

Greater Hardwick Community LEARNING EXCHANGE ^{WINTER} 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.

Siblings Without Rivalry How to Help Your Children Live Together So You Can Live Too

Heidi Eames

This is a 6-session workshop based on the well known work of Adel Faber and Elaine Mazlish, writers and speaker on non-violent parent-child communication. Each session sensitizes parents to what it is that increases hostility between children and the attitude and the language that decreases hostility. During each session, parents will learn and practice specific skills that help to reduce friction and make harmony possible. Highlights include the chance to practice with other parents skills that reduce rage and motivate children to work out their own problems. As well, participants will learn a problem solving method for helping children deal with the problems they can't work out for themselves. Facilitated by Heidi Eames, a mother of two young children who believes world peace begins in the home.

Date: Sundays 4–6pm, Starting February 1–March 8

Place: Craftsbury Public Library

Fee: Material Fee: \$10

Registration: email hjeames@hotmail.com, or call 586-7771 to register

WINTER FILM SERIES

Get out of your TV or computer and into a movie theater with all your friends! Located right in Hardwick, Hazen Union School offers a state of the art projection room, seating 100 people or more. Best of all—its FREE (on Friday nights). As a completely non-profit venture, we can choose our films and have our own monthly film series. Beats driving to Morrisville, St. J, or Montpelier. We need YOU to make this happen. Please call Emily Lanxner if you would like to help: 472-5913.

Spanish Through Song Tomas Kalmar

A fun way to learn to speak Spanish from scratch, or to become more fluent if you already know some Spanish. Every week we will learn to sing songs from Spanish-speaking countries, and discuss cultural aspects, especially the rhythms—musicians welcome (but not required)—bring your own instrument if you'd like to. Songs from Mexico, Spain, the Caribbean, Columbia, Peru, Argentina, and Chile. Tomas is a Mexican musician who teaches at Sterling College.

**Date: Monday evenings from 7–9pm,
beginning on February 2**

Place: Buffalo Mountain School, Hardwick Fee: Free
Registration: Call Tomas at 472-5978 or
email Kalmar.Tomas@gmail.com

“All Natural” Immunity for the Whole Family

Hart Brent

Deep winter can be a time to feel energetic and healthy. We'll discuss how, including; using herbs, essential oils and homeopathy at home; preventing and treating colds and flus; and making diet choices that improve immune resistance and well-being.

Hart has practiced traditional naturopathy for 20 years, seasoned by mothering and grandmothering.

Date: Sunday, Feb.1, from 1–3pm
(snow-date Sunday, Feb. 8)

Place: HealthCalls yurt at 4287 Bayley Hazen Rd.,
West Danville Fee: \$10

Registration: Call Hart Brent at 684-2570, or
email hart@vtlink.net

FULL MOON/DANCE FREE BOOGIE NIGHTS!

Join other fun-loving people in our community, expressing yourself through dance and movement. All ages welcome! Alcohol free. Once a month, on the Friday night closest to the full moon. Free space, hardwood floor, located in Hardwick! We need YOU to make this happen. Please call Emily Lanxner if you would like to help: 472-5913.

Study Circle on Race and Racism Robert Appel and MiHae Hooper

You are invited to take part in Study Circles on Race and Racism being offered by Central Vermont Anti-Racism Study Circles (CVARSC) this Fall in Hardwick. Central Vermont Anti-Racism Study Circles is a collaborative effort of individuals from area community organizations, churches, synagogues, educational institutions, and state and local government. CVARSC offers Study Circles as a way to bring community members together to probe racism in depth and construct strategies to encourage a social climate more respectful of diversity.

Each Study Circle consists of 8-12 participants, guided by a pair of trained facilitators who work to create an environment that is compassionate and productive. Participants at past meetings have commented that the circles are—"eye opening;" "life changing;" "new friends;" "a fount of hope;" "led to meaningful action;" among other testimonies.

Robert Appel of Woodbury has served as the executive director and legal counsel of the VT Human Rights Commission for the past seven years. During the preceding eight years, Robert was the state's defender general overseeing the public defense system. MiHae Hooper, who was raised in Northfield in a transracial family, resides in Montpelier.

Date: The discussion series will begin the week of February 2 and run for six weeks. I would like to find a day of the week, probably Tuesday, Wednesday or Thursday that works for the greatest number of people. Meetings times are 6–8:25pm.

Place: Buffalo Mountain School, Hardwick

Fee: Free

Info: Call Robert Appel, 456-8844 or email: Robert.appel@state.vt.us

Seed Swap

Spring IS on the way—and we're getting excited to plant our gardens! Like the co-op's Annual Clothes Swap, this is an opportunity to bring the seeds you have to spare, and take the seeds you want. Before you place your seed orders, come to see what you can swap. This exchange is Part I of the *Food Security Blanket Series*. It will take place at the Co-op's Hardwick Community Dinner, on Thursday, February 5th at noon, at the Hardwick United Church. All are welcome to come share the meal, share gardening tips, and share some seeds. For more information, contact Caitlin Strong at 472-8569, or Sharon Fialco at 533-2296.

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.

Info: Please call Helen Beattie, 472-5127, if you are interested and we will find a time that works for us. Gracias!

IN THE HEART OF THE WOUND IS FOUND HEALING Therapeutic Groups & Retreats for Adults Recovering from Traumatic Stress & Disturbed Attachment

Maggie McGuire, Ph.D.

Traumatic stress and early attachment disturbances occur when a person is overwhelmed by experiences and is unable to process or assimilate the various responses. Failure to integrate the experience results in a wide variety of adult relational problems and disconnections in the body, mind and spirit. Healing is a process that brings awareness to those parts of our body-mind where awareness has been withdrawn and a numbness, a deadness has been left behind, and where re-entering with a softness, mercy, and safety brings oneself more fully into life. Building on basic bodymind healing practices, we will incorporate meditation, imagery, hypnotherapy, sensory awareness and movement, sounding and drawing, sandplay, writing and storytelling to awaken our deepest desires and tap our inner and outer resources for healing.

Maggie McGuire, Ph.D. is a somatic psychologist and longtime practitioner of yoga, Buddhism and indigenous healing practices.

Date: Tuesdays, 6:30–8:30pm, February 3–May 26, 2009

Place: Wellspring Mental Health & Wellness Center, 39 Church Street, Hardwick, VT

Fee: Group \$60/Session Insurance Accepted

Registration: call Maggie McGuire 472-6694, or email mmcguire@vtlink.net



HIP-HOP AND BREAK DANCING

Palmer Jordon and Nipu Wass

You don't need any experience to come and dance, and learn some new moves. Be sure to wear comfortable clothes and dance shoes or sneakers. For youth, ages 9 to 13. Taught by Palmer Jordon and Nipu Wass.

Date: Saturdays, noon to 1pm; Eight week session, beginning February 7

Place: Threshold Studio, Main St., Hardwick

Fee: \$35; Registration required.

Registration and Info: Palmer Jordon, 472-5913.

HEALING INTO LIFE AND DEATH

A Therapeutic Group for Serious Illness & Injury

Maggie McGuire, Ph.D.

A life-threatening illness or life-changing event can have a profound impact on our life. Normal routines and comfortable habits are disturbed, as we deal with the ongoing experience of treatments & recovery, feelings of indifference, grief, perhaps a sense of betrayal, loneliness, isolation. It can also be a call to wake up to what is essential and important in our lives, propel us into embracing life with greater authenticity and meaning. To be *with* illness with a healing awareness, touching it deeply, meeting the pain in the body and the confusion in their mind with tenderness and mercy—in the heart instead of in the mind—enables a new opening to life, allows deeper healings to occur.

Developing a healing practice: Though grieved in mind and body and at times feeling hopeless, we are never helpless. We have ways of healing within us. We can cultivate practices that begin with the heart and expand into the body and the mind, allowing layers of obstruction between the heart and the bodymind to clear. The heart softens the way for the mind and the body to be experienced wholeheartedly without judgment or fear. This group is an invitation for you to use your health crisis to increase self-awareness and open to a deeper, more meaningful relationship with self and others, and with life itself. It is a chance to ease the suffering, increase the feeling of acceptance, and enhance the capacity for self-care. *For those of you who are interested, a yoga class (4–5:30pm) follows the group meeting, and is also covered by insurance.*

Maggie McGuire, Ph.D. is a somatic psychologist and longtime practitioner of yoga, Buddhism and indigenous healing practices.

Dates: Wednesdays, February 4–March 25,

2–3:30pm or 7:15–8:45pm

Place: Wellspring Mental Health & Wellness Center,

39 Church Street, Hardwick, VT

Fee: Group \$45/Session Insurance Accepted,

Sliding Fee Scale

Registration: call Maggie McGuire 472-6694, or

email mmcguire@vtlink.net

RESTORATIVE YOGA

Emily Lanxner

This is a yoga class geared for beginners, as well as folks who are seeking a gentle way to restore yoga into their life as a means of improving health and well-being. These easy movements are accessible to any age or ability level.

Date: Saturdays, 11am to noon. Eight week session, beginning February 7.

Place: Threshold Studio, Main St., Hardwick.

Fee: Donation to cover use of space;

Registration required.

Registration and Info: Emily Lanxner, 472-5913

THE WISE HEART

**The Study and Practice of the
Universal Teachings of Buddhism
Maggie McGuire, Ph.D.**

Buddhism emphasizes the nobility and sacredness of the human spirit, the fine-grained analysis of emotion and thought, the precise techniques for healing, training, and transforming the mind and heart. It offers a vision of radiant human dignity and a practical path for realizing it in our own lives. Together we cultivate practices that quiet the mind, open the heart and reawaken us to our basic goodness: practices of mindfulness, generosity, compassion, loving-kindness, integrity, equanimity, gratitude, and forgiveness.

Maggie McGuire, Ph.D. is a somatic psychologist and longtime practitioner Buddhism, yoga and indigenous healing practices.

Date: Wednesdays 5:30–7:00pm; and

Monthly: Sat 9-5 February 7, March 7, May 2

Place: Wellspring Mental Health & Wellness Center,
39 Church Street, Hardwick, VT

Fee: Donation

Registration: call Maggie McGuire 472-6694, or
email mmcguire@vtlink.net

DESIGNING AND PRODUCING A PROMOTIONAL FLYER

Mary Metcalf and Emily Lanxner

Learn how to make your own promotional flyer using graphics tools with Microsoft Word or Microsoft Publisher programs, and the resources of the Greensboro Free Library. Taught by head librarian Mary Metcalf, and assisted by Emily Lanxner. Kids welcome to either participate in workshop, or use library during workshop hours.

Part One: Tuesday, February 10, 6:30–8:30pm

Part Two (follow up): Tuesday, February 17,

6:30–8:30pm Place: Greensboro Free Library

Fee: FREE (donations accepted)

Registration: Limited space—Please register by Feb.6.

Call Mary Metcalf at library: 533-2531.

VIDEO PRODUCTION AT HARDWICK COMMUNITY TV

Meredith Holch

Did you know Hardwick has a Public Access TV Station? We do! HCTV is offering FREE classes which will cover camera, sound and a basic intro to editing. NO EXPERIENCE IS NECESSARY. Whether you are interested in learning how to film local events, or in making a video based on your own ideas to air on HCTV, this class is for you. The class will be taught by local filmmaker Meredith Holch. Her work screens widely at venues including MoMA, (NYC), PBS, the sides of old barns and endangered community gardens. She has taught Video Production for the past 10 years.

Date: 4 Wednesday nights starting Feb 11. (2/11, 2/18, 2/25, 3/4); 6:30–8:00pm (open to earlier or later time suggestions)

Place: The HCTV Station located upstairs in the Memorial Building.

Fee: Classes are free and equipment is provided. (We do hope new trainees will volunteer to tape one selectboard meeting in exchange for the classes).

Registration: Call HCTV at 472-6655, or e-mail hardwicktv@comcast.net

GREEN ARCHITECTURE

Patrick Kane

I became interested in architecture as a teenager during the early 80s energy crisis and have continued this interest in my work since. In 15 years of practice with firms of many sizes and now as Kane Architecture, I have designed many institutional, commercial and residential buildings that incorporate “green” building principles. These can be generally grouped into efficiency, healthy materials, environmental impact, and local economics. I would structure the workshop into two sections; the first a brief history and examples of green buildings locally and around the world, covering the major opportunities available. This would take around an hour and a half. Participants would bring questions/ideas about their habitations to a second meeting where we would discuss their green problems/opportunities. This would take at least another hour and a half depending on the size of the group.

Please call or send an e-mail if you are interested, and we will set-up a time and space based on what works for most, in early April.

Fee: Free of Charge

Registration and Info: Patrick at 472-5934 or pdkane@comcast.net

Reiki I

Sierra D. Thayer

An ancient and sacred healing technique originating from the Tibetan Sutras. Traditional Usui Shiki Ryoho is taught as well as updated information recently discovered. Basic energy anatomy and the chakra system is studied plus self-reiki, and the application for others including animals. Three attunements are given. Certification awarded following completion of one day class. VSAC approved. Sierra D. Thayer has been involved in the healing arts for over 23 years. She has been a midwife and is currently a Lightworker and instructor, Reiki Master Teacher, Shamanic Practitioner and founder of the Bridge of Light.

Date: Wednesday, Feb. 25, 9am-5pm

Place: Bridge of Light, 8 Hudson Dr., Hardwick

Fee: \$150.00 includes all materials

Registration: email Bridgoflight@aol.com or call 802-472-9529

WHAT THE HECK IS 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 finger-prints, as well as looking for some common “gift marks”. Course will be tailored to participant’s interests. Kate is willing to teach a more intensive series of classes if desired. 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: TBA

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

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

Write Your Way Home a Writing Group for Fiction & Non-Fiction Writers

Sarah Houston, M.A.

“Writing is making sense of life” - Nadine Gordimer

Feedback & exercises in a supportive environment; Advance works in progress or start new ones; Beginners as well as more experienced writers; Health and well-being through self expression

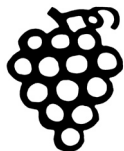
Sarah Houston was a journalist for 10 years and has been writing fiction in various forms since childhood. She is a psychotherapist at Wellspring, in Hardwick, where she often uses expressive arts in her practice.

Date: TBA, 6-Weeks beginning week of March 1

Place: At Wellspring in Hardwick

Fee: \$75/Series; Some insurances; Sliding scale

Registration: To Inquire/register, contact Sarah at 472-6642 or story@vtlink.net



EMBODYING THE HEART OF YOGA

A Body-Mind Centering Approach

Maggie McGuire, Ph.D.

Embodied Yoga is a deep, internal study of the body-mind explored through movement and the direct experience of our own body systems, tissues and cells. Centering our practice in an open heart, a quiet mind and a kind awareness enables us to release tension and emotional stress while strengthening the core of our being.

Series 1: Skeletal System

The skeletal system gives our body the basic form through which we locomote through space, act on the environment, and sculpt and create the energy forms in space that we call movement. When we embody the bones, our mind becomes structurally organized, our thoughts and actions become grounded, and our sense of space helps us understand our relationships within our self and between others.

Date: Wednesdays, 4–5:30pm

Place: Wellspring Mental Health & Wellness Center

Fee: \$12/class \$80/Series of 8 Insurance accepted; scholarships available

Registration: call Maggie McGuire 472-6694, or email mmcguire@vtlink.net

WOOD SCULPTURE FOR ADVANCED BEGINNERS

Steve Sampson

Come with a piece of wood, and some tools. No instant gratification involved. If you've worked with wood, and would like some help moving forward, this could be the inspirational and technical step ahead you've been waiting for. Steve Sampson has been sculpting for 35 years. Several of his pieces have been on display in the window of the Hardwick Clip Joint this fall and winter.

Date: to be arranged at convenience of all.

Place: Steve's studio in Hardwick

Registration: Steve at 472-5707

The Vermont Foodbank's Salvation Farms program presents:

A Winter Veggie Exploration: This workshop will focus on cooking a variety of simple dishes with root vegetables. Learn what all of those roots are and find out what to do with them! Elena Gustavson currently cooks for the students at Sterling College and has lots of experience cooking with seasonal produce to share!

Soups from Scratch: This workshop introduces how to make a variety of simple soups with seasonal vegetables and whatever you have on hand. Learn the art of soup improvisation through hands on teaching with Kate Arnold and/or Rachel Davey from the Buffalo Mountain Coop Café!

Date and Place: Date and location of these workshops is TBA

Conversation Française (French conversation)—suite

Paule Bezaire

This workshop started this spring and now has a few conversation-ists. You would like to join? These inclusive meetings offer wonderful conversation opportunities. All are welcome [beginners are welcome if they are willing to "watch the movie without the subtitles"]. 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), 13 chickens and 3 goats (they are not quite bilingual though. . . .) Paule is hoping to support other French or French-to-be speakers.

Date: every other Monday, 6pm.

Place: Buffalo Mountain Co-op Café

Fee: free (unless materials are requested by participants).

Registration: email pezbez3@yahoo.com, or call 917-3079.

PARTNER-ASSISTED YOGA

Emily Lanxner

Enjoy the close 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. For your own comfort level, we suggest attending with your own partner or close friend.

Date and Place: Scheduling and Location to be announced.

Fee: Donation to cover use of space;

Registration required.

Registration and Info: Emily Lanxner, 472-5913.

Seed Ordering and Garden Planning Workshop:

Now is the time to plan your garden! High Mowing Seeds staff will lead your through the process of making small scale garden or container growing plans and assist you with picking vegetable varieties and seed quantities appropriate for your needs. Seeds will be available for purchase at a discounted price and will benefit the Vermont Foodbank.

Date: TBA

Place: The Vermont Foodbank's Manosh Branch in Wolcott, in the Fisher Bridge Industrial Park.

For Info on these workshops: please contact Rebecca Baidler at 472-8280 or rbeidler@vtfoodbank.org for more details.

CLASS CALENDAR for WINTER 2009

S	M	T	W	T	F	S
FEBRUARY 1 ☯ Siblings without Rivalry ☯ "All Natural Immuntiy"	2 ☯ Spanish Through Song ☯ Conversation Francaise is every other Monday	3 ☯ Heart of the Wound	4 ☯ Healing into Life and Death ☯ Heart of Yoga ☯ The Wise Heart	5 ☯ Seed Swap	6	7 ☯ Restorative Yoga ☯ Hip-Hop & Break Dancing ☯ The Wise Heart
8	9 ☯ Spanish Through Song	10 ☯ Heart of the Wound ☯ Promotional Flyer	11 ☯ Healing into Life and Death ☯ Heart of Yoga ☯ The Wise Heart ☯ Video Production	12	13	14 ☯ Restorative Yoga ☯ Hip-Hop & Break Dancing
15 ☯ Siblings without Rivalry ☯	16 ☯ Spanish Through Song	17 ☯ Heart of Yoga ☯ Heart of the Wound ☯ Promotional Flyer	18 ☯ Healing into Life and Death ☯ Heart of Yoga ☯ The Wise Heart ☯ Video Production	19	20	21 ☯ Restorative Yoga ☯ Hip-Hop & Break Dancing
22 ☯ Siblings without Rivalry	23 ☯ Spanish Through Song	24 ☯ Heart of the Wound	25 ☯ Healing into Life and Death ☯ Heart of Yoga ☯ The Wise Heart ☯ Video Production ☯ Reiki I	26	27	28 ☯ Restorative Yoga ☯ Hip-Hop & Break Dancing
MARCH 1 ☯ Siblings without Rivalry ☯ Write Your Way Home starts this week	2 ☯ Spanish Through Song	3 ☯ Heart of the Wound	4 ☯ Healing into Life and Death ☯ Heart of Yoga ☯ The Wise Heart ☯ Video Production	5	6	7 ☯ Restorative Yoga ☯ Hip-Hop & Break Dancing ☯ The Wise Heart
8 ☯ Siblings without Rivalry	9 ☯ Spanish Through Song	10 ☯ Heart of the Wound	11 ☯ Healing into Life and Death ☯ Heart of Yoga ☯ The Wise Heart	12	13	14 ☯ Restorative Yoga ☯ Hip-Hop & Break Dancing
15	16 ☯ Spanish Through Song	17 ☯ Heart of the Wound	18 ☯ Healing into Life and Death ☯ Heart of Yoga ☯ The Wise Heart	19	20	21 ☯ Restorative Yoga ☯ Hip-Hop & Break Dancing
22	23 ☯ Spanish Through Song	24 ☯ Heart of the Wound	25 ☯ Healing into Life and Death ☯ Heart of Yoga ☯ The Wise Heart	26	27	28 ☯ Restorative Yoga ☯ Hip-Hop & Break Dancing

Remember! Some events are not scheduled!

Full Moon/Dance Free Boogie Nights
 Conversational Spanish Group
 Winter Film Series
 Green Architecture
 What the Heck is Hand Analysis
 Write Your Way Home: a Writing Group

Wood Sculpture
 Partner-Assisted Yoga
 Winter Veggie Exploration
 Soups from Scratch
 Seed Ordering and Garden
 Planning Workshop