

Drumming and Dancing for “Celebrate the Winooski” Festival

Emily Lanxner

“Celebrate the Winooski” is an annual event to draw attention to the beauty as well as the delicate ecology of the Winooski River. Drumming, dancing, costumes, flowers, harvest vegetables, singing, and chanting are combined to make an offering for world peace and prosperity to the river goddess “Oshun” (of West African origin). Experience not required. Participants meet at 10am, September 23, at the Montpelier “round-about”; parade begins at noon. Please call for further details: Emily Lanxner 563-3161.

Swing, Pop, Rock and Roll with Paper

Learn to make your Own Pop-up Book

Ellen Bresler

I'd like to offer a series of 4, 5, or 6 classes. The age range is 10 years old to adult. (But that's negotiable.) By the 2nd or 3rd week we will be using sharp exacto knives. We'd start with the basics of pop-ups and paper engineering and go on to more complicated mechanisms each week. Depending on how long the series is, we'll keep building up a repertoire of techniques. In the 2nd to last class we'll start combining them, designing books, and finish building the books in the last class. Besides the book, students will end up with handouts and their own handmade samples of multiple pop-up and pull-tab mechanisms, so they can continue to develop their own cards, toys and books after the series is over. (I admit it: I'm out to recruit more innocents into the life of the Popper-Uppers. I've been called a Pop-up Vampire, because I tend to work all night and several of my students have admitted becoming addicted to it and now they tend to stay up late playing with paper, too.) I've been playing with paper for at least half my life so far, and have been teaching others to do it, too for about 15 years. I've done workshops in libraries, community centers, art galleries, preschools, camps, a correctional facility and every level of school (including college).

Time: Beginning Wednesday, Oct 4th, 7 to 9pm

Place: Co-op Café

Fee: \$15 for materials

Registration: Ellen at 454-7197 or egbresler@yahoo.com

“Art-Park” Mural Painting

Emily Lanxner

Yes, the wall is cracking up and crumbling - but what the heck? The scary “Goth” look needs improvement, and a number of people are gearing up to make this happen. Please keep in mind that whatever goes up will probably be somewhat temporary. Any and all materials, labor, and design suggestions will be greatly appreciated. The big color paint-a-thon will begin at 9am, Sunday, September 24 (weather permitting); wall prep and priming happens the weekend before. Please sign up at the co-op, or call Emily Lanxner at 563-3161.

Asian Cooking Jim and Kate

Jim Worcester and Kate Arnold

Starting with soup, moving onto appetizer, rounding out the meal with a main dish, the class will explore various Asian cooking techniques and seasonings—some old, some new. Jim Worcester, talented chef from many venues has been exciting local palettes for years. Kate Arnold is the Buffalo Mountain Coop Café Co-coordinator.

Time: Thursday, October 19th, 7pm

Place: Coop Café

Fee: \$10 covers class and meal

Registration: Kate at 472-3844

Indoor Composting with Redworms

“The Wacky Worm Sisters”

Find out if indoor composting with redworms is the solution to your winter kitchen waste problems! Let “The Wacky Worm Sisters” of Down To Earth Worm Farm both 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.

Time: Saturday, Sept 23 at 10 am

Place: New Leaf Designs Eclectic Nursery/Down To Earth Worm Farm of VT

Fee: free and children are welcome.

Registration: Lynette or Carol 533-9836.

Making Shopping Bags from Plastic Shopping Bags

Pati Munro

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: Thursday, October 19th

Place: Co-op Café

Fee: free

Registration: Call Pati at 748-8093

Greater Hardwick Community LEARNING EXCHANGE FALL 2006

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.

Writing to Let Your Voice Be Heard!

Pavel Cenkl

If you find yourself frustrated or outraged by current local, national, or global events and want to work on how you can better express yourself in writing to make your voice heard, this workshop is for you. During two 1½ hour meetings, we will look at what can make persuasive and effective writing for a variety of audiences, including news editors, politicians, and business leaders. Working individually and in groups, we will consider some of the key elements of writing pieces that are likely to be read and generate a response. The first session will be devoted primarily to looking at these building blocks of writing and working on some short pieces. In the second session, we will turn our attention to participant-written drafts and work to make them as polished as possible. Please come to the workshop with paper, pencil or pen, and be prepared to share your writing.

Pavel Cenkl is on the faculty at Sterling College, where he teaches at the Center for Northern Studies. He has been teaching writing and literature for more than ten years, and his area of interest is writing and the environment.

Time: Tuesday, Oct 3rd and 10th, 7–8:30pm (2 sessions)

Place: Co-op Café

Fee: Free

Registration: pavel@orionrising.org

Class size is limited to 10.

The French Conversation Club

Rachel Kane

Weekly series will resume in September. We meet in East Hardwick on a weeknight to be determined by the group. Call Rachel Kane at 472-6021 to register.

Elements of Magic

Melissa Whittaker and Jude Elf

Deepen your vision and focus your will, empowering yourself to act in the world. Practice magic by working with the elements: Earth, Air, Water, Fire, and Spirit. Using Ritual, drumming, singing, dance, art, writing, breath work, visualization, and trance, we will create magical space, craft spells, sense and raise energy, and create meaningful ritual. Join us for this Introduction to magic in the Reclaiming tradition.

Jude Elf rejoices in sharing her passion for connecting to the divine through music, dance, and song. She is a song catcher, fire spinner, and moon dancer. A priestess with a life long devotion to ecstatic transformative ritual and deep personal magic, Jude has helped others to honor their rites of passage. She has taught Reclaiming magic in her local community and at Vermont Witch Camp.

Melissa Whittaker is a ritualist and healer who delights in the power of magic to change ourselves and our world. A certified Dula, Energy healer, and graduate of the Barbara Brennan School of Healing, Melissa maintains a private healing practice and Dula Service from her home. With Kidsfest, both Jude and Melissa help facilitate large public rituals that gather the community to turn the wheel and honor the seasons. They are also dancers, drummers, and members of Shidda: West African Dance and Culture Troupe.

Time: 6 Monday Nights 6:30–9:30, from October 2nd

Place: Hardwick

Fee: \$60-120 sliding scale, barter available, no one turned away for lack of funds.

Registration: Pre-registration is required. Contact

Jude 472-3141 jude@vtlink.net or Melissa 454-8545 magicmel111@aol.com

Wild Fermentation

Ben Levitt

We are going to ferment all kinds of vegetables using an ancient and practical method . . . letting them sit around for about two weeks in a jar or crock! Exciting, huh? Eating them after is even more fun, plus it's kickass for your intestines. Make sauerkraut, kimchee and who knows what else, it's completely up to you and your imagination. Bring: vegetables, beer/wine/alcohol making supplies and good ideas. I will bring some stuff for use but if people have more crocks or jars then that would be good.

Time: Sunday, October 8, 2pm

Place: Wheelock Mountain Farm

Fee: free

Registration: Ben Levitt 563-3278

Nonviolent Civil Disobedience Training Session

Jessica Cullity and Robin Cappuccino

The practices and principles of non-violence have been developed, evolved and handed down over many generations by people utilizing its strengths to create a better world. Here at home, across the state, country, and indeed around the planet, more and more people are coming to consider how we can utilize non-violence as a tool to overcome some of the challenges we currently face. One focus is how to avert the determined drive toward a permanent state of war now being orchestrated by the White House. The potential loss of thousands of innocent lives, the destruction of even more of our earth's fragile ecology, and the complete squandering of untold billions of dollars needed much more for food, shelter and the nurturing of life, is a frightening specter. It is also being looked to as part of a campaign to close down the Vermont Yankee Nuclear Reactor, which was recently given the go-ahead to produce even more power and store more radioactive waste on site, creating what many consider to be an unacceptable risk to our lives and way of life.

This session will examine the history, and tradition of non-violent direct action. We will focus on non-violent response to violence, the legal repercussions of non-violent actions, including possible arrest, trial and jail. Consensus decision-making, affinity groups and other aspects of contemporary non-violent organizing will also be discussed. This training will include a slide show, some role-plays, lots of group discussions and plenty of opportunity for questions and soul-searching. Everyone interested in these ideas is welcome to attend. Please bring a bag lunch.

Jessica lives in Cabot, and has 10 years experience in non-violent direct action. Robin has helped facilitate over 100 of these sessions and continues to gain new insights each time.

Time: Saturday, Sept 30th, 10am-3pm

Place: GRACE Building, Hardwick

Fee: free

Registration: Jessica at 563-3278 or Robin at 533-2296

Invocations of the Ecstatic

Jeffery Alphonsus Mooney

Working with breath, body awareness, writing and singing exercises to help create a state of embodied joy, for self and collective connection. Jeffery Alphonsus Mooney is an artist/activist/ritualist who has been working with the Bay Area pagan group, Reclaiming, for 15 years. He has taught in Vermont, Missouri, Boston, and Canada, as well as extensively in San Francisco. He specializes in ritual drumming and singing, with writing practices to help people find their creative voice, as well as how to raise energy while staying grounded and connected to each other.

Time: Sunday, September 17, 12-3:30 p.m

Place: TBA

Fee: \$60, sliding scale available

Registration: Jude Elford 472-3141 jude@vtlink.net by September 10!

Fall Gardens: Late Bloomers + Over-Wintering Tips

“The Wacky Worm Sisters”

Join us for a garden tour of fall flowers & foliage to inspire new ideas for your gardens. We will also discuss tips for “putting gardens to bed”, including fall planting, garden clean-up (sanitation!), when & what to mulch, proper watering, bringing houseplants indoors for winter color & anything else participants would like to know. Rain or shine.

Time: Saturday, September 16 at 10 am

Place: New Leaf Designs Eclectic Nursery

Fee: free

Registration: Lynette or Carol 533-9836

Beginning Beekeeping

Michael Gulick

The class will cover equipment and costs, bee life cycle, and common diseases. Michael has kept bees for 20 years and worked winters for the Kona Queen Co., in Captain Cook, Hawaii. He also farms with Heidi Cooperstein in West Glover producing Maple Syrup and growing flowers.

Time: Sat, Sept 23, 9am with possible live hive observation, weather permitting. Alternate date Tues., Sept 26 at 7pm

Place: Glover, VT at the Library or Town Hall depending on no. of registrants

Fee: free

Registration: bees@waltzingbearfarm.com or Michael @ 525-3800

Swing Dancing Workshop

Regina Troiano and Lulu Potter

Learn to swing dance with two of the swingiest swingers around (ages 12 and up only please). Bring 50's swing and big band CD's or records—Regina and Lulu will help you learn the basic steps for jitterbug, swing, lindy-hop. No partner necessary to attend—hysterical laughter and fun guaranteed

Time: Tuesday, September 19th at 7pm; Thurs 6:30 to 8pm, Sept 14, 21 and 28

Place: Buffalo Mountain School, Hardwick

Fee: free

Registration: Lulu at 533-2228

Black and White Photography Class

Heather Gray

A photography course that introduces the basic principles, practice and aesthetics of image making. Students will gain a basic understanding of black and white photography. They'll explore different types of photographic techniques, including the use of cameras, and processing black and white film.

Objectives include: 1) Demonstrate basic technical skills of photography including camera handling, film processing and printing. 2) articulate the use of materials, concepts and principles of photography. Develop a sense of seeing beyond the obvious and the power of inquiry into oneself and the world about us.

Supplies include: 35mm Single Lens Reflex (SLR) Camera with manual capabilities, Try-X or T-Max Film (supplied at cost), RC Paper (supplied at cost), Negative files/ Clear vinyl sleeves (supplied at cost)

Assignment ideas include: 1) Roll of your Favorite Subject, 2) Self-Portrait, 3) Texture: Direction and intensity of light, 4) Design: Shape/pattern/spot/line/light/shadow, 5) Landscape, 6) Discomfort: Make a photograph of someone or someplace that makes you uncomfortable.

Time: 6 Sundays, 5:30-7pm beginning Sept 24th

Place: Co-op Café

Fee: \$10 per session plus supplies

Registration: Heather at 533-2507

Bike Repair and Maintenance

Hank of Chuck's Bikes

Learn some emergency tips and tricks of the trade from Hank of Chuck's Bikes in Morrisville. Hank has been at Chuck's Bikes for over 9 years, spent 6 years in the Navy and has always fixed his own bike.

Time: Wednesday, Sept 20th, at 7pm

Place: Homestead Farm, Hardwick

Fee: free

Registration: Hank at 888-7642

What's up down There! Reflections from the Global South

Jess Cullity and Ben Levitt

Ideas on how international exchange can be used to cultivate solidarity and compassion.

Ben and Jess will share some yerba maté and stories of hope and struggle from their journey through Mexico and Central/South America this past winter. There will be photos and a discussion about cookin' up revolution and the impacts of tourism on small communities.

Ben and Jess live in Cabot and are currently working on ways to bring down the system and bring up practices and solutions that work! Come and share ideas or just come for the free maté.

Time: Tuesday, September 19th, at 7pm

Place: Buffalo Mtn. Café

Fee: free

Registration: Call Jess at 563-3278

West African Dance and Drumming Collective - Potluck and Planning

Emily Lanxner

It's time to gather our energies as a vibrant drum-and-dance-loving community, and decide where we want to go with the West African dance and drumming. Our teacher of the last year, Jordan Mensah, has recently traveled to Ghana to bring back several women and men from his former troupe who will be residing with him in Montpelier for a period of seven months. It is up to us to get better organized so we will be able to take advantage of this amazing opportunity to study with the very best. Tentative date for potluck at Wil and Emily's, Thursday, September 21, 6pm. Please call to express your interest and concerns, and whether or not you will be able to attend: 563-3161.

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 yearlong 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. Hands will be examined if you wish.

Time: Thursday, October 12th

Place: Hardwick, to be announced

Fee: free

Registration: Kate at 472-3844