, exploring the story behind the scenes of the November 2004 election problems, including the use of electronic voting machines, disenfranchisement of voters, fraud, and exit poll manipulation. Refreshments provided.

**Date:** Sunday, January 27, 2pm.

Place: St. John Episcopal Church, Hardwick.

Information: Anne Hanson at 586-8065.

**Part II: Democracy:** Aaron Russo's documentary, *America: Freedom to Fascism* is our first movie of the day. Adapting a similar frame to ours for this series, Russo examines the erosion of civil liberties in America, looking first at historic events such as the creation of the Federal Reserve and federal income tax system, to more contemporary circumstances, ending with a projection of how a national ID card could bring us to the "Big Brother" society Orwell warned us about. Our second film, (beginning at approx 4pm) *A Patriot Act*, by author and academic Mark Crispin Miller, explores the effort underway to systematically subvert the U. S. Constitution and replace this foundation for American Democracy with religious values. Refreshments provided.

**Date:** Sunday, February 24, 2pm.

Place: St. John The Baptist Episcopal Church, Hardwick.

Fee: Free of Charge.

Information: Anne Hanson at 586-8065.

## Loving What Is: The Work of Byron Katie Mary Young

It is not our experiences that cause suffering, but rather the way we *think* about them. Our constant judgments of ourselves and others—along with the stories we tell ourselves to justify these judgments—keep us imprisoned in pain and suffering.

*The Work* is a simple yet powerful method of self inquiry. By questioning our judgments of others and turning them around, we find the path to our own freedom and happiness. There is nothing to learn, nothing to study, just bring yourself and your open mind. Once the mind opens, the heart naturally follows and they meet in truth. It's a beautiful process!

Mary Young is a 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.

**Introductory Meeting no charge:** Monday, January 28,  
6:30–8:30pm.

**Date:** 4 Classes, Mondays, February 4, 11, 18, 25,  
6:30–8:30pm.

Place: Wellspring, 39 Church St., Hardwick, VT.

Fee: \$100 for the series.

Registration: *Please register in advance:* 802.533.2215 or  
mwyoung@greensborovt.net

## RADICAL ACCEPTANCE: Buddhist Practices That Heal Fear and Shame Maggie McGuire

One of the deepest forms of suffering in our culture is the pain of believing that "something is wrong with me." Feeling that we are continually falling short is like a toxic gas that we breathe, making it difficult to be truly intimate with others and at home in our own body, heart, and mind. Radical acceptance is the capacity to see clearly what is happening in the moment and to accept it with love. We will explore the Buddhist practices of mindfulness and compassion that cultivate acceptance, allowing us to genuinely embrace ourselves and

each other: include talks, guided meditations, experiential exercises, and discussion. Optional brief yoga class precedes meditation. Recommended reading: Tara Brach *Radical Acceptance: Embracing Your Life with the Heart of a Buddha*. Maggie McGuire, psychologist, has been studying practicing meditation for over 30 years.

**Time: Wednesdays, January 30 thru March 12 (7 weeks)**

**Meditation Class 5:30–7pm,**

**Brief Yoga Class 5–5:30pm (Optional).**

Place: Wellspring Mental Health and Wellness Center.

Fee: Donation.

Registration: Contact Maggie McGuire by email:

[mmcguire@vtlink.net](mailto:mmcguire@vtlink.net)

## In the Heart of the Wound is Found Healing:

A Therapeutic Group for Adults Recovering from  
Traumatic Stress & Disturbed Attachment

Maggie McGuire, Ph.D.

Traumatic stress and early attachment disturbances occur when a person is overwhelmed by experiences and is unable to process or assimilate the various responses. Failure to integrate the experience results in a wide variety of adult relational problems and disconnections in body, mind and spirit. Healing is a process that brings awareness to those parts of our bodymind where awareness has been withdrawn and a deadness has been left behind, re-entering with softness, mercy, and safety, bringing oneself more fully into life. Building on basic bodymind healing practices, we will incorporate meditation, imagery, hypnotherapy, sensory awareness and movement, sounding and drawing, and writing and storytelling to awaken our deepest desires and tap our inner and outer resources for healing. A brief initial interview with each participant prior to beginning the group is required. Maggie McGuire, Ph.D., is somatic psychologist and long time meditator.

**Date: Tuesdays, January 29 thru April 29.**

**6:30–8pm (12 weeks).**

Place: Wellspring Mental Health and Wellness Center.

Fee: \$40 Insurance Accepted.

Registration: Contact Maggie McGuire by email:

[mmcguire@vtlink.net](mailto:mmcguire@vtlink.net)

## Slow Irish Traditional Music Jamm session

Jamie Klaristenfeld

I would also like to offer a group Slow Irish Trad. music Jamm session. This would be an opportunity for people to play together in the Pub tradition without the anxiety of competing with hotshot fast aggressive players.

**Time: Monday Nights starting February 4, 7:30pm.**

Place: Buffalo Mountain Co-op Café. Fee: Donation.

Registration: my email address: [jamielgreenman@yahoo.com](mailto:jamielgreenman@yahoo.com)

## Indoor Composting with Redworms

Lynette Courtney and Carol Schminke

Repeated by popular demand! If you've missed it before, here is another opportunity to visit the worm farm and find out how indoor composting with redworms can be the solution to your kitchen waste problems! Let "The Wacky Worm Sisters" of Down To Earth Worm Farm educate and entertain you while revealing secrets for successful worm bin maintenance and sharing the benefits that producing worm castings will have for your garden and potted plants. The workshop is free and children are welcome.

**Time: Saturday, February 2, 10 am–noon.**

Place: New Leaf Designs Eclectic Nursery/Down To Earth

Worm Farm of VT, 281 The Bend Road, Greensboro

Bend, VT (across from St Michael's Church).

Registration: Please register by calling 533-9836 or

[newleaf@vtlink.net](mailto:newleaf@vtlink.net)

## Direct Awareness Meditation

Miles Sherts

This workshop introduces a simple tool for strengthening awareness of our present moment experience. It is based on a practice called Vipassana or Insight Meditation that was taught by the Buddha 2,500 years ago. This practice focuses our attention on the sensations of breathing as a reference point to assist in gently releasing thoughts of the past or future. It is used to cultivate presence, inner peace, contentment, and joy. This kind of meditation does not require religious belief or ritual, and can be done sitting on the floor, chair, or bench.

Miles has practiced Buddhist Insight Meditation since 1976, and led workshops and retreats since 1998. His teaching emphasizes present moment experience, rather than formal doctrine or theory.

**Time: First Sundays: February 3, March 2, and April 6,  
6:30–8:00p.m.**

Place: At Sky Meadow Retreat in Stannard, [www.SkyMeadowRetreat.com](http://www.SkyMeadowRetreat.com)

SkyMeadowRetreat.com Fee: No Fee .

Registration: Call or e-mail to register (required) 533-

2505or [miles@skymeadowretreat.com](mailto:miles@skymeadowretreat.com)

## "Peaceflix"

Constant Grace Stillwater

You are heartily invited to view video presentations of the message of Prem Rawat. Prem Rawat, also known as Maharaji, speaks with his refreshingly unique perspective of life about inner contentment and peace and the knowledge of the self that he offers. Free of charge at the "People's Barn" in Greensboro Sunday afternoons (with a few exceptions).

**Time: Sundays, February 3, 17, 24 March 9, 23, 30**

April 6, 13, 27. The events start at 3 pm promptly and last approx. 1 ½ hrs.

Place: People's Barn, Greensboro, VT. Fee: No Fee

## Children's/Teen's Dance Classes

Leona Stein

I am happy to be offering another session of dance classes this winter. The classes are inspired by the training method developed by Gertrude Bodenwieser, a great Austrian modern-dance artist. Students will acquire fundamental dance and rhythmic skills in an easy and developmentally appropriate way, which is beneficial to the body, mind, and I hope, the spirit.

**Time: Classes begin on Thursday, February 7, and run through mid-March. Classes are offered Thursday pm, and Friday and Saturday am.**

Registration: For details and registration call Leona at 533-2296.

## Anti-Racism Study Circle

Robert Appel

This series of 6 weekly-facilitated sessions will use a discussion guide to explore issues related to race and racism. "Study Circles" is an established process that convenes a series of guided discussions that bring 8–10 people together weekly to discuss racism and issues of race. Some of the comments received from local participants in past rounds of Study Circles include: "eye opening;" "life changing;" "new friends;" "a fount of hope;" "led to meaningful action;" and, "I learned the most about kids and the support they need in schools."

Robert Appel, the Executive Director of the Vermont Human Rights Commission, has facilitated numerous such workshops in the Central Vermont area, and has been working on overcoming racism in general for many years. Workshop will be limited to 8 to 10 participants, so register early.

**Time: 6 consecutive Wednesdays, beginning February 6, from 6–8:15pm.**

Place: Buffalo Mountain School. Fee: Free of charge.

Registration: Robert Appel at 828-2482 or 1-800-416-8844 during the day, or evenings at 456-8844.

## Conscious Communication

Miles Sherts

In this workshop we will learn how to become aware of our unconscious communication habits, and how they may affect our relationships. Simple skills will be introduced and practiced which enable us to listen to another person without judgment, and express our feelings and needs without blame. These skills help us communicate our immediate experience and enable greater intimacy with other people. They are especially useful to stay connected to another person when there is tension or conflict in the relationship.

**Time: Second Sundays, February 10, March 9, April 13, 6:30–8pm.**

Place: Sky Meadow Retreat in Stannard, [www.SkyMeadowRetreat.com](http://www.SkyMeadowRetreat.com)

Fee: No Fee.

Registration: Call or e-mail to register (required) 533-2505 or [miles@skymeadowretreat.com](mailto:miles@skymeadowretreat.com)

## SICKO

Followed by Discussion with Dr. Deb Richter

*SICKO* compares the highly profitable American health care industry to other nations. It takes aim at America's healthcare system by contrasting the horror stories of patients mistreated by insurance companies domestically with the benefits of medical care enjoyed by citizens of such countries as Canada, France, England and Cuba.

Dr. Deb Richter practices family medicine in Cambridge, VT and is a longtime advocate for universal health care. Dr. Richter serves as president of Vermont Health Care for All, an organization that educates the Vermont community about the structure and features of universal health care systems.

**Time: Sunday, February 10, at 2pm.**

Place: St John The Baptist Episcopal Church.

Fee: Free of Charge.

## Happy, Healthy Houseplants

Lynette Courtney and Carol Schminke

Before becoming "The Wacky Worm Sisters" of Vermont, we were each known as "The Plant Lady" in the corporate buildings where we cared for interior 'plantscapes' years ago. Taking an organic approach to houseplant maintenance, we'll discuss how light, water, temperature, nutrition, soil, sanitation all affect your plants' health and well-being. Plenty of time for questions! There will be an interesting offering of plants for sale after we're through, as well as our nutrient-rich worm castings. The workshop is free and children are welcome.

**Time: Saturday, February 23, 10am–noon.**

Place: New Leaf Designs Eclectic Nursery/Down

To Earth Worm Farm of VT, 281 The Bend Road Greensboro Bend, VT (across from St Michael's Church).

Registration: Please register by calling 533-9836 or [newleaf@vtlink.net](mailto:newleaf@vtlink.net)

## Homeopathic Care and other Home Remedies for Your Health

Judy Jarvis

Choosing the right homeopathic remedy can be confusing for coughs, colds, sinus infections and sore throats. Come and get some insight in how to distinguish and learn which remedies are helpful in the beginning stages and which ones help when you illness is dragging on. Learn other home remedies that are helpful for warding off viruses and bacteria before they have a chance to knock you down or bring relief once they have the best of you. Please bring your questions and your favorite home remedies to share.

Judy Jarvis is a Homeopathic and Heilkunst practitioner.

**Time: Thursday, February 21, at 7pm.**

Place: Co-op Café.

Fee: Free of charge.

## Instrumental Lessons

Jamie Klaristenfeld

I'd like to offer music lessons on the following instruments: 1-Guitar (Beginning Rock and Roll, Classical guitar, Celtic fingerstyle and flatpicking). 2-Fiddle (Irish Traditional) 3-Flute (Irish wooden flute) 4-Mandolin (Irish traditional music) 5-Tenor Banjo (Irish traditional music). Instrumental lessons will work best on an individual basis, though I'm open to group lessons if folks want it that way. (Group lessons would be lower in fee for the individual.) Folks need an instrument of their own for classes.

**Time and Place: to be arranged with participants.**

Fee: \$15 for a 1.5 hour session; willing to consider barter.

Registration: my email address: jamiegreenman@yahoo.com

## Health, Beauty, and Strength with Nourishing Traditional Diets

Heartbeat Lifesharing

We will be watching the 5-hour lecture series on nutrition by Sally Fallon based on her cookbook, *Nourishing Traditions*. Her work was inspired by the research of Dr. Weston Price. The information on the DVDs includes the importance of animal fats in our diets, health benefits of raw dairy, how to prepare grains and legumes, benefits of lacto-fermented foods, and much more. Come watch the nutrition lecture with us in 70 minute increments!

**Time: all Wednesdays in March (5,12,19,26) at 7pm.**

Place: Heartbeat Lifesharing, Kaspar House, Hardwick.

Fee: Free of charge.

Registration: Call for info, or to registrator Kara Fitzgerald at 472-5598.

## Voices From Chernobyl— A Readers Theater Play

The play was adapted by Spencer Smith of Burlington, now teaching in Belarus, from the book, *Voices from Chernobyl, The Oral History of a Nuclear Disaster*, by Svetlana Alexievich, a Ukrainian journalist who collected interviews in the early 1990's of people who had survived the disaster. Alexievich subsequently died of cancer because of exposure to the Chernobyl radiation. The play consists of six actors and a narrator, using the actual words of the survivors of Chernobyl: nuclear scientists, the widow of a soldier who contained the fire, and a parent of a child affected. They are Mary Wheeler and Elizabeth Wilcox, Bob Belenky, Roman Kokodyniak, Ben Scotch, and Lea Wood. Radioactive fallout from that disaster of April 26, 1986 traveled world-wide and contaminated the milk of Vermont cows.

After the 45-minute performance the audience and players will discuss the meaning of Chernobyl for Vermonters as we consider whether Vermont Yankee should be relicensed.

**Time: Sunday, March 30, at 2pm.**

Place: St John the Baptist Episcopal Church, Hardwick.

Fee: Free of charge.

## *Crude Awakening: Oil Crash*

Energy, Costs and You:

### Understanding Current Energy Issues

Join HEART (Hardwick Energy Action Resource Team) to view the movie *Crude Awakening: Oil Crash* followed by a discussion. There will be folks to facilitate the discussion and answer questions, as well as informational exhibits and demonstrations to help you save money and energy. CFL bulbs will be available as fundraiser for students. *Crude Awakening: Oil Crash*, produced and directed by award-winning European journalists and filmmakers Basil Gelpke and Ray McCormack, tells the story of how our civilization's addiction to oil puts it on a collision course with geology. Compelling, intelligent, and highly entertaining, this 90 minute documentary film visits with the world's top experts and comes to a startling, but logical conclusion—our industrial society, built on cheap and readily available oil, must be completely re-imagined and overhauled. The film includes in-depth, thought-provoking interviews and provides not only questions, but possible solutions to the most perplexing and important economic, environmental and public policy issue of our time.

**Time: Sunday, March 9, 2pm.**

Place: St John The Baptist Episcopal Church, Hardwick.

Fee: Free of charge.

Information: Call Nancy Notterman at 472-6185.

## *Sir! No Sir!*

Followed by Discussion with Matt Howard

*Sir! No Sir!* Tells the long suppressed story of the GI movement to end the war in Vietnam. This is the story of one of the most vibrant and widespread upheavals of the 1960's—one that had a profound impact on American society yet has been virtually obliterated from the collective memory of that time.

This movement of active duty GI resistance is exactly where Iraq Veterans Against the War is focusing their efforts today. Because at the end of the day, without military support for the occupation, this war cannot be waged. The military establishment is well aware of this, which is why the history uncovered in this groundbreaking film is so dangerous to the powers that be.

Matt Howard spent four years with the United States Marine Corps and was deployed twice to the Middle East for 'Operation Iraqi Freedom'. He now works as the Youth Empowerment and Military Education Project coordinator for the American Friends Service Committee and is an active member of the Vermont chapter of Iraq Veterans Against the War.

**Time: April 13, at 2pm.**

Place: St John The Baptist Episcopal Church, Hardwick.

Fee: Free of charge.

# Learning 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 *W8banakiak* ("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 *W8banaki/S8kokiak* Nation of Missisquoi, will include instruction by way of showing students various *W8banaki* (or *W8banaki/Algonquin*-related) tools, items and "artifacts" that he has made or collected.

**Time:** to be arranged based on best time for most.

Fee: \$10.

Place: Woodbury.

Registration: Call 472-3065.

## Class Calendar

| JANUARY 2008                   |                            |   |  |   |    |    |
|--------------------------------|----------------------------|---|--|---|----|----|
| S                              | M                          | T   | W  | T   | F  | S  |
|                                |                            | 1   | 2  | 3   | 4  | 5  |
| 6                              | 7                          | 8   | 9  | 10  | 11 | 12 |
| 13                             | 14                         | 15<br>☛On-going<br>AWARE Teen<br>Group at<br>Cabot H.S. | 16<br>☛On-going<br>AWARE Teen<br>Group at<br>Hazen Union | 17<br>☛On-going<br>AWARE Teen<br>Group at<br>Walden Sch.. | 18 | 19 |
| 20<br>☛Traditional<br>Singing  | 21<br>☛Hemp in<br>Hardwick | 22<br>☛Changing<br>Course                               | 23   | 24  | 25 | 26 |
| 27<br>☛Election<br>Film Series | 28<br>☛Loving<br>What Is   | 29<br>☛Changing<br>Course<br>☛In the Heart              | 30<br>☛Radical<br>Acceptance                             | 31  |    |    |

| FEBRUARY 2008                                     |  |  |  |   |                         |   |
|---|--|--|--|---|-------------------------|---|
| S   | M  | T  | W  | T   | F                       | S   |
|   |  |  |  |   | 1                       | 2<br>☛Indoor<br>Composting                        |
| 3<br>☛Direct<br>Aware. Med.<br>☛Peaceflix         | 4<br>☛Loving<br>What Is<br>☛Irish Jamm<br>Session  | 5<br>☛Changing<br>Course<br>☛In the Heart  | 6<br>☛Radical<br>Acceptance<br>☛Anti-Racism  | 7<br>☛Dance<br>Classes                            | 8<br>☛Dance<br>Classes  | 9<br>☛Dance<br>Classes                            |
| 10<br>☛Trad. Sing<br>☛Sicko<br>☛Conscious<br>Com. | 11<br>☛Loving<br>What Is<br>☛Irish Jamm<br>Session | 12<br>☛Changing<br>Course<br>☛In the Heart | 13<br>☛Radical<br>Acceptance<br>☛Anti-Racism | 14<br>☛Dance<br>Classes                           | 15<br>☛Dance<br>Classes | 16<br>☛Dance<br>Classes                           |
| 17<br>☛Peaceflix                                  | 18<br>☛Loving<br>What Is<br>☛Irish Jamm<br>Session | 19<br>☛In the Heart                        | 20<br>☛Radical<br>Acceptance<br>☛Anti-Racism | 21<br>☛Homeo-<br>pathic Care<br>☛Dance<br>Classes | 22<br>☛Dance<br>Classes | 23<br>☛Happy,<br>Houseplants<br>☛Dance<br>Classes |
| 24<br>☛Election<br>Film Series<br>☛Peaceflix      | 25<br>☛Loving<br>What Is<br>☛Irish Jamm<br>Session | 26<br>☛In the Heart                        | 27<br>☛Radical<br>Acceptance<br>☛Anti-Racism | 28<br>☛Dance<br>Classes                           | 29<br>☛Dance<br>Classes |   |

| MARCH 2008  |                              |                     |  |                         |                         |                          |
|---|------------------------------|---------------------|--|-------------------------|-------------------------|--------------------------|
| S   | M                            | T                   | W  | T                       | F                       | S                        |
| 2<br>☛Direct<br>Aware. Med.                           | 3<br>☛Irish Jamm<br>Session  | 4<br>☛In the Heart  | 5<br>☛Rad. Accept.<br>☛Anti-Racism<br>☛Traditional<br>Diets  | 6<br>☛Dance<br>Classes  | 7<br>☛Dance<br>Classes  | 1/8<br>☛Dance<br>Classes |
| 9<br>☛Peaceflix<br>☛Cons. Com.<br>☛Crude<br>Awake.ing | 10<br>☛Irish Jamm<br>Session | 11<br>☛In the Heart | 12<br>☛Rad. Accept.<br>☛Anti-Racism<br>☛Traditional<br>Diets | 13<br>☛Dance<br>Classes | 14<br>☛Dance<br>Classes | 15<br>☛Dance<br>Classes  |
| 16<br>☛Traditional<br>Singing                         | 17<br>☛Irish Jamm<br>Session | 18<br>☛In the Heart | 19<br>☛Traditional<br>Diets                                  | 20                      | 21                      | 22                       |
| 23<br>☛Peaceflix                                      | 24<br>☛Irish Jamm<br>Session | 25<br>☛In the Heart | 26<br>☛Traditional<br>Diets                                  | 27                      | 28                      | 29                       |
| 30<br>☛Peaceflix<br>☛Voices from<br>Chernobyl         | 31<br>☛Irish Jamm<br>Session |                     |  |                         |                         |                          |

| APRIL 2008  |    |                     |    |    |    |    |
|---|----|---------------------|----|----|----|----|
| S   | M  | T                   | W  | T  | F  | S  |
|   |    | 1<br>☛In the Heart  | 2  | 3  | 4  | 5  |
| 6<br>☛Direct<br>Aware. Med.<br>☛Peaceflix               | 7  | 8<br>☛In the Heart  | 9  | 10 | 11 | 12 |
| 13<br>☛Peaceflix<br>☛Conscious<br>Com.<br>☛Sir! No Sir! | 14 | 15<br>☛In the Heart | 16 | 17 | 18 | 19 |
| 20  | 21 | 22<br>☛In the Heart | 23 | 24 | 25 | 26 |
| 27<br>☛Peaceflix  | 28 | 29<br>☛In the Heart | 30 |    |    |    |