

Intro to Hand Analysis

Kate Arnold

In this overview Kate will go over some of the basics of hand analysis, and explain the difference between this science and the more commonly known palmistry. We will examine the various types of fingerprints, as well identify the major lines. Course will be tailored to participant's interests, and may become a series if group desires. 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: Wednesday, May 13, 7pm

Place: Buffalo Mountain Co-op Café.

Fee: \$10

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

Get to Know Your Mac Computer

Pati Stone

Need help navigating your Mac computer? This is the workshop for you. We will go over Mac basics and help you organize your computer. If you have specific topics you would like to cover call Pati and let her know. Pati will pass along some simple shortcuts and tips to help you get the most out of your Mac.

Date: Saturday, May , 10am

Place: Buffalo Mountain Co-op Café

Fee: Free

Register: Call Pati at (802) 748-8093

Greater Hardwick Community LEARNING EXCHANGE SPRING 2009

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.

Learning Exchange Language Classes

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 Missisiquoi, 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.

NOTE: George also leads classes at the Ndakinna Cultural Center in East Montpelier.

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 18badamu8gan al8miui Abaziaguankahodo—at the instructor's home-place in Woodbury.

Fee: \$10 (kids under 12 free)

Registration: Call 472-3065

Conversational Spanish

Discussion Group

Helen Beattie

Anyone else out there a Spanish language self-instruction junkie? Tired of jabbering short Spanish phrases back to your computer or steering wheel? Or studying three different versions of the past tense and feeling pretty good about it . . . only to default to present tense when you try to speak? Here is my proposal. Let's get a group of Spanish-speaking wannabes together and just have time to speak this language we love. . . but are far from mastering. No instructional promises here—just time to experiment together with conversational Spanish on a regular basis.

Gracias!

Date: Friday mornings, 8:30–10am

Place: Buffalo Mountain Co-op Café Fee: free

Information: Please call Helen Beattie, 472-5127, if you are interested.

Conversation Française

(French conversation)—suite

Paule Bezairé

This workshop started last spring—we are celebrating our year of commitment and . . . practice! We have a few conversationalists but are always inclusive! You would like to join? Our meetings are an opportunity to converse, listen, and connect with other french speakers or want-to-be speakers. All are welcome. Paule is a native French Canadian who has lived [in French] 23 years of her life, in the multicultural city of Montreal. She now lives in Wolcott, Vermont, where she raises her 4 children (bilingually), 14 chickens and 3 goats. Paule is hoping to support other French or French-to-be speakers.

Date: every other Monday, 6pm

Place: Buffalo Mountain Co-op Café

The 8th annual performance of Eve Ensler's

The Vagina Monologues

The Vagina Monologues is part of the V-Day Campaign, which is a global movement to stop violence against women and girls. Proceeds from this year's performance will benefit A.W.A.R.E.

Date and Place: Thursday, April 23, at 7pm at Sterling College Cafeteria and Friday, April 24, at 7pm at Hardwick Town House

Fee: Suggested donation of \$5–10 for tickets, no one will be turned away for lack of funds.

Information: Tickets on sale at the Buffalo Mountain Coop or at the door the night of the performance

Birding on Hardwick Trails

May is a great time to observe the retuning warblers, thrushes and other birds that either stop by on their way north or breed in our woods. Hardwick Trails is pleased to offer free guided bird walks for beginners and seasoned birders alike. The walks will begin at 7am and last about two hours, Saturdays, May 2nd through May 23rd. Marie Lepre Grabon will lead the walks on May 2nd and 16th. Lucien Avery will lead the walk on May 9th and Charlotte Bill will lead the walk on May 23rd. These walks tend to be very slow with lots of stopping to observe.

Date: Saturdays, May 2 thru 23, 7am, rain or shine

Place: Meet at the trailhead behind

Hazen Union High School

Fee: Free

Information: contact Norma Wiesen at 472-6517, or Norma Spaulding at 472-8724.

Exploring Homeschooling

Retta Dunlop

Considering homeschooling? Homeschooling already and looking for resources, ideas, and collaboration with others? The Jeudevine Library will host a homeschool information session with homeschool advocate, Retta Dunlop. Retta will provide information on state requirements for filing as a homeschool family. Area homeschoolers will talk about different approaches to teaching and learning, from unschooling to creating curriculum to formulated purchased curriculums.

If you are currently homeschooling, please bring along resources you would like to share with others. These could be book recommendations, tips on classes, workshops, or field trips that have been useful, websites that you use, hands on projects you have worked on or anything else! Collectively, we should have some great ideas to share!

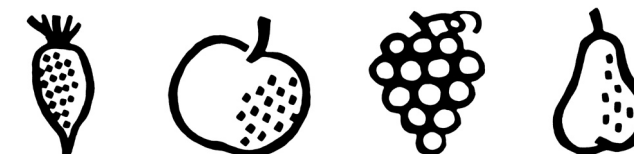
Feel free to bring kids along to this event. Our meeting space is small, but we will have some crafts and games out for kids. If weather permits, we can have kids spend some time playing outside with a homeschool teenager to supervise.

Date: Thursday, April 23, 5pm

Place: Jeudevine Library

Fee: Free

Registration: contact the Jeudevine Library at 472-5948, or jeudevinesusan@yahoo.com



Bike Hardwick

Perry Heller

What better way to enjoy the beautiful weather, amazing local views, and clean Vermont air that so often gets missed when you're in your car?! This fun and leisurely bicycle ride is open to all ages, and to anyone who can balance on two wheels (kids in tow are welcome, too!) So dust off the old 10-speed, mountain bike, or banana seat cruiser, pump up your tires, and head on out to enjoy a leisurely, no-pressure bicycle ride with happy, like-minded cyclists.

Date: Saturday, May 2, 2–4pm

Place: Meet in front of Buffalo Mountain Co-op

Fee: free

Registration: Registration is required. Please contact

Perry Heller at 802-563-2797, Tom Brown at 802-472-5509, or by email at bikehardwick@gmail.com for more info and to register.

Powerful Tools for Caregivers

Nancy Oakes and Lynn Goulding

A 6-week series designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, husband, wife, friend, someone who lives at home, in a nursing home, or across the country. You'll learn tools to reduce stress, communicate effectively with others, reduce guilt/anger/depression, set goals, problem solve and take care of yourself. Facilitated by Nancy Oakes and Lynn Goulding of the Agency on Aging. Light supper provided.

Date: Tuesdays, May 5-June 9, 5:30–8:30pm

Place: Hardwick Health Center

Fee: \$25, suggested (not required) donation

Registration: Registration is required. Call Nancy or Lynn at 748-5182 to register, or for more information

Vernal Pool Training Workshop

Michael Lew-Smith

Vernal Pools are small woodland pools that fill with snowmelt and spring rains but often dry up by late summer. This cycle of flooding and drying prohibits permanent fish populations, while providing critical habitat to wildlife species that are adapted to these unique conditions. This training workshop is part of an effort to map these wetlands throughout the state and educate people about their beauty and importance. We will discuss the ecology of vernal pools and the wildlife that depend upon them (spotted salamanders, wood frogs and others). We will also visit a Vernal Pool and learn how to collect valuable biological data. Moderate hiking will be required. This training workshop is intended for people that may be interested in collecting data on other pools in the area.

Date: Tuesday, May 5, 5–8pm

Place: Room Simpson 3, Sterling College Fee: Free

Registration: The workshop is free, but please pre-register via email (michael@arrowwoodvt.com)

Point-and-Shoot Photography Workshop

Perry Heller

“How to take great photos with your point-and-shoot camera”

This hands-on workshop empowers each person to take their amateur photography skills to the next level. You'll learn how and when to take advantage of the various features that come with your camera, including night mode, close-up macro mode, fill-flash, anti-red-eye, color and B&W, using the zoom lens for special effects, choosing the best ISO, and photographing in dark and challenging lighting situations. You'll finally be able to capture and create beautiful landscapes, stunning portraits, and anything else you can imagine, all with your very own point-and-shoot camera! Equipment required: Point-and-shoot camera, camera's instruction manual (if available), extra batteries, and film (if you're using a film camera).

Date: Wednesday, May 6, 5–7pm

Place: Buffalo Mountain Co-op Café

Fee: free

Registration: Registration is required. Please contact

Perry Heller at 802-563-2797 or aphoto100@yahoo.com for more info and to register. Class size is limited to 12 people and has a minimum age requirement of 13 years old.

Dig & Divide; Under the Ground, Not All Plant Roots Are the Same!

It's "Opening Day" at New Leaf Designs Eclectic Nursery, so we welcome you to join us for a free Dig & Divide workshop, where we will be digging up large perennials that need to be divided into new plants for replanting or potting up. We'll explore several different types of plants with very different kinds of roots; tuberous, fibrous, rhizomes, bulbs, etc. and show the different methods for successfully dividing them into more plants. Everyone who attends will go home with a free bare-root daylily plant & there will one-day special prices on most of the bare-root plants we work on. Refreshments will be served under our tent. Master Gardeners can use this class to earn education hours.

Date: Sat., May 9, 1-3pm - Rain date: Sat, May 16, 1-3pm

Place: 281 The Bend Rd., across from St. Michael's Church, in Greensboro Bend, just off Rt 16. Call for directions or see www.downtoearthwormfarmvt.com

Fee: Free

Information: Preregistration is appreciated.

Call 533-9836, or email newleaf@vtlink.net



An Introduction to Brain Gym

Jen Schoen

Brain Gym is a program that integrates physical movement to help with language acquisition and academic achievement. Benefits of this program include improvement in learning, vision, memory, expression and movement abilities in both children and adults. In this introductory workshop, I will explain the theory behind Brain Gym and the field of Educational Kinesiology in which this program stems. We will explore our own dominance factor, look at basic brain function, and introduce a few Brain Gym movements that help to integrate a balanced approach to learning and relieving stress. This is a good workshop for those interested in learning about Brain Gym, and what it is, but this not a Brain Gym course. Wonder and Wisdom will be hosting an official course in August.

I am the reading specialist at Hazen Union School and I teach this material to 8th graders as part of a Study Skills class.

Tentative Date: Sunday, June 7, 3–5pm, but please

preregister to confirm

Place: Buffalo Mountain Co-op Cafe

Fee: Free

Registration: jen@orionrising.org

Contact Yoga Workshop

Enjoy the nonverbal rapport of sensing physical limitations while providing gentle support to maintain and deepen any stretch. This is one of the many benefits of partner-assisted yoga practice. In this workshop, we will explore basic postures, techniques, and philosophies of partner yoga. All welcome—with or without partner.

Date: Sunday, June 7, 2–5pm

Place: People Barn, Greensboro

Fee: Donations sought to cover use of space.

Registration: Five participant minimum; registration required. Contact Emily Lanxner at 472-5913

Garden Skills Workshops

Rachel Kane

Want to learn more about plants and gardening? Everyone is welcome to come to these Sunday morning workshops, and we'll see if I can answer your questions, or show you a gardening technique. There is no set lesson, but we'll discuss your own questions about specific plants or landscape conundrums. Potential ideas are soil preparation, plant propagation, seed collecting, handling insect or disease problems, etc., whatever you like (except vegetable growing—not a strong suit). Please give me a call by the day before to let me know you're coming.

Date: Sunday workshops will start on Sunday, June 14, and continue into August. 10:30–noon

Place: Perennial Pleasures Nursery, East Hardwick

Fee: free Registration: Call Rachel Kane at 472-5104.

Seedling Swap

Another community event brought to you by your local Food Security Blanket. Just like a clothing swap (or this winter's seed swap), but this time with plants for the garden! Bring along any extra plants you have to share—and please make sure to label them. Everyone is welcome to participate (that is, you don't have to bring plants to take some). Together, we can all grow bountiful gardens to feed bodies and souls.

Date: Thursday, June 11, 4–6pm

Place: Hardwick's Art Park (across from

the Village Diner)

Fee: Free

Information: e-mail wmtfarm@together.net for more info

Ayurvedic Cooking Class

with an eye on Pitta

GINNA BOURISSEAU

Knowledge of Ayurveda is based on the 5 elements which express in 3 doshas in the physical body. We will be looking at Pitta dosha in particular, responsible for metabolism and all areas of transformation and heat in the body. We will learn recipes which help Pitta to function better. We will eat together the meal we have prepared.

Date: Sunday, June 7, 4:30–6pm

Fee: \$18

Registration: Call Ginna at 802-793-2326, or

Kate at 472-3844

Build a Simple Massage Table

Emily Lanxner and Caitlin Irwin

Did you know that a sturdy and effective massage table can be built with less than \$30 in materials, very basic carpentry skills, and a minimum time commitment? Isn't it time that you welcome massage into your own home?

Date: Sunday, June 14, 1–5pm

Place: Wheelock Mountain Farm

Fee: FREE instruction. Group materials purchase in advance of workshop date.

Registration: Call Emily Lanxner: 472-5913, or

Caitlin Irwin: 626-7225.

Cooking With Greens

Bill Coleman

Share ideas and recipes about cooking with a variety of leafy greens such as spinach, kale, Swiss chard and arugula. Create and eat some tasty examples with master gardener Bill Coleman. Participants of all ages welcome.

Date: Sunday, June 28, 3–6 pm

Place: Hardwick United Church, Hardwick

Fee: This workshop is free, but pre-registration is required.

Registration: Call Rebecca Beidler 472-8280 or email

rbeidler@vtfoodbank.org