

Calendar of Events

Upcoming Events

FRIDAY, OCTOBER 16

Rummage Sale

Good winter clothes for the entire family, plus white elephant items. 10 a.m.-6 p.m. Unitarian Church, 130 Main Street, Montpelier. Pat, 223-1967. Sale continues Saturday, October 17.

Energy Fields and Vision Therapy

Dr. Sam Berne explains how he measures and influences energy fields using a process called vision therapy: a holistic method to improve both physical and spiritual vision. 7-9 p.m. Green Mountain Medicinals, 34 Elm Street, Montpelier. \$10 individual, \$15 family. Private sessions available Saturday, October 17. Register at 485-4433.

SATURDAY, OCTOBER 17

Work Hike with the Green Mountain Club, Montpelier Section

Smuggler's Notch. All abilities, 2 to 5 miles round trip. Wear work clothes and gloves. Meet at 8 a.m. at Montpelier High School. Contact leader Ken Hertz, 229-4737.

Cabot Historical Society's Tenth Annual Apple Pie Festival

Home-baked apple pie contest for prizes. Winning pies auctioned off. Lunch and pies for sale, live music, 50-50 raffle, silent auction, kids' activities, craft fair, and more. Benefits the historical society's one-room schoolhouse and Main Street Museum buildings. 9 a.m.-3 p.m. Cabot School gym. Free admission and parking. 563-3396, bonniesd@together.net, or www.cabothistory.org.

37th Annual Homemakers Craft Bazaar

The Central Vermont Regional Homemakers offer a variety of handcrafted and homemade items and baked goods to benefit local causes. Concessions available. 9 a.m.-3:30 p.m. Barre City Auditorium. Free admission and parking. Laura, 229-4351.

Rummage Sale

Fill a bag for \$2; good winter clothes for the entire family, plus white elephant items. 10 a.m.-1 p.m. Unitarian Church, 130 Main Street, Montpelier. Pat, 223-1967.

Shakespeare in the Hills Auditions: Twelfth Night

Echo Valley Community Arts seeks local talent for its March 2010 performance. 10 a.m.-4 p.m. Plainfield Town Hall. Naomi, 223-3599.

Liza Ketchum Reads from Her Newest Kids' Historical Novel

Ketchum, a Vermont native, presents her novel *Neusgirl*: a view of life the San Francisco shipyards in the 1850s. 2 p.m. Bear Pond Books, 77 Main Street, Montpelier. 229-0774.

Chicken Pie Supper and Silent Auction

Chicken and biscuits with gravy, coleslaw, mashed potatoes, squash, beverages, and pie. Seatings at 5 and 6:30 p.m. Wesley United Methodist Church, 56 South Main Street, Waterbury. \$9 adults, \$5 children younger than 12, \$25 family. Call Karen at 244-7423 for reservations. Takeout available. Walk-ins welcome as space permits.

Rusty Romance CD Release Party and Benefit

The Montpelier band presents their newest album, *Roots 'N' Roll*. Pitz Quattrone and the Earthman Band open the evening. Benefits Making Strides Against Breast Cancer. 7 p.m. Lamb Abbey, 64 Pioneer Center, Montpelier. \$10 suggested donation, kids free. Bring your own beverages.

Capital City Concerts Tenth Anniversary Concert

The concert series' founder and artistic director, flutist Karen Kevra, performs works of Poulenc, Honegger, Max Bruch, and Beethoven with violinist Arturo Delmoni, oboist Randall Wolfgang, and oboist and concert pianist Jeewon Park. 7:30 p.m. Unitarian Church, 130 Main Street, Montpelier. \$10-\$25. Tickets at Bear Pond Books or online at www.capitalcityconcerts.org.

SUNDAY, OCTOBER 18

Waterbury Community Band Benefit Concert

The band performs marches, show tunes, and band favorites to benefit the Waterbury Good Neighbor Fund, providing emergency financial assistance to Waterbury residents in need. 3:30 p.m. Waterbury Congregational Church. By donation. Sarah, 888-4977.

Beyond the Veil: Perspectives from the Muslim World

Free weekly film series. This week: *For a Place Under the Heavens*. Discussion follows. 7 p.m. Cabot 85, Cabot science building, Norwich University, Northfield. Free.

MONDAY, OCTOBER 19

Public Policy Forum

Legislators and citizens come together for public discourse on Vermont Yankee, health-care reform, environmental permitting, state economic development policy, and more. 4-6 p.m. Kellogg-Hubbard Library, Montpelier. Free. Andrea, 862-8347. Sponsored by Vermont Businesses for Social Responsibility.

Book Reading and Discussion: When the Emperor Was Divine

Fran Cerulli leads discussion on this year's Vermont Reads book. 7 p.m. Kellogg-Hubbard Library, Montpelier. Free. 223-3338.

TUESDAY, OCTOBER 20

Walk/Bike with the Green Mountain Club, Montpelier Section

Road walk or bike ride. Location is leaders' choice. Contact leaders Mary Garcia, 229-0153, or Mary Smith, 505-0603, for type of event, meeting time, and meeting place.

Preschool Discovery Program: Are You Nocturnal?

A morning of nature investigations for children age 3-5 and their families. 10-11:30 a.m. North Branch Nature Center, 713 Elm Street, Montpelier. \$5 per child. 229-6206. Program repeats Wednesday, October 21.

Author Reading and Signing: Elizabeth Marshall Thomas

The naturalist presents her new book in defense of feeding deer, *The Hidden Life of Deer*. 7 p.m. Bear Pond Books, 77 Main Street, Montpelier. Free. 229-0774.

Successful Coparenting After Divorce, Dissolution, and Separation

Panel discussion. Part of the library's series on Legal Strategies for Major Life Events. 7-8:30 p.m. Kellogg-Hubbard Library, Montpelier. Free. 223-3338.

Poetry Reading with Merry Gangemi

Bring your own work or a favorite poem to share. 7 p.m. Cutler Library, Plainfield. Free. 454-8504.

Parent Education: The Gift of Storytelling

With Deborah Bogart, master storyteller, Waldorf Morning Garden teacher and U-32 Branching Out director. Parents: learn how to discover the tool of storytelling. 7 p.m. Orchard Valley Waldorf School, East Montpelier. Free. Please RSVP to 456-7400.

WEDNESDAY, OCTOBER 21

Preschool Discovery Program: Are You Nocturnal?

A morning of nature investigations for children age 3-5 and their families. 10-11:30 a.m. North Branch Nature Center, 713 Elm Street, Montpelier. \$5 per child. 229-6206.

Our Climate, Our Homes

Architect and planner Jeff Schoellkopf discusses the quest for low-carbon-footprint shelter. Part of the Osher Lifelong Learning Institute's weekly fall class series. 1 p.m. Noble Hall, Vermont College. Free for Osher members, \$5 nonmembers. 454-4675 or atapl@vtlink.net.

Exhibits



SCULPTCYCLE

More than 20 outdoor sculptures made from recycled bicycle parts. Downtown Montpelier. Through October. www.sculptcycle.org.

BLINKING LIGHT GALLERY

Handwoven textiles by students from the School for Traditional Handweaving in Marshfield. 16 Main Street, Plainfield. Through November 1. Opening October 17, 4-6 p.m. Hours: Thursday, 2-6 p.m.; Friday-Sunday, 10 a.m.-6 p.m. 454-0141 or www.blinkinglightgallery.com.

CABIN #4

"From the Third Eye," stained glass and photography by Margaret Blanchard. Camp Meade, Middlesex (behind Red Hen). Through October. 210-471-9599.

CHANDLER GALLERY

Group show of local artists. 73 Main Street, Randolph. Through

October 18. Hours: Thursday 4-6 p.m., Saturday-Sunday 1-3 p.m. 802-431-0204.

GRACE GALLERY

Paintings by Gayleen Aiken, focusing on Vermont's granite industry. The Old Firehouse, Hardwick. Through December 1. Hours: Tuesday-Thursday, 10 a.m.-4 p.m. 472-6857.

GREEN BEAN ART GALLERY

In October: photography by Tom Howard. In November: photography by Rick Zand. Capitol Grounds, 27 State Street, Montpelier. artwhirled23@yaboo.com.

KELLOGG-HUBBARD LIBRARY

Photographs of the library itself by Marie Countryman. 135 Main Street, Montpelier. November 3-December 11. 223-3338.

LAZY PEAR GALLERY

"A Splash of Color," works by Steven Goodman and Wendy James using color sparingly but with powerful effect. 154 Main Street, Montpelier. Through November 15. 223-7680 or www.lazy-pear.com.

PLAINFIELD CO-OP COMMUNITY CENTER

"Journey with Horses," drawings and prints by Elinor Randall. Main Street, Plainfield. Through October 30. 454-1726.

THE SKINNY PANCAKE

Brushwork and collages by Sandra Bissex, including a series of works created in partnership with Arthur Zorn. 89 Main Street, Montpelier. Through October 28. 262-CAKE.

THE SHOE HORN

"Flowers and Water," acrylics by Gretchen Zimmerman. 8 Langdon Street, Montpelier. Through October. 223-5454.

STUDIO PLACE ARTS

"Rock Solid," a show celebrating the beautiful qualities of stone; on the second floor, paintings and drawings by Lauren Bulakowski; and on the third floor, "Nature Under Construction," works by Jeanne Bisson. 201 North Main Street, Barre. Through November 7. Hours: Tuesday-Friday, 10 a.m.-5 p.m.; Saturday, 12 noon-4 p.m. 479-7069 or www.studioplacearts.com.

T.W. WOOD GALLERY

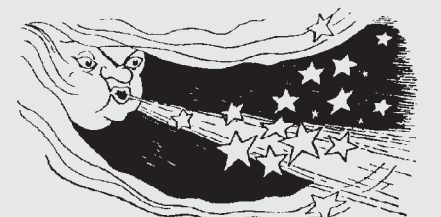
"The Figure and Beyond," works by Billy Brauer and his students. 26 College Street, Montpelier. Through October 25. Hours: Tuesday-Sunday, 12 noon-4 p.m. 828-8743 or twwoodgallery.org.

VERMONT ARTS COUNCIL

Works by five Vermont artists in the sculpture garden, and "Dark to Light," a show of paintings by Margaret Lampe Kannenstine. 136 State Street, Montpelier. Through October. www.vermontartscouncil.org.

VERMONT SUPREME COURT

Mixed-media textile paintings by Vermont artist Muffin Ray. 109 State Street, Montpelier. Through October 29. Hours: Monday-Thursday, 8 a.m.-4:30 p.m.; Friday, 12:30-4:30 p.m. 828-0749.



PUT IT ON DISPLAY!

E-mail your art listings to artsup@sover.net.

Calendar of Events

Free Renewable Energy Workshop

Colin Sorenson from Alteris Renewables talks about renewable energy options available to homeowners, incentives available in Vermont, and site requirements.
6-7 p.m. Hunger Mountain Coop community room. Free. Register at 223-8004, ext. 202, or info@bungermountain.com.

THURSDAY, OCTOBER 22

Rock Hounds Unite!

Geologists will be on hand to identify rocks and fossils, lead mini geology field trips, and display mineral collections. Bring your own mystery rock or mineral to identify.
10 a.m.-2 p.m. North Branch Nature Center, 713 Elm Street, Montpelier. Free. 229-6206.

Thrift Sale

Winter clothing in all sizes, household items, furniture, crafts, books, shoes, jewelry, and more.
4-6 p.m. Trinity United Methodist Church, 137 Main Street, Montpelier. Paul, 371-8108. Sale continues Friday and Saturday, October 23 and 24.

The Battle of Lake Champlain

Colonel David Fitz-Enz tells the story of the largest and most decisive battle of the War of 1812, a story of great courage and human tragedy.
7 p.m. Woodbury Town Hall, Route 14. 456-1237. A Vermont Humanities Council event.

FRIDAY, OCTOBER 23

Thrift Sale

Winter clothing in all sizes, household items, furniture, crafts, books, shoes, jewelry, and more.
9 a.m.-1 p.m. Trinity United Methodist Church, 137 Main Street, Montpelier. Paul, 371-8108. Sale continues Saturday, October 24.

Saved by a Poem: An Inspirational Evening with Kim Rosen

An evening of poetry, music, and inspiration to celebrate the release of Rosen's new book.
7:30 p.m. Private Montpelier home. \$10 suggested donation. For reservations and directions, contact Donna at auntlaperle@msn.com or 373-1652.

SATURDAY, OCTOBER 24

Bird Monitoring Walk

A morning bird walk for kids to explore some of the passing migrants, lingering breeders and overwintering birds of Montpelier. All ages and experience levels welcome.
7 a.m. North Branch Nature Center, 713 Elm Street, Montpelier. 229-6206.

eBird Workshop

Biologist Kent McFarland explains how your bird sightings can help complete a picture of the life of birds through the online tool eBird. Workshop begins with a bird walk.
9-11 a.m. North Branch Nature Center, 713 Elm Street, Montpelier. \$15 nature center members, \$20 nonmembers. 229-6206.

Thrift Sale

Winter clothing in all sizes, household items, furniture, crafts, books, shoes, jewelry, and more.
9 a.m.-1 p.m. Trinity United Methodist Church, 137 Main Street, Montpelier. 371-8108.

Montpelier Recreation Department Ski and Skate Sale.

Get ready for winter with used equipment from vendors and neighbors.
9 a.m.-2 p.m. Montpelier High School. 225-8691.

Two New England Children's Authors at Bear Pond Books

Susan Meddaugh, author of the Martha the Talking Dog books, reads from her many stories about Martha and other fantastic talking creatures (dry, well-behaved dogs welcome). Later, Kate Messner reads from her new novel for middle graders, *The Brilliant Fall of Gianna Z. Meddaugh*, 11 a.m. Messner; 2 p.m. Bear Pond Books, 77 Main Street, Montpelier. 229-0774.

Children's Art Show and Education Presentation

Patricia Carini, cofounder of the Prospect School and Center, speaks on "Respecting Children's Strong, Inherent Desire to Learn." Art on display by River Rock School students.
3-5 p.m. Presentation 3:30 p.m. Pavilion auditorium, State Street, Montpelier. Free. Refreshments served. 223-4700 or www.riverrockschool.org.

Second Annual Polenta Festival

Celebrate Barre's Italian immigrants: learn how to make and serve polenta, and enjoy an evening of food, music, company, and a performance of *Mob Hits* by Cafe Noir Productions.
6 p.m. Aldrich Public Library, Barre. \$36 dinner and show, \$18 dessert and show (discounts available). Benefits the library. 476-7550 or www.aldrich.lib.vt.us.

SUNDAY, OCTOBER 25

Exploration with the Young Adventurer's Club

Kids and their parents climb Burnt Rock Mountain in Fayston. Difficult hike for kids. Event sponsored by the Montpelier section of the Green Mountain Club.
Contact leader Lexi Shear, 229-9810, for meeting time and place.

Walk with the Green Mountain Club, Montpelier Section

Moderate, 6-mile road and VAST trail walk around Dumpling Hill in Middlesex.
Meet at 12 noon. Contact leaders John Buddington and Kathy Gobl, 229-0725, for meeting place.

Celebrate the Music and Life of Blues Artist Koko Taylor

Screening of *Queen of the Blues: A Portrait of Koko Taylor* at the Savoy Theater, followed by a musical tribute by local blues artists at Langdon Street Café.
Film screening, 4 p.m. Music begins at 5:30 p.m. \$15. Benefits the Koko Taylor Foundation. Sherry, 479-3223.

Beyond the Veil: Perspectives from the Muslim World

Free weekly film series. This week: *Four Wives One Man*. Discussion follows.
7 p.m. Cabot 85, Cabot science building, Norwich University, Northfield. Free.

TUESDAY, OCTOBER 27

Family Pumpkin Carving

Pumpkins and treats provided; you supply carving tools and supervision of little fingers.
3-4:30 p.m. Waterbury Public Library. Free, but registration required: call 244-7036.

SPOTLIGHT: LIVE MUSIC



The Honey Dewdrops

The duo, Laura Wortman and Kagey Parrish (pictured above), play original and traditional acoustic American music. Expect to hear vocal harmonies and complementing guitar and mandolin. Oh yeah—and these guys won *Prairie Home Companion's* 2008 talent show. "They're just pure raw talent," says Terry Martin, owner/manager of the Outback Lodge on Charlottesville, Virginia. Our guess is that Vermont's going to like the Dewdrops as well as Virginia does.

Wednesday, October 28, 8 p.m. Langdon Street Café, 4 Langdon Street, Montpelier. www.langdonstreetcafe.com or www.thehoneydewdrops.com.

Author Reading and Signing: Louise Penny

Penny presents her new book, *The Brutal Telling*.
7 p.m. Bear Pond Books, 77 Main Street, Montpelier. Free. 229-0774.

Financial Considerations in Cohabitation vs. Marriage

Panel discussion. Part of the library's series on Legal Strategies for Major Life Events.
7-8:30 p.m. Kellogg-Hubbard Library, Montpelier. Free. 223-3338.

WEDNESDAY, OCTOBER 28

World War II: American Perceptions and Historical Realities

Presented by Mark A. Stoler, UVM professor emeritus. Part of the Osher Lifelong Learning Institute's weekly fall class series.
1 p.m. Noble Hall, Vermont College. Free for Osher members, \$5 nonmembers. 454-4675 or atapl@vtlink.net.

WPA Arts with William Tortolano

7 p.m. Kellogg-Hubbard Library, Montpelier. Free. 223-3338.

THURSDAY, OCTOBER 29

Book Discussion: *When the Emperor Was Divine*

This culminating Vermont Reads activity will include suggested reading lists, book and material displays, acknowledgments to participants and collaborating project partners, project evaluations, and light refreshments. Event will air on local cable channel 44 later in the week.
7 p.m. Warren Public Library. Free. Gail, 583-1935. A Vermont Humanities Council event.

FRIDAY, OCTOBER 30

Creatures of the Night: Owls!

Get in the mood for Halloween with a visit from some live owls! Program presented by the North Branch Nature Center and Outreach for Earth Stewardship.
6:30-8 p.m. Unitarian Church, 130 Main Street, Montpelier. \$5 adults, \$3 kids. 229-6206.

SATURDAY, OCTOBER 31

Work Hike with the Green Mountain Club, Montpelier Section

Bamforth Ridge. All abilities, 2 to 5 miles round trip. Wear work clothes and gloves.
Meet at 8 a.m. at Montpelier High School. Contact leader Ken Hertz, 229-4737.

Calendar of Events

Montpelier Recreation Department Halloween Party

Fun, games, and refreshments for costumed youngsters in grades 6 and younger. 5:30-7 p.m. Montpelier Recreation Department, Barre Street. Free. 225-8691.

Edgar Allan Poe Spooktacular

Candlelit, interactive performances of the best of that master of the macabre, Edgar Allan Poe, followed by a costume contest, raffle drawing, and dance party. Doors open at 7:30 p.m. Poe performance at 8 p.m. Dancing at 9 p.m. Lost Nation Theater, 39 Main Street, Montpelier. \$20, includes desserts and coffee/cider and benefits the theater. Cash bar. Tickets at 229-0492 or www.lostnationtheater.org.

SUNDAY, NOVEMBER 1

U.S. Air Force Liberty Big Band Concert

A concert in honor of Vermont National Guard troops deploying to Afghanistan. 7 p.m. City Hall, 39 Main Street, Montpelier. Free, but tickets required. Tickets available at the city clerk's office and Uncommon Market. 828-5981 or www.montpelierlive.org.

Beyond the Veil: Perspectives from the Muslim World

Free weekly film series. This week: *They Call Me Muslim*. Discussion follows. 7 p.m. Cabot 85, Cabot science building, Norwich University, Northfield. Free.

MONDAY, NOVEMBER 2

Vermont Women's Business Center Networking Luncheon

Dona Bate speaks on "What to Say After 'My Name Is...'" Bring lunch. 11:30 a.m.-1:30 p.m. 8 South Main Street, Barre. Free. 479-9813 or www.vwbc.org.

TUESDAY, NOVEMBER 3

Author Reading and Signing: Don Bredes

The Vermont author presents his new book, *The Errand Boy*. 7 p.m. Bear Pond Books, 77 Main Street, Montpelier. Free. 229-0774.

Elder Law Issues: Addressing Needs and Protecting Assets

Panel discussion. Part of the library's series on Legal Strategies for Major Life Events. 7-8:30 p.m. Kellogg-Hubbard Library, Montpelier. Free. 223-3338.

WEDNESDAY, NOVEMBER 4

Vermont Women's Business Center Artists' Learning Circle

For all types of artists-as-business-people: a place to share ideas and challenges. 9:30-11:30 a.m. 8 South Main Street, Barre. Free. 479-9813 or www.vwbc.org.

The Impact of the U.S. Invasion and Occupation of Iraq

Presented by Haviland Smith, retired CIA station chief. Part of the Osher Lifelong Learning Institute's weekly fall class series. 1 p.m. Noble Hall, Vermont College. Free for Osher members, \$5 nonmembers. 454-4675 or atapl@vtlink.net.

SPOTLIGHT: CD RELEASE PARTY



Rusty Romance: Roots 'N' Roll

Yeah, we know: we just featured a CD release party two weeks ago. But hey—when you live in a city with great local bands, what can you do? This time it's Rusty Romance: their new album, *Roots 'N' Roll* is an apt description of their musical style. (The whole team is pictured above: from left, Kevin Brown, Rob Halpert, Terry Hodgdon, Dan Haley, Rachael Rice, Bill Fraser, Dave Blythe, and Glenn Howland.) Their party (with local openers Pitz Quattrone and the Earthman Band) is also a benefit for Making Strides Against Breast Cancer.

Saturday, October 17, 7 p.m. Lamb Abbey, 64 Pioneer Center, Montpelier. \$10 suggested donation. Bring your own beverages.

Walk with the Green Mountain Club, Montpelier Section

Easy walk through Montpelier. Meet at 5 p.m. at Montpelier High School. Contact leader Charlene Bohl, 229-9908.

Free Acupuncture and Chinese Medicine Workshop

With Akhil Kaplan MSOM, L.Ac. Learn practical ways to live with the seasons and tools to prevent illness, and gain a better understanding of Chinese medical philosophy. 5:30-7 p.m. Hunger Mountain Coop community room. Free. Register at 223-8004, ext. 202, or info@bungermountain.com.

Singer's Typewriter . . . and Mine

Amherst College professor Ilan Stavans examines the life and work of the controversial Yiddish writer and Nobel Prize winner. 7 p.m. Kellogg-Hubbard Library, Montpelier. Free. Part of the Vermont Humanities Council's First Wednesdays lecture series.

THURSDAY, NOVEMBER 5

Dyad Night

Folks interested in speaking their truth and being truly heard, received, and understood meet for a contemplative evening of dyad communication. Come alone or bring a friend or partner. 6:15 p.m. Montpelier. \$5 suggested donation. For more information or to register, contact Maggie at 522-5855 or info@vibrance.com.

FRIDAY, NOVEMBER 6

Readers' Theater: *When the Emperor Was Divine*

Presented by Montpelier High School's theater class. 7 p.m. Kellogg-Hubbard Library, Montpelier. Free. 223-3338.

SATURDAY, NOVEMBER 7

Montpelier Senior Center Bazaar

Boutique, jewelry, crafts, baked goods, white elephants, books, toys, Christmas gifts, etc. 9 a.m.-3 p.m. Coffee hour, 9-11 a.m. Montpelier Senior Center, 58 Barre Street, Montpelier. Nancy, 223-5177.

Hunger Mountain Coop Food and Wellness Expo

Lots of vendors with food samples, plus local health practitioners, bodywork and massage therapists, and nonprofit groups. Pumpkin painting for kids. 11 a.m. City Hall, 39 Main Street, Montpelier. Free. 223-8004, ext. 202.

Fire By Friction

Max Krieger, a field instructor with Adirondack Wilderness Expeditions, teaches participants how to make and use a bow drill and/or hand drill set to create fire by friction. 1-3 p.m. North Branch Nature Center, 713 Elm Street, Montpelier. \$10 nature center members, \$12 nonmembers. Adult supervision required under age 13. 229-6206.

SUNDAY, NOVEMBER 8

Hunger Mountain Coop Annual Meeting

Member-owners invited for food, samples, raffle prizes, and some annual meeting business. City Hall, 39 Main Street, Montpelier. 223-8004, ext. 202, or info@bungermountain.com.

Hike with the Green Mountain Club, Montpelier Section

Easy to moderate, 3- to 5-mile afternoon hike on the Morse Farm ski trails in Montpelier. Meet at Montpelier High School. Contact leaders Reidun and Andrew Nuquist, 223-3550, for meeting time. Bring a snack.

Live Music



BLACK DOOR BAR & BISTRO

Friday, October 16
The Great Brooks Blues Band
Wednesday, October 21
Comedy night with Kathleen Kanz, Joanne Hardy, Avi Waring, and Dustin Bruley, 8:30 p.m.
Saturday, October 24
Industrial Jazz Group
Thursday, October 29
Carrie Elkin and Patrick Ross, 8 p.m.
44 Main Street, Montpelier. All shows at 9:30 p.m. unless noted. Nominal cover. 223-7070 or www.blackdoorvt.com.

CHARLIE O'S

Friday, October 16
You Say Placate (jazz)
Saturday, October 17
Tim Brick and Gypsy Highway (country/rock)
Wednesday, October 21
TBA
Friday, October 23
Abby Jenne and the Enablers (rock)
Saturday, October 24
Brothers McCann (progressive rock)
Wednesday, October 28
Jasmine Armour (old-time)
Friday, October 30
Amadis (metal)
Saturday, October 31
Halloween karaoke dance party
70 Main Street, Montpelier. 223-6820.

LANGDON STREET CAFÉ

Friday, October 16
Happy Hour with Electric Sorcery (funk), 6 p.m.
Saturday, October 17
No Eye Contact (folk), 12:30 p.m.
The New Boston Duo (gypsy), 7:30 p.m.
Full Tand (world), 10 p.m.
Monday, October 19
Open mic, 7 p.m.
Wednesday, October 21
Raina Rose (singer/songwriter), 7 p.m.
Rebecca Leobe (singer/songwriter), 8 p.m.
Spirits of the Red City (folk), 9 p.m.
Friday, October 23
Happy Hour with Electric Sorcery (funk), 6 p.m.
Big Tree (psychedelic funk), 9 p.m.
Saturday, October 24
Sara Grace and the Suits CD benefit show (roots), 9 p.m.
Monday, October 26
Open mic, 7 p.m.
Tuesday, October 27
Taina Asili y la Banda Rebelde (soul), 8 p.m.
Wednesday, October 28
Honey Dewdrops (acoustic), 8 p.m.
Dr. Gasp! Halloween warm-up (freak folk), 10 p.m.
Thursday, October 29
Utah Green (singer/songwriter), 8 p.m.
Fancy Trash (folk), 9 p.m.
Friday, October 30
Happy Hour with Electric Sorcery (funk), 6 p.m.
Devil's Night with the Mathematicians and fiends (rock), 10 p.m.
Saturday, October 31
Halloween with Maddub (geeky), 9 p.m.
4 Langdon Street, Montpelier. Most shows by donation. 223-8667 or www.langdonstreetcafe.com.

GOT LOCAL MUSIC?
E-mail your listings to
artsup@sover.net.

Calendar of Events

Move Your Mind to the Positive

A day of meditation with Amy Miller. Learn how to meditate or reinvigorate your already established practice.

9:30 a.m.–4:30 p.m. Milarepa Center, 1344 Route 5 South, Barre. By donation. Lunch included. Registration required. 633-4136 or www.milarepacenter.org.

Dances of Universal Peace

Moving meditations with chanting, celebrating diversity in spiritual traditions while striving for unity. No experience needed. All faiths welcome. Bring finger food to share, soft-soled indoor shoes or socks, and an open heart.

4–7 p.m. Shambhala Meditation Center, 64 Main Street (third floor), Montpelier. \$10 suggested donation. Radha, 658-2447.

Beyond the Veil: Perspectives from the Muslim World

Free weekly film series. This week: *Leila Khaled: Hijacker*. Discussion follows.

7 p.m. Cabot 85, Cabot science building, Norwich University, Northfield. Free.

MONDAY, NOVEMBER 9

Local Rotten Sneaker Contest

Contestants age 6 to 15 compete for a basket of Odor Eater products, the Golden Sneaker Award, the Merit Certificate, and \$200 in cash. Winner goes to the national competition.

4 p.m. Montpelier Recreation Department, Barre Street. Free. 225-8691.

Between Waters: Lake Champlain Meditations and Inspirations

With Kevin Brown.

7 p.m. Kellogg-Hubbard Library, Montpelier. Free. 223-3338.

TUESDAY, NOVEMBER 10

Author Reading and Signing: Richard Wiswall

Wiswall, owner of Cate Farm in Plainfield, presents his new work: *The Organic Farmer's Business Handbook*.

7 p.m. Bear Pond Books, 77 Main Street, Montpelier. Free. 229-0774.

Wills and Advanced Directives

Learn how to protect yourself and provide for your family. Part of the library's series on Legal Strategies for Major Life Events.

7–8:30 p.m. Kellogg-Hubbard Library, Montpelier. Free. 223-3338.

Vermont Civil War Songbook

Dressed in period costume, singer/researcher Linda Radtke shares songs from Vermont during the Civil War period, with engaging commentary and letters from Vermont soldiers.

7 p.m. Crossett Brook Middle School, 5672 Route 100, Waterbury. Free. Donald, 748-6048. A Vermont Humanities Council event.

WEDNESDAY, NOVEMBER 11

Sisters in War: How the War in Iraq Affects Women's Lives

Presented by Christina Asquith, reporter and author. Part of the Osher Lifelong Learning Institute's weekly fall class series.

1 p.m. Noble Hall, Vermont College. Free for Osher members, \$5 nonmembers. 454-4675 or ataplow@vtlink.net.

THURSDAY, NOVEMBER 12

Victim Impact: The True Cost of Drinking and Driving

6:30–8:30 p.m. Kellogg-Hubbard Library, Montpelier. Free. mcjc@montpelier-vt.org or 223-9606. Presented by the Montpelier Community Justice Center.

FRIDAY, NOVEMBER 13

Fall Into Winter Fair

Local artisans display wares for adults-only shopping. Fair continues Saturday, November 14, with fun for the whole family.

6–9 p.m. Orchard Valley Waldorf School, East Montpelier. Free. 456-7400.

SATURDAY, NOVEMBER 14

Exploration with the Young Adventurer's Club

Young children and their parents go on an easy ramble in Hope Cemetery in Barre. Hike, play, learn, and make friends. Sponsored by the Green Mountain Club, Montpelier section. Contact leader Dave Blumenthal. 229-9810, for meeting time and place.

Walk with the Green Mountain Club, Montpelier Section

Moderate, 6-mile walk in Montpelier, from North Branch Park to Sparrow Fram and down North Street. Wear red or orange for hunting season safety.

Meet at 9 a.m. behind the Montpelier swimming pool. Contact leader Charlene Bobl, 229-9908 or charlenebobl@comcast.net.

Fall Into Winter Fair

Local artisans, community craft room, puppet shows, children's craft activities, kids-only shopping, Pocket Lady, lunch buffet, live music, and more!

10 a.m.–3 p.m. Orchard Valley Waldorf School, East Montpelier. Free. 456-7400.

Trinity Community Thrift Store Grand Opening

Clothing, furniture, appliances, toys, and more: something for everyone! 12 noon–5 p.m. Trinity United Methodist Church, 137 Main Street (use rear entrance), Montpelier. Paul, 371-8108. Following the opening, the store will be open Tuesdays and Thursdays, 10 a.m.–4 p.m.; and Saturdays, 12 noon–5 p.m.

Bach Flower Remedies and Astrology

With Carmen Reyes. Learn which remedies can benefit you by taking a look at your natal astrology chart. Bring your chart; if you need one, e-mail carmen@hungermountain.com. 3–5:30 p.m. Hunger Mountain Coop community room. Free. Register at 223-8004, ext. 202, or info@hungermountain.com

Adamant Winter Music Series: Rik and Bec

Rik Palieri and Rebecca Padula. Monthly series; benefits the Adamant Community Club. Potluck 5:30 p.m. Concert 7 p.m. Adamant Community Club, intersection of Haggett Road and Martin Road. \$10 in advance (at the Adamant Co-op) or \$15 at the door.

The Paris Piano Trio: Les Musiciens

The three French chamber music soloists will perform Mozart's *Trio in E Major, K. 542*, Shostakovich's *Trio in E minor, Op. 67*, and Schubert's *Trio in B-flat Major, Op. 99, D. 898*. 7:30 p.m. Unitarian Church, 130 Main Street, Montpelier. \$10–\$25. Tickets at Bear Pond Books or online at www.capitalcityconcerts.org. A Capital City Concerts event.

SUNDAY, NOVEMBER 15

WordStage Vermont: An Evening at the Court of the Sun King

The words of Molière and the music of Lully, Couperin, and others, set in the court of Louis XIV and Marie Antoinette and featuring Arthur Zorn on harpsichord.

4 p.m. T.W. Wood Gallery, 36 College Street, Montpelier. \$15. 223-1279 or wordstagevt.com.

Beyond the Veil: Perspectives from the Muslim World

Free weekly film series. This week: *Linda and Ali: Two Worlds within Four Walls*. Discussion follows.

7 p.m. Cabot 85, Cabot science building, Norwich University, Northfield. Free.

MONDAY, NOVEMBER 16

Chinese Medicine Series: The Water Element

With Edward and Pamela Kentish. Learn what the ancients had to say about being comfortable and healthy during winter, the time of cold, dark stillness.

6–7:30 p.m. Hunger Mountain Coop community room. Free. Register at 223-8004, ext. 202, or info@hungermountain.com

TUESDAY, NOVEMBER 17

Walk with the Green Mountain Club, Montpelier Section

Easy, 5-mile road walk in Calais.

Meet at the Maple Corner Store. Contact leader Joan Heller, 223-1874, for meeting time.

WEDNESDAY, NOVEMBER 18

Film Series on Con Men, Stings, and Rogues: *The Sting*

Presented by Rick Winston, central Vermont's film impresario. Part of the Osher Lifelong Learning Institute's weekly fall class series.

1 p.m. Savoy Theater, Montpelier. Free for Osher members, \$5 nonmembers. 454-4675 or ataplow@vtlink.net.

Parent Education: Making Math Meaningful

Faculty highlight aspects of Orchard Valley Waldorf School's age-appropriate, developmentally-based math curriculum. Accessible to all levels of mathematical understanding.

7 p.m. Orchard Valley Waldorf School, East Montpelier. Free. Please RSVP to 456-7400.

Theater



WORKING

The Valley Players present this unique musical based on Studs Terkel's interviews with American workers.

Through October 18. Friday and Saturday, 7:30 p.m.; Sunday, 2 p.m. Valley Players Theater, Route 100, Waitsfield. \$16 adults, \$12 students. Tickets at 583-1674 or www.valleyplayers.com.

Free Montpelier Leaf Pick-Ups

Public works will pick up your securely bagged leaves. No brush, debris, or flower stalks, please. Through November 6. Daily pick-ups by neighborhood. For schedule, call 223-9510.

Free Community Meals for All

MONDAY • 11 a.m.–1 p.m., Unitarian Church, 130 Main Street

TUESDAY • 11:30 a.m.–1 p.m., Bethany Church, 115 Main Street

WEDNESDAY • 11 a.m.–1 p.m., Christ Church, 64 State Street

THURSDAY • 11:30 a.m.–1 p.m., Trinity Church, 137 Main Street

FRIDAY • 11 a.m.–12:30 p.m., St. Augustine Church, 18 Barre Street

SATURDAY • Second Saturdays only, 11:30 a.m.–1 p.m., Trinity Church, 137 Main Street (hosted by Shepherd of the Hills)

SUNDAY • Last Sundays only, 4:30–6:30 p.m., Bethany Church, 115 Main Street (hosted by Beth Jacob Synagogue)

Submit your event!

- ★ E-mail only, please. Send listings to artsup@sover.net.
- ★ Our deadline for the next issue, November 19, is 5 p.m. on Friday, November 13. The November 19 calendar will cover three weeks: events happening November 20–December 11 (more if space allows).
- ★ Montpelier events have priority, then central Vermont events.
- ★ Listings may be edited for length, style, and clarity.
- ★ All listings are free. In the case of ongoing events and classes, we give priority to new listings and one-time workshops.

SUBMIT YOUR EVENT!
Everything calendar goes to artsup@sover.net.

Calendar of Events

Ongoing Events

BOOKS

Mystery Book Club

Last Mondays, 7 p.m. Bear Pond Books, Montpelier. George, 229-0774.

BUSINESS

Business Building Blocks

Free workshop series through November. On October 22: keeping books and tax planning; October 29: habits of successful people; November 5: goal setting; November 12 (final session): action planning. Thursdays. Barre. Free, but registration required: contact Cecile at 1-800-843-8397 or 476-8493.

CRAFT

Quilting Group

Working meeting of the Dog River Quilters. Second Wednesdays, 6-7:30 p.m. Maplewood Quilts, 29 East Street, Northfield. 223-7984.

Free Hook-Ins

All levels welcome. First Saturdays, 1-5 p.m. Green Mountain Hooked Rugs, 2838 County Road, Montpelier. Free. Contact 223-1333 or visit greenmountainbookedrugs.com.

DANCE

Scottish Country Dancing

All dances taught in a friendly, fun atmosphere. No partner or experience necessary. Bring soft-soled shoes. Wednesdays, 7-9 pm. Union Elementary School, Montpelier. \$5 Montpelier residents, \$7 nonresidents. Through December 16. 802-371-7345.

Trance Dance

Free-form community dance in a safe, alcohol-, food-, and smoke-free environment. Bring water. First and third Wednesdays, 7-9 p.m. Middlesex Town Hall. \$3-\$5 donation. Suzanne, 223-9050.

Contra Dances

All dances taught; no partner necessary. All ages welcome. Bring soft-soled shoes. First, third, and fifth Saturdays, 8-11 p.m. Capital City Grange, Northfield Street, Montpelier. \$8. Beginners welcome. Bring soft-soled shoes. 744-6163.

Argentine Tango Practice

All levels welcome. Bring clean dance shoes or socks. Occasional guest instructors. Sundays, 7-10 p.m. Capitol City Grange, Northfield Street/Route 12, Montpelier. \$5 suggested donation. judithanb@gmail.com.

GAMES

Apollo Duplicate Bridge Club

All welcome. Partners sometimes available. Fridays, 6:45 p.m. Bethany Church, Montpelier. 485-8990 or 229-3922.

KIDS & TEENS

The Basement Teen Center

Cable TV, PlayStation 3, pool table, free eats, and fun events for teenagers. Monday-Thursday 3-6 p.m.; Friday 3-11 p.m. Basement Teen Center, 39 Main Street, Montpelier. 229-9151.

Storytime at the

Waterbury Public Library

Mondays, age 2. Wednesdays, babies/toddlers. Fridays, preschoolers. 10 a.m. Waterbury Public Library. Free. 244-7036.

Youth Group

Games, movies, snacks, and music. Mondays, 7-9 p.m. Church of the Crucified One, Route 100, Moretown. 496-4516.

Comics Club

Kids ages 8-18: drop in and learn how to write, design, and draw your own comics. Tuesdays, 3:30 p.m. Kellogg-Hubbard Library, Montpelier. 223-4665.

Youth Chess Club

Wednesdays, 5:30 p.m. Kellogg-Hubbard Children's Library. Free. Robert, 229-1207.

Dads and Kids Playgroup

For children age 5 and younger and their male grownups. Free dinner included. Thursdays, 6-7:30 p.m. Family Center of Washington County, 383 Sherwood Drive, Montpelier. Christopher, 262-3292, ext. 115.

Games at the Library

Over 100 games to choose from. Fridays, 3-5 p.m. Kellogg-Hubbard Children's Library. Free. 223-4665.

Infant/Child Car Seat

Inspections. First Fridays, 12 noon-4 pm. Berlin Fire Station. Free. Appointment required: call 371-4198.

LANGUAGE

Lunch in a Foreign Language

Bring lunch and a dictionary! 12 noon-1 p.m. Tuesdays, Italian. Wednesdays, Spanish. Thursdays, French. Fridays, German. Kellogg-Hubbard Library, Montpelier. 223-3338.

MUSIC

Vermont Fiddle Orchestra

All traditional acoustic folk musicians (fiddlers, cellists, guitarists, etc.) welcome. Mondays. Jam, 6-7 p.m.; rehearsal, 7-9 p.m. Capital City Grange, Montpelier. Through November 30. 1-877-343-3531 or www.vtfiddleorchestra.org.

Barre-Tones Rehearsal

A cappella barbershop group, open to all women age 18 and older who love to sing. Mondays, 7 p.m. Alumni Hall, Barre Auditorium. www.barretonesvt.com.

Waterbury Community

Band Rehearsals. All band musicians welcome. Marches, swing medleys, and Broadway favorites. Tuesdays, 7-9 p.m. Congregational Church, Main Street, Waterbury. Sarah, 888-4977.

Shape Note/Sacred Harp Sing

No experience needed. All welcome. Second Sundays, 3-50 p.m. Plainfield Community Center (above the co-op). By donation. 426-3849 or 426-3850.

OUTDOORS

Montpelier Streetwalkers

Meet your neighbors and work toward walking every street in Montpelier. Mondays, 5 p.m. Kellogg-Hubbard Library, Montpelier. Please arrive a little early, prepared for the weather. Harris, 223-7399.

Capital City Farmers Market

More than 40 central Vermont vendors. Live music every week. Saturdays, 9 a.m.-1 p.m. 60 State Street, Montpelier. Through October. 685-4360 or www.montpelierfarmersmarket.com.

Architectural and Historic Walking Tours of Montpelier

Learn about Montpelier's vibrant architecture and local history through guided walking tours of downtown. Saturdays, 10:30 a.m.-12 noon. Meet at the information kiosk next to the farmers market. \$5 suggested donation. Through October 24. Sponsored by the Montpelier Heritage Group.

SPIRITUALITY

Christian Meditation Group

People of all faiths welcome. Mondays and Fridays, 12-1 p.m. Wednesdays, 5:30-6:30 p.m. Christ Church, Montpelier. Regis, 223-6043.

Shambhala Buddhist

Meditation. Instruction available. All welcome. Tuesdays, 6:45-7:45 p.m. Wednesdays, 6-7 p.m. Program and discussion follow Wednesday meditation. Shambhala Center, 64 Main Street, Montpelier. Free. 223-5137.

Light of the Path

With Amy Miller and Jeff Garnette. Meditation, teachings, and mindfulness exercises for daily life. Tuesdays, 6:30-8 p.m. Milarepa Center, 1344 Route 5 South, Barre. By donation. Through November 17. 633-4136 or www.milarepacenter.org.

Zen Meditation

Thursdays, 6:30-7:30 p.m. 174 River Street, Montpelier. Call Tom for orientation, 229-0164. With Zen Affiliate of Vermont.

SUPPORT GROUPS

Circle of Parents

For parents of children of all ages. Montpelier. Free; childcare provided. Call 229-5724 for more information.

Bereavement Support Group

For anyone who has experienced the death of a loved one. Day or evening meetings. Wednesdays, 10-11:30 a.m. Mondays, 6-8 p.m. Central Vermont Home Health and Hospice, 600 Granger Road, Barre. Through December 21. Ginny, Louise, or Diana, 223-1878.

Grandparents Raising

Their Children's Children Support groups. Childcare provided in Montpelier, Waterbury, and Woodbury. First Wednesdays, Barre Presbyterian Church, Summer Street, 10 a.m.-12 noon. Second Tuesdays, Wesley Methodist Church, Main Street, Waterbury, 6-8 p.m. Third Thursdays, Montpelier Senior Activity Center, 58 Barre Street, 6-8 p.m. Fourth Mondays, Woodbury Community Room, 6-8 p.m. Evelyn, 476-1480.

Essential Tools for Caregivers

For future, current, in-home, residential care, or long-distance caregivers. Tuesdays, 10-11:30 a.m. Central Vermont Home Health and Hospice, 600 Granger Road, Barre. Through October 20. Louise or Diana, 223-1878.

Brain Injury Support Group

Open to all brain injury survivors, caregivers, and adult family members. Facilitated by Marsha Bancroft. First Tuesdays, 5:30-7:30 p.m. Kellogg-Hubbard Library, Montpelier. 1-800-834-7890, ext. 106.

Celiac Support Group

Third Tuesdays, 6-7:30 pm. Central Vermont Medical Center. Free.

Parents of

Challenging Children

For adoptive parents of children with serious emotional and behavioral issues. Wednesdays, 10:30 a.m.-12:30 p.m. Easter Seals Vermont, 641 Comstock Road, Berlin. 223-4744.

Cancer Support Group

Third Wednesdays, 5:30-7 p.m. For location, call Ellen at 223-6196.

Prostate Cancer

Support Group. Third Wednesdays, 6-7:45 p.m. Conference Room 2, Central Vermont Medical Center. Free. 223-2933.

Alzheimer's Support Group

Second Wednesdays, 7-9 pm. Community National Bank, Barre. Contact 476-5116 or 476-4822.

Eating with Grace

For women wanting to make peace with food, weight, and body image issues. Wednesdays, 6-8:30 p.m. 100 State Street, Montpelier. Interview required; contact Anya, 229-0399.

Mother's Tea Group

Mothers with children under age one welcome. Hosted by Gentle Landing Midwifery. Every other Thursday (next meeting dates: October 15 and 29), 10-11 a.m. The Loft, 174 River Street, Montpelier. \$5 for tea and cookies. Registration required. 279-3158.

Brain Injury Support Group

Open to all survivors, caregivers, and adult family members. Facilitated by Kathy Grange and Jane Hulstrunk. First and third Thursdays, 1:30-2:30 p.m. Unitarian Church, Montpelier. 244-6850.

Men's Group

Men discuss challenges of and insights about being male. Thursdays, 6:15-8:15 p.m. 174 Elm Street, Montpelier. Interview required; contact Neil Davis, Psychologist-Master; 223-3753.

Diabetes Support Group

First Thursdays, 7-8 p.m. Central Vermont Medical Center. Free.

Overeaters Anonymous

Twelve-step program for physically, emotionally, and spiritually overcoming overeating. Fridays, 12 noon-1 p.m. Bethany Church, 115 Main Street, Montpelier. Free. 223-3079.

THRIFT STORES

Trinity Community

Thrift Store

Clothing, furniture, appliances, toys, and more: something for everyone! Tuesdays and Thursdays, 10 a.m.-4 p.m.; and Saturdays, 12 noon-5 p.m. Trinity United Methodist Church, 137 Main Street (use rear entrance), Montpelier. 371-8108.

WELLNESS

Yoga Classes

Mondays, 6-7:30 p.m. Jaquith Public Library, Marshfield. By donation. Liza, 439-5659.

Introduction to

Energy Medicine

Safe, noninvasive energy healing based on shamanic practices of the pre-Incan people of the Peruvian Andes. Free half-hour introductory sessions and consultations. Wednesdays, 10 a.m.-4 p.m. Portals Center for Healing (behind the library), Montpelier. October 21-November 4. Register at with Asa at 595-2021.

Community Herb Clinic

Sliding-scale herbal consultations by the Vermont Center for Integrative Herbalism. Wednesdays, 6 p.m. 250 Main Street, Suite 302, Montpelier. Appointment required at 224-7100.

Community Reiki Clinics

Stress reduction and relaxation. First come, first served. Second Thursdays, 5:30-7 p.m. Central Vermont Medical Center, Conference Room 3. Free.

Arts-in-Healing

For cancer survivors. Enjoy and share music, poetry, and art. Second Thursdays, 12 noon-2 p.m. Central Vermont Home Health and Hospice. Free. 793-8404.

Inward Bound Yoga Studio

Info Sessions and Demos

More information about the studio's offerings, including yoga therapy, private yoga classes, mentoring, and meditation. Fridays, 11:30 a.m.-1 p.m. 104 Main Street (second floor), Montpelier. 229-0041.

SUBMIT YOUR EVENT!

Email artsup@sover.net.

Our deadline is Friday, November 13, for publication Thursday, November 18.

All listings are free.

Calendar of Events

Classes/Workshops

ART

Classes at Studio Place Arts

Printmaking, rangoli, and paper arts for teens (free), pastels, painting with oils and watercolors, and more. Call 479-7069 or visit www.studioplacearts.com for more information and to register.

Rug Hooking: Open Class for All Levels

Hands-on instruction. Shop open for supplies. Saturday, October 17, 1-5 p.m. Green Mountain Hooked Rugs, 2838 County Road, Montpelier. \$25. Contact 223-1333 or visit greenmountainbookedrugs.com.

Pizza Weaving

With Carol Collins from Singing Spindle Spinnery. Learn to weave circularly to create a flat circular table decoration, a wall hanging, or a hot mat. All materials provided, but bring yarn to supplement.

Wednesday, November 11, 5:30-7 p.m. Hunger Mountain Coop community room. \$12 co-op members, \$15 nonmembers. Register at 223-8004, ext. 202, or info@bungermountain.com.

Make Your Own

Wooden Knitting Needles

With Carol Collins from Singing Spindle Spinnery. All materials provided.

Thursday, November 19, 5-6:30 p.m. Hunger Mountain Coop community room. \$8 co-op members, \$10 nonmembers. Register at 223-8004, ext. 202, or info@bungermountain.com.

Young Rembrandts

Fun and engaging drawing class for preschool children. Mondays, 9:30-10:15 a.m. Montpelier Recreation Department. Six weeks; begins October 19. \$52.50 Montpelier resident, \$78.75 nonresident. Register with the Montpelier Recreation Department, 225-8691.

BABYSITTING

SuperSitters Babysitting Course

For children in grades 4 through 7. Wednesdays, 3-4:15 p.m. Montpelier Middle School. Five weeks; begins November 4. Register with the Montpelier Recreation Department, 225-8691.

DANCE

West African Dance Class

With Pape Ba from Senegal. All levels. Live drumming. Wednesdays, 6:30-8 p.m. Capitol City Grange, Northfield Street/Route 12, Montpelier. Through October 28. \$48 for four classes, \$15 drop-in. Betsy, 223-3311.

Ballroom and Latin Dance Classes

Learn to samba and waltz with instructors Samir and Elani Elabd. No experience necessary. Singles welcome. Tuesdays. Samba, 5:30-6:45 p.m. Waltz, 6:45-8 p.m. Union Elementary School gym, Montpelier. Four weeks; begins October 20. Montpelier residents: \$48 individual, \$90 couple; nonresidents: \$57 individual, \$108 couple. Register with the Montpelier Recreation Department at 223-5141.

FOOD

Kid-Tested and -Approved

Nut Milks and Fruity Nut Butters

With Linda Wooliever. Learn to make your own nut and seed milks and nut butters. Friday, October 16, 6-7 p.m. Hunger Mountain Coop community room. \$8 co-op members, \$10 nonmembers. Register at 223-8004, ext. 202, or info@bungermountain.com.

Banana Bread Bites a la Raw

With Linda Wooliever. Learn to make a flexible, delicious, nutritious raw banana bread. Tuesday, October 27, 6-7 p.m. Hunger Mountain Coop community room. \$8 co-op members, \$10 nonmembers. Register at 223-8004, ext. 202, or info@bungermountain.com.

GARDENING

No Deer Here

Learn about deer and their habits so as to better exclude them from your orchard and gardens. Repellents, deterrents, and physical barriers will be discussed and demonstrated. Sunday, October 18, 1-3 p.m. Elmore Roots nursery. Space is limited: register at 888-3305.

MOVEMENT

Pilates at Essential PT and Pilates

Group and private sessions for all levels. Reformer available. Pilates mat classes Monday-Thursday, 12 noon. 81 River Street (come around the back), Montpelier. \$12 per class. 262-1500 or essentialpt@yahoo.com.

Moms and Kids Cardio and Strength Training

For mothers and their babies or kids (no more than two). Tuesdays and Fridays, 9:15-10:15 a.m. Montpelier Recreation Department gym. Five- or 10-class punch cards available. Register at 802-318-5954.

Anusara-inspired Yoga

With Lydia Russell-McDade. Celebrate the delicious gift of embodiment with a fluid and strengthening yoga flow. Mondays, 5:30-6:30 p.m., Gray Building, Northfield (gentle/moderate). Saturdays, 10-11:30 a.m., Plainfield Community Center (moderate). At Yoga Mountain in Montpelier: Tuesdays, 12 noon-1:30 p.m. (advanced); Thursdays, 6-7:30 p.m. (advanced); and Fridays, 12 noon-1:15 p.m. (moderate). www.yogamountain.com.

Pilates at Breathing Light Studio

Daytime and evening classes for all abilities, led by experienced, caring teachers. 7 Main Street, Montpelier. 229-2290.

Tai Chi with Ellie Hayes

Mondays, 5-6:30 p.m. 64 Main Street (third floor), Montpelier. Registration required at 456-1983.

Sun Do: Korean Qi Gong and Yoga

With Betsy Forrest. Combining yoga, breathing meditation, and exercises for energy, flexibility, and strength. Mondays, 5:30-7 p.m. The Movement Center, 1 Granite Street, Montpelier. Eight weeks for \$60. 229-4262.

Kripalu Yoga with Martin Pincus

Tuesdays, 5:30 p.m., U-32 Middle/High School, East Montpelier. Thursdays, 5:30 p.m., Lamb Abbey, 64 Pioneer Center, Montpelier (first class October 8). For directions and information, contact Martin, 223-6260.

Aikido of Montpelier

Tuesdays, 5:30-6:30 p.m. Wednesdays, 7-8 p.m. Thursdays, 6-7 p.m. 1 Granite Street, Montpelier. \$40 per month. 454-8550.

Tai Chi for Beginners

With Sara Norton. Tuesdays, 7:30 p.m. The Movement Center, 1 Granite Street, Montpelier. \$150 for 13 weeks. 454-8550.

Qi Gong: Chinese Movement

Wednesdays, 6-7 p.m. Movement Center, 1 Granite Street, Montpelier. Edward, 229-4537.

Qi Gong

A moving meditation of breath, visualization, and sound based on Chinese meridian and five element theory. Thursdays, 12 noon-1 p.m. Breathing Light Studio, 7 Main Street (third floor), Montpelier. Pamela, 229-1800.

Pre- and Postnatal Yoga Classes

Instructor Elizabeth Murphy is a labor and delivery nurse, yogini, and mother. Saturdays. Prenatal, 9-10 a.m. Postnatal, 10:45-11:45 a.m. Central Vermont Medical Center, conference room 3. \$10. 223-9940.

Capoeira

The Brazilian art of the dance-fight. With Fabio Nascimento. Sundays, 1-3 p.m. Contemporary Dance and fitness Studio, 18 Langdon Street, Montpelier. Six weeks; begins October 18. \$78. Registration required: call 229-4676.

RELATIONSHIPS

The Energetics of Family Relationships

A class for families to help gain a compassionate understanding of family dynamics and understand why certain relationships within a family are easier than others. Saturdays, 1-3:30 p.m. October 17, November 21, and December 21. The Loft, 174 River Street, Montpelier. \$25 individual, \$40 couple. Registration required. Katharine, 279-3158.

SPIRITUALITY

Death and Rebirth

With Amy Miller, Buddhist nun. Lend meaning to life by exploring the challenge of death through a Buddhist lens. For caregivers and those involved in hospice work. All levels and types of spiritual practitioners welcome. Meditations and practical information included. October 30-November 1. Milarepa Center, 1344 Route 5 South, Barnet. \$100-\$225 sliding scale (no one turned away for lack of funds), includes all meals and accommodation. Registration required. 633-4136 or www.milarepacenter.org.

SPOTLIGHT: CLASS



Capoeira

Judging by the promotional picture above, this class might be your chance to fly. Learn the Brazilian movement form, part dance and part fight, from Fabio Nascimento; six weeks, right here in town.

Sundays, 1-3 p.m., begins October 18. Contemporary Dance and Fitness Studio, 18 Langdon Street, Montpelier. \$78.

Yearning for Learning Center

Teva Girls

For Jewish girls, a connection to Jewish roots and the natural world through Jewish teachings, songs, stories, games, and outdoor skills (Mondays, 4-6 p.m., through October 26).

Apples and Honey Hebrew School

Songs, games and blessings, storytelling, music, art, and drama for ages 5-11 (Tuesdays, 3:45-5:30 p.m.).

Jewish Mysticism and Kabbalah

Explore the mystical, spiritual and transformational teachings of the Jewish tradition (Thursdays, 6-8 p.m.).

Deepening Our Jewish Roots

Fun, engaging text study and discussion on Jewish spirituality (Sundays, 4:45-6:15 p.m.).

Yearning for Learning Center, Montpelier. Rabbi Tobie Weisman, 223-0583 or info@yearning4learning.org.

SPORTS

Adult Coed Dodgeball League

Pick-up teams of six with at least two women per team. Soft dodgeballs used. Mondays, 8-9 p.m. Union Elementary School gym. \$15 for six weeks; starts November 9. 223-5141.

Ski Conditioning 101

Get fit for downhill, cross-country, and telemark skiing using cardio and resistance training. For men and women. Saturdays, 8-9 a.m. Montpelier Recreation Department gym. Five weeks, begins November 17. Register with the Montpelier Recreation Department, 225-8691.

Snowmobile Safety Course

For age 12 and up. November 16, 18, and 20, 6:30-8:30 p.m. Montpelier High School. \$5. Register with the Montpelier Recreation Department, 225-8691.

WELLNESS

Essential Oils for Healing and Fun

With Joy Kirby. Learn about nine essential and versatile oils and how to use them for home cleaning, flu and infections, bath products, and beating the winter blues. Friday, October 30, 5:30-7 p.m. Hunger Mountain Coop community room. \$8 co-op members, \$10 nonmembers. Register at 223-8004, ext. 202, or info@bungermountain.com.

Herbal Salves for Social Justice

With Dana I. Woodruff, community herbalist. Learn to make infused oils, salves, and lip balm, using ingredients from the garden and co-op—and help make an all-purpose first aid salve for a community health project. Monday, November 9, 6-7:30 p.m. Hunger Mountain Coop community room. \$10 co-op members, \$12 nonmembers (or two Onion River Exchange credits). Register at 223-8004, ext. 202, or info@bungermountain.com.