

Recycled Holiday Cards

Angelique Challan

Making your own cards can be a thrifty way to express your feelings while being creative and re-using all that paper. Students should bring wrapping paper, junk mail, old cards, or any other material they would like to incorporate (beads, buttons, ribbon, string . . .) use your imagination! Cards envelopes, adhesives and some papers will be provided. Students will also have access to crimpers, scissors, rubber stamps and other tools. Ages 7–107 welcome. Students will have the opportunity to create 6–12 cards. Angelique has a degree in Art and has taught art and crafts to adults and children for ten years.

Time: Monday, November 5, 3–6pm

Place: St John's Episcopal Church, Hardwick

Fee: \$10 materials fee

Registration: Angelique 533-9272

Kawhodw8gan Negatsidin nspi Aln8biawi -Acquiring Familiarity with the Ordinary People's Speech—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. 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. Words that are derived from Aln8biawi or related Algonquin speech that have survived and have been incorporated into Anglo-American speech.

However, the survival of these few words as incorporated into present-day "Anglo" speech afford a "handle" by which the instructor can teach the student other Aln8biawi words- viz., "wigwam," from wigwa, "pieces of (bark)," lodge, leads the scholar to wigwaol, "pieces of (bark) boat"—for the bark canoe. 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" as an aid to memorization (ta). Instruction may include, if students are agreeable, "Nature Walks", wherein various plants, trees, birds and awassak (animals) found in Nature can be identified by their Aln8biawi names.

Time: to be arranged based on best time for most

Place: Woodbury Fee: \$10

Registration: 472-3065

Fermented Foods – Kombucha and other Nutritional Wonders

Doug Flack

In addition to kombucha, this workshop will look at kvass from beets, kvass from old rye bread, fermented wild apple vinegar, fermented butter and cream, fermented meats and other fermented vegetables.

Doug Flack is a proprietor of the Flack Family Farm, which is a biodynamic farm using organic practices. Doug has been farming since 1976 when he decided to bring the techniques of grass farming that he had observed in New Zealand, as a scientist in ecology, to a small plot of land in Enosburg Falls, VT. From the start, Doug kept his academic values of environmental stewardship close to home and combined them with a core belief that farming is a spiritual endeavor - a combination that led to many innovations and experimentations on his farm. Doug states, "people should know their food, spiritually and materialistically this shows a deep reverence for life and what life gives you—the more we see this [connection] the better off we will be. To do that, you need to know your farmer, your personal farmer." This workshop will be a wonderful opportunity to do just that.

Time: Saturday, December 1, 7pm

Place: Buffalo Mtn. Co-op Café Fee: \$10

Registration: Call Kate Arnold at 472-3844

Community Development in the Global World

J. Angus Munro

How does one create local communities while living in a global world? How does one support change on a local level? How can we as individuals help those closest to us without getting lost in the big picture? These are the foundation questions of the front porch gatherings that I hope to inspire with this interactive course. We will meet and informally exchange ideas that will hopefully generate energy for local community development. We will explore the distinction of economic development from community development. Helping our local friends in need while establishing a model for the world, and finding action that is locally appropriate.

There is no charge for this course but you will be charged and challenged to give 5-10 hours to your community. I would like this course to be 4-6 weeks and for it to be an ongoing cycle of community development on a very local level.

Angus Munro has worn many hats. For the past 12 years he has been a staff member at the Buffalo Mountain Food Cooperative. He has worked in communities since graduating from Goddard in 1980, formed a union at the first job he had out of college, working in a factory in New Haven Ct. He lives in Craftsbury with his family, off the grid, off the beaten path and definitely out there.

Time and Place: To be arranged at group's convenience

Registration: Angus at 586-8076

Greater Hardwick Community LEARNING EXCHANGE FALL 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. **New with this series is the option to 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.

Hardwick Area West African Drum and Dance Association ("HAWADDA")

Jordan Mensah

After an active spring and summer, our African drum and dance community is thriving. We presented a very successful fundraising event this summer which helped provide for a sliding scale fee, live drumming, and the use of a dance studio space. Our teacher, Ghanaian drummer and dancer, Jordan Mensah is excited about the strength of our community effort and the newly blossoming interest in performance.

Dance Class

Time: Mondays, 6:30-8pm, ongoing.

Place: People's Barn (Greensboro).

Cost: sliding scale of \$30–60 per six-week session.

Registration: Call Emily Lanxner, 472-5913. (Taught by Jordan Mensah). Minimum enrollment: 10 students.

Drumming

Beginner/Intermediate: Contact Emily Lanxner to arrange for group or private instruction—Jeudevine Music School, 114 W. Church St., 472-5913.

Intermediate/Advanced: Apprentice opportunity

drumming for Monday evening African dance class.

Contact Emily Lanxner or Jordan Mensah, 498-5968.

Hardwick Trails Hiking Excursions

Emily Lanxner

"Hardwick Trails" offers over 10 kilometers of gorgeous nature trails, with a trailhead located just behind Hazen Union High School. This is a great opportunity for healthy fun for everyone.

Noisy Kids and All Hike

Encouraging parents to get out of the house with their kids, enjoy nature, AND have the companionship of other adults as well!

Anyone else who wants to join in the fun is welcome of course . . .

Time: Saturday, September 15, 10am to noon.

(Raindate, Sunday, Sept. 23rd).

Registration: Contact Emily Lanxner, 472-5913.

Elderhike

Encouraging elders to get out and enjoy the beautiful fall foliage, by offering support with transportation, companionship, and/or possibly an arm or shoulder to lean on.

Time: Saturday, September 22, 10am to noon.

(Raindate, Sept. 29th).

Registration: Contact Emily Lanxner, 472-5913.

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.)

Time: alternate Thursday evenings beginning on September 20, 7:30–9:30pm.

Place: Co-op Café

Fee: \$55 for the series (Includes a \$5 materials fee).

Registration: Ellen Bresler at 454-7197, or you can find me at Buffalo Mt. Co-op on Saturday after-noons. Class size is limited and pre-registration is required.

Recharge this Fall with Yoga, Massage & Breath

Alicia Feltus & Monica Perrier

Alicia & Monica will guide you to cultivate practices that enliven your spirit through yoga & massage! We will take the participant into the change of season with hands-on tips for releasing stress, gaining deeper body awareness, and exercising conscious breathing through yoga & massage. Experience peace & joy in your life! Alicia Feltus is a certified Integral Yoga Instructor and Foot Reflexologist with 15 years of teaching experience. Monica Perrier is a Nationally Certified Massage Therapist and Nutritional Counselor and practices in Craftsbury. Space limited to 10 students.

Time: Saturday, September 22, 2–5pm.

Place: Threshold, Hardwick Fee: \$25

Registration: Alicia at 563-3220 or Monica at 586-2330

Fall - Extending the Growing Season & Putting the Garden to Rest

Ron Krupp

This talk will include how to extend the growing season into late October and November with greens and roots crops along with information on cold-frames and root cellars. The second part will focus on putting the garden to sleep with cover crops and compost. Please bring your gardening questions. Ron Krupp is the author of *The Woodchuck's Guide to Gardening*, a Vermont organic gardening book. Ron has been the gardening commentator on Vermont Public Radio for the past nine years. He was the founder of the Brattleboro Farmers' Market in 1972 and is currently the coordinator of the 165 plot —Tommy Thompson Community Garden in the Intervale.

Time: Saturday, September 22, 9–10:30am.

Place: Buffalo Mountain School Fee: \$5

Registration: Robin at 533-2296 or e-mail Ron at woodchuck37@hotmail.com.

Beading Basics

Angelique Challan

Learn the basic tools and techniques of beading while you create a matching set; earrings, bracelet, and necklace. You will become familiar with pliers, head-pins, stretch cord, tiger tail, crimp beads, clasps, and how to use them to make beautiful gifts. Anyone 13 and older is welcome, children over 7 should be accompanied by an adult. Angelique has a degree in Art and has taught art and crafts to adults and children for ten years.

Time: Monday, September 24, 3–6pm.

Place: St John's Episcopal Church, Hardwick

Fee: \$10 materials fee

Registration: Contact Angelique, 533-9272

Gathering of Artists

J. Angus Munro

Love your form of art, want to join with a group of fellow artists to discuss our work share slides and ideas, collaborate elaborate but never berate each others work, lets establish a "critique café" where we share and become a creative community of support for any artist who wishes to participate. Aggravation not a welcome part but bring your work and expand your understanding critically supporting others in their art, and be supported. Let each of us learn to see, as others perceive our work and grow, welcome visual artists of all kinds.

J. Angus Munro taught sculpture in N.Y.C. for ten years at a variety of colleges including courses for Columbia University, Parsons school of design, N.Y.U, and others. His work has been in galleries and museums in various parts of the world.

Time: Every other Tuesday evening from 7–10pm starting on September 25. Place: Co-op Café

Registration: Angus at 586-8076

Anti-Racism Study Circle

Jean Lowell

This series of 6 weekly facilitated sessions, will use a discussion guide to explore issues related to race and racism. Jean Lowell has facilitated numerous such workshops in the Central Vermont area, and has been working on over-coming racism in general for many years. Workshop will be limited to 8 to 10 participants, so register early.

Time: 6 consecutive Wednesdays from 6–8:15 beginning September 27

Place: St John's Episcopal Church, Hardwick

Fee: free of charge

Registration: Contact Robin Cappuccino, 533-2296

Homeopathy and Wholistic Health

Judy Jarvis

A workshop on using homeopathy for acute problems. Learn how often to take them and when you might need a higher potency. Remedies for tonic diseases and pathic diseases that you need to go by the symptoms. Tissue salts are very helpful in building up, cleansing and restoring your body after illness and children love taking them. Eat fermented foods to assist your digestion and immune system and learn how easy they are to make yourself.

Judy Jarvis graduated from a 3 year program at Hahnemann College for Heilkunst in Ottawa, Canada. Heilkunst means making whole. It looks at restoring the energetic impingement's on our life force through homeopathic remedies as well as the physical imbalances in our life such as our diet, sleep, stress and relaxation, hydration and the many other factors that play into our health and well-being.

Time: Thursday, October 4, 7–9pm

Place: Co-op Café Fee: free of charge

Registration: Contact Judy, 472-6169

Clase para jovenes: Youngsters and Youths Mexican Cooking Class

Jorge Kalmar

We will have a fun exiting hands on TORTILLA making class for the young, older than seven and younger than seventeen. We will each make a tortilla press we will take home after we have made our tortillas. Mushing and needing with our bare hands we will make the Masa (corn meal dough) then make TRUE quesadillas, tacos and after the joy of cooking we will sit and eat. This class will have dishes for carnivores, vegetarians, and vegans that we eat in the real Mexico. Our Mexican food is the influence of the foods of our *antepasados*, Spaniards, Arabs, and Asians, a cornucopia of tastes, textures, aromas and colors.

Time: Saturday, September 29 at 3pm.

Place: 895 Hopkins Hill Drive in Hardwick. Please bring a large bowl and cutting board to place and roll up the tortillas so we may grow as a family.

Fee: \$15 to cover food and materials to make the tortilla presses.

Registration: 472-5008 ask for Jorge (Georg).

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.

Time: Sunday, September 30, 10am–12:30pm.

Place: Buffalo Mountain School

Fee: \$15 for the 2 1/2 hour workshop. (Family price: 2nd member \$10, 3rd \$5, and the rest free.)

Registration: Ellen Bresler at 454-7197, or look for me at the co-op on Saturday afternoons

Benefits of Grass-fed Meat and Fresh Milk

Rob MacLeod and Kate Scarlott

A 3-hour workshop on nutritional benefits of grass-fed meat and fresh milk. Discussion of ecological benefits of rotational grazing for the land and animals. Rob and Kate raise American Milking Devon cows, milk a Jersey cow, and train and work Suffolk Punch draft horses on their farm in East Hardwick.

Time: Saturday, October 6, 10am–1pm

(rain date: Sunday, October 7, same time).

Place: Windhorse Farm, 3881 Ward Hill Road in East Hardwick. Fee: No charge

Registration: Rob and Kate at 472-3378, leave message with name and phone number.

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.

Time: Wednesday, October 3, 7pm

Place: Co-op Café Fee: \$10 or barter

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

Como Mexico no ay dos: New Mexican Cooking Class

Jorge Kalmar

This class will have new dishes for carnivores and vegetarians, dishes I learned as a child and young man in my native Mexico. Because of the great variety of dishes and styles of cooking Mexico is one of the three great cuisines of the world (you guess which are the others). My Mexican food is the influence of the foods of our *antepasados*, Spaniards, Arabs, and Asians, which produced a cornucopia of tastes, textures, aromas and colors. As you prepare and cook we will learn about how Mexican plants revolutionized not only European cooking but Asian dishes as well (imagine Italy without tomatoes, Thailand without chilies or Hungary without paprika)

Time: Monday, October 8, 7pm.

Place: Co-op kitchen so we may grow as a family.

Fee: The class will cost \$20 to cover food and materials.

Registration: 472-5008, ask for Jorge (Georg). Please bring your sharpest knives and materials.

Let the Force Be With You - An Introduction to Biodynamics (Bd)

Ron Krupp

This talk will explore the history of Bd and how it came into existence in 1924 and how it differs from organics and the ecological approach to farming and gardening. It will focus on the earth and sun preparations used on the soil and plants as well as the herbal/animal preparations used in the compost process. Finally, the workshop will cover companion plants and planting by the stars and the use of the star calendar.

Time: Saturday, October 27, 9–10:30am

Place: Heartbeat Life-Sharing Community Fee: \$5

Registration: Robin at 533-2296 or e-mail Ron at woodchuck37@hotmail.com