

## 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: Date to be announced.

Fee: \$15 for the 2½ hour workshop. (Special Family price: 2nd member \$10, 3rd member \$5, and the rest free.)

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

## Introduction to The Work of Byron Katie

Mary Young

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.

It is not our experiences that cause suffering, but rather the way we think about them. We can never win an argument with reality. 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. Through inquiring into our stressful thoughts and judgments using the questioning process, we discover that it is the truth that will set us free.

Please join me for this meeting. 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 psychotherapist 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.

Time: Monday January 29, 6:30–8:30

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

## Color Yourself Well

Sandy Snyder

The human body automatically uses colors to bring itself into balance. Learn how. Sandy Snyder has worked with color for 40 years.

Time and place: to be arranged at participant's convenience

Fee: \$3 for supplies

Registration: Sandy at 749-2891

## "I Love Me!"

Angela Grace—AWARE

"I love Me!" is an educational support group on self care for people who have been affected by domestic and/or sexual violence. It is an ongoing already in progress group of individuals who participate in weekly group educational activities and share their experience if they wish. Such topics as boundaries, assertiveness, relationships, self acceptance, anger, joy and other feelings, humor and spirituality are explored. If you are wanting to love and care for yourself, but don't know where to begin, begin with us, for fun and fellowship.

Angela Grace is a domestic and sexual advocate at AWARE, Aid to Women, men and Children in Abuse and Rape Emergencies and has facilitated such groups for several years.

Time: Thursdays from 10–11:30am

Place: The workshops are at AWARE, 88 High Street in Hardwick

Fee: Free of Charge

Registration: Registration or Information call AWARE at 472-6463

## Bears with Megan Brown

Porter Brook Perspectives

Porter Brook Perspectives are community learning slide show presentations. Our goals are to educate and involve community members. This slide show presentation will be with Megan Brown and her experiences trapping, handling, and radio collaring black bears in Maine.

Time: Wednesday, February 21, 2007, 8–9pm

Place: Highland Lodge Dining Room

Fee: Donations accepted

## Intro to Hand Analysis

Kate Arnold

Learn how the science of Hand Analysis can help guide you to your life's purposes and show you your innate life's challenges. Kate is in the process of completing a year-long certification program in hand analysis through the International Institute of Hand Analysis in Los Angeles CA. This is not traditional palmistry, but a system which engages the actual unchanging fingerprints as well as the lines in the hands which may change over the course of time

Time and place: to be announced

Fee: Free

Registration: Kate at 472-3844

# Greater Hardwick Community LEARNING EXCHANGE <sup>Winter</sup> 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. Also time and place may be changed if need be to suit participants. If you would like to teach or suggest a future workshop, leave a message for Robin, Caitlin or Kate at the co-op. If you would like to bring your children or others to workshops, please ask ahead of time when you register, as space is sometimes limited. Thanks.

## Find Your Voice And Make It Stronger

Lori Leff

What do you want to write? This eight-week class will explore the passions that compel us to take pen to paper, chalk to blackboard, bloody finger to paint-spattered rag . . .

We'll practice releasing the inner critic and letting the words flow. Then, we will work on getting the words to say what we want them to. Through the process of listening and comparing specific choices, participants will see how they already have skills to make their work more expressive and how they can develop those skills further. Craft topics will be based on participants' interests, but possible areas will be: plot, characterization, setting, tone, point of view, sound, and elegance of expression.

Please bring a paragraph—from an author whose work you would give anything to have written yourself—to the first session to share with our community of wordsmiths.

Lori has worked at the Coop for years. She is a writer and visual artist, currently completing an MFA in Creative Writing at Goddard College.

Time: Tuesdays, February 6–March 27, 6:30–8:30pm.

Registration: Please call Lori at 533-2447 to reserve your place.

## Knitting Night

Annie Gaillard

Do you like to knit? Are you stumped by a pattern? Do you want to learn to knit? Lets gather for a couple of hours at the coop (initially) and create! Knitting is always more fun in a group, come join us! If you are a beginner, we can teach you. If you are not, we can share patterns and helpful hints. Dates to be announced. Please call Annie at 533-7175 or catch her at the coop.

Annie has been an avid knitter for over 30 years.

## West African Drum And Dance

Emily Lanxner

Hoping to pull together a vibrant drum and dance community right here in Hardwick! We will be scheduling this to allow drum students to stay on after class and get some solid practice drumming for the dance class. Thanks to the "River Arts" council, there is also a free kids African dance class happening at Hardwick Elementary School on Mondays, 3:45 to 4:45pm. Dance classes taught by Ghanaian dancer/drummer, Jordan Mensah; drum class with Emily Lanxner.

Time: Drum Class—Thursdays, 5 to 6pm,

Dance Class—Thursdays, 6:30 to 8pm.

Tentative start date: Thursday, February 1.

Place: Buffalo Mountain School. Dance class is open to teens and adults. All young children must have supervised childcare; we are planning to arrange for this cooperatively, in advance of the class start date.

Fee: Dance class only—\$60 for 6-week session. Drum class only—\$40 for 6-week session. Both classes—\$90 for 6-week session. Family discounts and other payment options available.

Registration: Pre-registration and deposit will be required in order to guarantee that transportation, accompanist, and instructional costs are met. Call Emily Lanxner to pre-register or with ideas at 472-5913. Registration forms are available at the Buffalo Mountain Co-op as well.

## Cool Planet Coalition

Emily Lanxner

Are you deeply concerned about the disturbing changes in global weather patterns, and how this could spell catastrophe for life as we know it? I am interested in waking up to the kind of commitment to change that I believe everyone is going to need to make if we are going to make a difference. Clearly, there is nowhere near enough policy in place on a governmental level to effect the changes that need to happen. I am interested in meeting with people on a bi-weekly basis to brainstorm about what we can do on a personal and community level, and hopefully influence lawmakers and other citizens to do the same.

Tentative Time: Sunday, February 4, 1–3pm

Place: 114 West Church St., Hardwick

Registration: Emily Lanxner, 472-5913

## Keep on Popping Those 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: Dates to be announced but it will tentatively be alternate Wednesday evenings here at the Co-op.

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

Registration: 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 Mountain Co-op on Saturday afternoons.

## Thai Massage

Gail LeBaron

This would be an introduction to Thai Massage. It would focus on basic stretches that can be learned easily. The workshop would involve giving and receiving the work. Gail has been doing massage for some 20 years. Two sessions, come to one or both. May continue if people are interested.

Time: March 6th and 13th, 7–9pm

Place: To Be Announced

Fee: \$5 per class

Registration: Gail at 472-9576

## Winter Wellness

Sarah Zettelmeyer

Do you want to keep yourself and your family healthy through the colder winter months? Working to stay healthy when it is deeply cold is difficult, but right now we have erratic temperature fluctuations and wet weather challenging our immunity and energy levels even more. Long-term immune support becomes a defense that is invaluable to increasing our capacity to respond to infections. Come and learn easy and effective kitchen medicine for winter's maladies. We will discuss diet and herb remedies for acute illnesses and long term immune support. Tasty samples and recipes will be shared, and we will make Fire Cider Vinegar together to take home.

Sarah Zettelmeyer lives in Cabot, raising two herbally healthy children, and works at the Sage Mtn. Herbal Retreat Center. Independent study and working as a midwife's assistant brought her to study Advanced Herbal Therapeutics at Sage Mtn. and to work for four years at the Free Herbal Clinic in Barre. Having taught for the past several years on plant medicine in the Burlington area, she truly enjoys helping people access plants for healing and wellness.

Time: Sunday, Feb. 18th at 5-7pm

Place: Buffalo Mountain Co-op Café

Fee: Sliding Scale \$10–15

Registration: Call to register 563-3185. Pre-registration is encouraged!!!

## French Conversation Club

Rachel Kane

The French Conversation Club will be meeting on Tuesday nights from 7–8:30pm. We are an informal gathering that welcomes speakers on all levels, and we don't assign homework unless you beg for it.

Call Rachel Kane at 472-6021 to register.

## Making Shopping Bags from Plastic Shopping Bags

Pati Stone

What to do with all those plastic shopping bags? Crochet a beautiful bag with old shopping bags. It's a great way to recycle! And to look your best with a hip, colorful shopping bag. Pati will crochet a sample bag and display it at the Co-op, so if your interested stop by and take a look! Crocheting skills are helpful, and please call ahead if your interested to get a supply list. If you want to come and do handwork at this time, please feel free to join us with your own projects.

Time: Saturday, February 10, 3pm

Place: Buffalo Mountain Co-op Café

Fee: Free

Registration: Call Pati at 748-8093

## “America: From Freedom to Fascism”

Film viewing with Timothy Edgar

Synopsis: “Determined to find the law that requires Americans to pay income tax, Aaron Russo (THE ROSE, TRADING PLACES) sets out on a journey. Neither left- nor right-wing, this startling examination exposes the systematic erosion of civil liberties in America. Through interviews with US Congressmen, a former IRS Commissioner, former IRS and FBI agents, tax attorneys and authors, Russo connects the dots between money creation, federal income tax, voter fraud, the national identity card (becoming law in May 2008) and the implementation of radio frequency identification (RFID) technology to track citizens. A striking case about the evolving police state in America.”

Timothy Edgar is a Waldorf Elementary teacher who has interest in tax law and monetary affairs. He feels it is very important that people understand the credit/debit system and how it is affecting our lives and the larger world.

Time: The viewing will be Friday February 2nd, 7pm.

Place: Buffalo Mountain Co-op

Fee: There will be no charge to the viewing—any donations will be welcome and be sent to Aaron Russo for the distribution of his movie.

Information: Call Timothy at 472-6034

## Youth Steelband

Emily Lanxner

The Buffalo Mountain School in Hardwick recently received a grant through the Vermont Arts Council to start an after-school steeldrum program for teens (younger kids with instructor approval). There will be weekly group rehearsals as well as individual lessons for participants to learn their instruments and their parts. Will conclude with exciting performance opportunities in the spring and early summer. Taught by PanAshé Steelband director, Emily Lanxner. Please register early, as space and instruments will be limited.

Time: Wednesday group rehearsal, 3 to 4pm; individual lessons scheduled separately. Tentative start date: Wednesday, February 14.

Place: Buffalo Mountain School.

Suggested Fee: \$150 for 15-week program; will include private as well as individual instruction. Payment and barter options. Pre-registration/commitment required. Nobody will be turned away for lack of funds.

Registration: Pre-registration by calling: 472-5913

## 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 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. Words that are derived from Aln8biawi or related Algonquin speech that have survived and have been incorporated into Anglo-American speech, such as wigwam and moccasin, are comparatively few, especially when matched against the Anglo-American language as a whole.

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 Mississiquoi, will include instruction by way of showing students various W8banaki (or W8banaki/Algonquin-related) tools, items and “artifacts” that he has made or collected, as an aid to memorization, ta—and—introduce the scholar to various extant language texts so that the student can acquire his or her own language books and related material. 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 and sometimes W8banaki lore that involves said plants and creatures can be sited.

Time: to be arranged based on best time for most

Place: Woodbury

Fee: \$10

Registration: 472-3065

## 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 Café Co-coordinator at Buffalo Mountain Food Co-op.

Time: To Be Announced

Place: Buffalo Mountain Food Coop Café

Fee: \$12 (includes rolling mat)

Registration: Kate at 472-3844