

## FREE Dance Event

Bring dessert or refreshments to share! Bring your favorite music! Sound system provided by Gagnon's Movie Rentals.

**Date: Saturday, May 9, 7–10pm**

Place: Hardwick Memorial Building

Fee: Donations sought to cover cost of sound system.

Registration: Help sought with set-up and clean-up.

Contact Emily Lanxner 472-5913, or

Heather Davis 472-8024

## Food Not Lawns!

Keith Morris

Think you need a “farm” to grow food? Think again! This workshop will introduce innovative examples of “urban homesteading,” and systems to design for the smallest lots—even balconies and fire escapes! Permaculture instructor Keith Morris will share some tools available to make the places we live better able to provide food, self-reliance, whole nutrition, and community resilience!

**Date: Saturday, May 9, 1–4pm**

Place: VT Foodbank's Manosh Branch, Wolcott

Fee: This workshop is free, but preregistration is required.

Registration: Rebecca Beidler 472-8280 or

rbeidler@vtfoodbank.org

## Hardwick Area Permaculture Group

Are you interested in permaculture, hands on projects related to sustainable agriculture, appropriate technology, natural building techniques, growing mushrooms, bioremediation? Gather with this newly forming group inspired by Hardwick Area Transition Towns to share ideas and resources and develop future projects, demonstrations, and workshop plans related to permaculture.

**Information: contact Rebecca Beidler at 472-5070**

## The Ayurvedic Approach to Daily Detoxing

Ginna Bourisseau

In the Ayurvedic view the body is composed of channels, vibrational and physical. Both these channels can easily become clogged. Some foods or lifestyle practices can naturally create obstruction to the channels. The change of seasons can create stress which puts pressure on the natural flow of the channels.

This workshop will give information and practical tips to keep the channels as happy and free flowing as possible. We will go over some menu suggestions and make a daily detox tea as well as some cleansing chutneys.

**Date: Sunday, May 10, 4:30–6pm**

Fee: \$10

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

Kate at 472-3844

## Beautiful Birth

Jennifer Thoma, CD (DONA)

Let's gather and talk about the importance of creating a peaceful, positive birth experience that nurtures our babies, ourselves, our community and the earth. We'll also check out some inspirational natural birth videos including beautiful footage of mothers birthing into the Black Sea.

Jennifer Thoma is a mother of two, a doula, and a student of midwifery, living in Hardwick.

**Date and place: To Be Arranged**

Registration: Please contact Jen at (802) 371-8553 to register.

## “IMPROVAPPELLA”

Musicians, vocalists, and lyricists are wanted to explore the human voice through an evening of improvisational acappella jamming. Toning, freestyle rhyming, acappella instrumentals, poetry, and storytelling are just a few of the activities that will take place. Musicians are highly encouraged to come play their instrument through their voice, but the only instrument you need to bring is yourself. Don't be shy, because all ages and abilities are welcomed. If there are a enough folks interested in taking it a step beyond the jam session, there is potential for performance and recording of some projects that I am working on. Please come join in the fun and Peace!

**Date: The third Wednesday of the month, 6–8pm**

Place: Buffalo Mountain School

Fee: Free

Information: Contact Jeffrey Ellis 472-5070

## Design Your Life with Feng-Shui

Emily Lanxner

Join longtime Feng-Shui afficiando Emily Lanxner in an afternoon of exploration into the mysteries of Feng-Shui, the ancient Chinese art of placement. We will all do a self-evaluation of the various baguas in our life, compare notes, and come up with some Feng-Shui cures. According to interest, we will continue with an ongoing group.

**Date: Saturday, May 16, 2–5pm**

Place: Jeudevine Library, Hardwick

Fee: Free

## Bed Raising

Create Growing Space with Sheet Mulching

Help to create a few raised beds in the Vermont Foodbank's Manosh Branch back yard using sheet mulching techniques. Learn how to change sod or bare ground into space for planting veggies, herbs, or flowers without tilling or digging!

**Date: Saturday, May 16, 10am–noon**

Place: VT Foodbank's Manosh Branch, Wolcott

Fee: This workshop is free, but preregistration is required.

Registration: Rebecca Beidler 472-8280 or

rbeidler@vtfoodbank.org

## Wildflower Walk on Hardwick Trails

Norma Spaulding and Norma Wiesen

Hardwick Trails will be offering our annual Wildflower Walk on Sunday, May 17th at 1 pm led by Norma Spaulding and Norma Wiesen.

Date: Sunday, May 17, 1pm

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.

## Wild Foods Explorers Club

Rachel Kane

Are there others out there who would like to learn more about our wild and underappreciated edibles? I would like to form a group that could get together every so often for discussions and outings, to gain and share knowledge about gathering and cooking these plants. Let's get together for an initial meeting, and take it from there.

Date: Initial Meeting, Sunday, May 17, 4-6pm

Place: Perennial Pleasures Nursery, East Hardwick

Fee: free

Registration: Call Rachel Kane at 472-5104, or email

annex@perennialpleasures.net.

## Worm Composting Workshop

Carol Schminke & Lynette Courtney

Down To Earth Worm Farm's "Wacky Worm Sisters" would like to invite everyone to their free Worm Composting Workshop. You can visit the worms & learn all about how easy it is to compost your own food & garden waste right at home. Join the hundreds of folks who've tried it & love it.

We'll set up a worm bin, show you how we feed the worms & harvest the "castings", to use for your houseplants, seed starting & gardens. Now is the perfect time to start worm composting for happy plants this summer & all year round. Worm castings provide an excellent balance of nutrients & all the beneficial micro-organisms, which are lacking in most potting "(un-)soil". Just ask anyone who has tried it!

We'll be happy to answer all your questions & our own unique wooden Worm Bin Kits, castings, books, & houseplants will be available for purchase that day & orders for worms may be placed. Remember, this workshop is free & children are welcome! It is always a fun event & we look forward to seeing you!

Date: Sunday, May 24, 1-3pm

Place: 281 The Bend Rd., across from St. Michael's Church, in Greensboro Bend, just off Rt 16.

Fee: Free

Information: Preregistration is appreciated. Call: 533-9836, or email: newleaf@vtlink.net

## Say Seitan!

Kate Arnold

Seitan is a popular vegetarian meat substitute. It is derived from wheat flour and extracts the gluten which contains the protein portion of the grain. It's quite versatile and also easy to make. It does take some time to make, so getting together and making it in a group should be lots of fun. In this class we'll make a batch of seitan, then cook a dish to share and eat. I'll also bring some extra recipes for you to try at home.

Date: Wednesday, May 27, 7pm

Place: Buffalo Mountain Co-op Café

Fee: \$10, covers class and materials

## Oversize Outdoor Chess Club

Join with other chess aficionados young and old to play chess, and . . . design and build an over-sized chess set, that would be played outdoors on a 6ft by 6ft mosaic tile chess board . . . installed at a lovely little park . . . possibly out behind the Jeudevine Library! The chess pieces would be stored in the library catacombs between games. (We could also just get together and play chess).

Fee: Free, of course. Registration: Call Emily

Langner to help make this happen, at 472-5913

## Appalachian Hand-Split Ash Stool-making

Për Courtney

Fine furniture, cabinet & electric guitar maker Për Courtney, will demonstrate the steps in making a "Split Ash" stool in the Appalachian style, including: Hand-splitting an ash log, Hand-forming the parts on a "shave horse", Mortis and tenon Joinery, Assembly & Wedging, and Discussion of various seat choices: Woven, slat or plank

Date: Saturday, June 6, 1-4pm

Place: New Wing Designs/Për Guitars Studio & Workshop,

281 The Bend Road (left off Rt.16 N), Greensboro Bend

Fee: \$15.00 Space is limited

Registration: per-nwd@vtlink.net or call the workshop at 533-2444, please leave contact info with message

## 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.