

Calendar of Events

Upcoming Events

FRIDAY, SEPTEMBER 11

Fall Migration Bird Walk

September is the peak of fall songbird migration and the woods and fields along the North Branch are excellent places to witness it. Beginners welcome. Binoculars available for loan. 7-8:30 a.m. North Branch Nature Center, 713 Elm Street, Montpelier. Free for nature center members, \$5 nonmembers. 229-6206.

SATURDAY, SEPTEMBER 12

Work Hike with the Green Mountain Club, Montpelier Section

Around Sterling Pond. Clean up Watson Camp and install puncheon on the Long Trail. Contact leader Ken Hertz, 229-4737 or trails@gmcmontpelier.org, for more information.

La Leche League Annual Baby Sale

Baby and kids' clothes up to size 6, shoes, toys, books, games, gear, and more. Proceeds benefit breastfeeding in central Vermont. 9 a.m.-12 noon. Bethany Church, 115 Main Street, Montpelier. Laura, 223-0873.

Middlesex Town Forest Reconnaissance

Experts lead teams (no expertise necessary) into newly acquired property to blaze boundaries, scope potential trail locations, inventory natural resources, or just explore the land. 9 a.m.-1 p.m. Park in the WMA area at the end of Notch Road (off Center Road) and walk to the beginning of the Class 4 road.

Auditions for *Trial by Jury* and *HMS Pinafore*

Echo Valley Community Arts, under the direction of Naomi Flanders, auditions actors for its summer 2010 productions.

10 a.m.-1 p.m. Monteverdi Music School, 46 Barre Street, Montpelier. 223-3599. More auditions Sunday, September 13.

Auditions for Gilbert and Sullivan's *The Gondoliers*

Unadilla Theatre seeks local talent for leading roles and chorus. Directed by Bill Blachly. Show to be performed next summer: July 1-24, 2010.

9 a.m.-12 noon, or by appointment. Unadilla Theatre, Gray Road, East Calais (call for directions). 456-8968 or www.unadilla.org.

Growing Local Festival

Workshops on topics such as seed saving, winter herbs, and food preparation; children's activities; live music with the Chad Hollister Band; local food vendors; and a beer tent! 11 a.m.-5 p.m. Vermont College green. \$10 suggested donation, \$20 family. Benefits school gardens in Washington County. Todd, todd@folkbloke.com.

Adamant Winter Music Series: Greenberg and Koenig

Mark Greenberg and Ben Koenig are master guitar and banjo pickers with a varied folk repertoire. Monthly series benefits the Adamant Community Club.

Potluck 5:30 p.m. Concert 7 p.m. Adamant Community Club, intersection of Hagget Road and Martin Road. \$10 in advance (at the Adamant Co-op) or \$15 at the door.

SPOTLIGHT: CLASSICAL MUSIC



A Musical Odyssey

Capitol City Concerts opens its 10th anniversary season with a performance by Canadian chamber music group Musica Camerata Montréal, pictured above. Joined by local flutist Karen Kevra, they will perform a diverse program of works by Astor Piazzolla, Carl Maria von Weber, Bohuslav Martinu, and Nino Rota.

Saturday, September 19, 7:30 p.m. Unitarian Church, Montpelier. \$10-\$25. Tickets at Bear Pond Books or www.capitalcityconcerts.org.

SUNDAY, SEPTEMBER 13

Paddle with the Green Mountain Club, Montpelier Section

Easy, 5-mile paddle on Great Hosmer Pond in Craftsbury. Lifejacket required. Bring lunch. Contact leader Joan Heller, 223-1874, for meeting time and place.

Embodying Practice

Explore walking meditation.

9-11 a.m. Montpelier. For meeting place and more information, contact Robert at 229-6989 or robert.kest@juno.com.

East Montpelier Trails Work Day

Get outside this weekend and help build new hiking trail. All abilities welcome.

9 a.m.-5 p.m., arrive any time, stay any length of time. Mallory Brook trail, end of Johnson Road. 655-6051 or www.bikingtrailbuilders.com/mallory.

Millstone Grind Mountain Bike Marathon

Off-road mountain bike marathon. 34 miles pro and expert, 18 miles (half marathon) sport, and 8.5 miles novice and touring.

10 a.m.-5 p.m. Millstone Hill, 59 Little John Road, Websterville. Dan, 477-2149 or vtmtbike@myfairpoint.net, or www.millstonegrind.com.

Second Annual Raw Milk Open Farm Day

Tour farms, meet animals, and sample the raw milk that's revitalizing Vermont's microdairy. Area farms include Hollister Hill in Plainfield and Green Mountain Girls in Northfield.

11 a.m.-3 p.m. See full list of participating farms and directions at www.ruralvermont.org. Shelby, 223-7222 or shelby@ruralvermont.org.

Green Mountain Nutcracker Auditions

Moving Light Dance Company auditions youth, teen, and adult dancers to perform in their *Green Mountain Nutcracker* at the Barre Opera House on December 19 and 20.

12 noon. Plainfield Town Hall. Contact 426-2011 for detailed schedule.

Watercolor Painting and Yoga

Through the practice of simple yoga postures, learn to become more sensitive to beauty. Through the practice of watercolor painting, learn techniques for expressing the subtleties of this beauty on the page. No experience necessary. Materials provided.

1-3 p.m. Elmore Roots Nursery. Space is limited: call 888-3305 to register.

Burlington Chamber Orchestra with Michael Arnowitz

The local pianist performs Mozart's *Piano Concerto no. 23 in A major* with the orchestra. 3 p.m. Barre Opera House. \$25 adults, \$20 seniors, \$8 students (free with adult). Tickets at 476-8188.

Auditions for *Trial by Jury* and *HMS Pinafore*

See description Saturday, September 12.

2-4 p.m. Monteverdi Music School, 46 Barre Street, Montpelier. 223-3599.

Vermont Natural Resources Council Annual Meeting

Speakers Bill McKibben and Bernie Sanders, free appetizers from Ben & Jerry's and American Flatbread, and live music by Mad River Valley band Sugar Shack.

3-6 p.m. The Intervale, 180 Intervale Road, Burlington. Free. 223-2328, ext. 112.

Shape Note/Sacred Harp Sing

No experience needed. All welcome. Sing happens every second Sunday of the month. 6:30-8:30 p.m. Plainfield Community Center (above the co-op). By donation. 426-3849 or 426-3850.

SPOTLIGHT: FESTIVAL



Vermont Yoga Festival

Festival literature promises "three days, seven studios, 108 sun salutations, 500 new trees, and infinite energy." Local studios will offer up a variety of yoga practices, meditation, and ways to deepen your spiritual practice, and local vendors proffer wares at Saturday's holistic marketplace. The best part? It's all here in downtown Montpelier!

September 18-20. Various Montpelier venues. One-day, three-day, or single class passes available. Visit www.vermontyogafestival.com.

Calendar of Events

MONDAY, SEPTEMBER 14

Vermont Women's Business Center Networking Luncheon

Panel discussion on "What You Need to Know About Business Insurance, Legal Issues, and Self-Employment Taxes." Bring lunch and marketing material for your business.
11:30 a.m.-1:30 p.m. 8 South Main Street, Barre. Free. 479-9813 or www.vwbc.org.

TUESDAY, SEPTEMBER 15

Preschool Discovery Program: Fall Colors

For children age 3-5. Walk around the nature center to look at the fall colors up close, learn plant names, and create a rainbow of nature's show. Family members are welcome to stay.
10-11:30 a.m. North Branch Nature Center, 713 Elm Street, Montpelier. \$5 per child. 229-6206. Program repeats Wednesday, September 16.

Random House Book Group Night

Check out new reading for groups recommended by Random House and Bear Pond Books, share your favorites with other groups, and enjoy prizes, refreshments, and book discounts.
7 p.m. Bear Pond Books, 77 Main Street, Montpelier. Free. 229-0774.

WEDNESDAY, SEPTEMBER 16

Preschool Discovery Program: Fall Colors

See description Tuesday, September 15.
10-11:30 a.m. North Branch Nature Center, 713 Elm Street, Montpelier. \$5 per child. 229-6206.

Contemporary Nonpop Music: Tonality Survives

With Thomas L. Read, University of Vermont professor emeritus and composer. Part of the Osher Lifelong Learning Institute's weekly fall class series.
1 p.m. Aldrich Library, Barre. \$5 single class, \$40 full 13-week series (\$20 first-time member). 454-4675 or ataplow@vtlink.net.

Employee Ownership as a Path for Business Succession

Learn about the pros and cons of different forms of employee ownership and the financial and organizational benefits of this approach. Presented by the Vermont Employee Ownership Center and Frank and Brinna Sands, former owners of King Arthur Flour.
2:30-5 p.m. Offices of the Vermont Department of Economic, Housing, and Community Development, National Life, Montpelier. Free, but registration required: contact 861-6611 or info@veoc.org, or visit www.veoc.org.

Monarch Butterfly Tagging

Catch, tag, and release migrating monarchs. Bring a net if you have one.
3:30-5 p.m. North Branch Nature Center, 713 Elm Street, Montpelier. Free. 229-6206.

Walk with the Green Mountain Club, Montpelier Section

Easy, 4-mile walk around Montpelier and Hubbard Park.
Meet at 5 p.m. at Montpelier High School. Contact leader Charlene Bobl, 229-9908 or charlenebobl@comcast.net.

Open House: Meet Robin Sales, the New Library Director

5-6 p.m. Hayes Room, Kellogg-Hubbard Library, Montpelier. Free. 223-3338.

You Come, Too': Seasonal Poetry with Robert Frost

Read and discuss some of Frost's early fall poems. This event focuses on "The Cow in Apple Time," "The Death of the Hired Man," "A Roadside Stand," and "Directive." Monthly series.
5:30-6:45 p.m. Vermont Humanities Council, 11 Loomis Street, Montpelier. Free. RSVP encouraged (262-2626, ext. 307), but not required.

Stress Busters

With Jae Ehrlich. A look into why stress causes illness and how to turn stress into a positive force for change. Hands-on activities for your body, breath, and imagination to bust stress.
6-7:15 p.m. Hunger Mountain Coop community room. Free. Register at 223-8004, ext. 202, or info@hungermountain.com. More info at www.riversidecbiropracticvt.com.

Flower Essences: Support for the Great Turning

Fearn Lickfield speaks about flower essences and how they can help us at this pivotal time on earth. Part of the Tulsi Tea Room Holistic Lecture Series.
6-7:30 p.m. Tulsi Tea Room, 34 Elm Street, Montpelier. By donation. tulsiteallc@gmail.com.

A Conversation with Author Archer Mayor

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

THURSDAY, SEPTEMBER 17

Music at Moose Meadow: Mana Tokuno

Fresh from her European tour and recording sessions, Tokuno performs music by Beethoven. Final concert in the Eleva Chamber Players' piano concert series.
6 p.m. Moose Meadow Lodge, Duxbury. By donation. Reservations required: contact 244-8354 or visit www.elevachamberplayers.org.

Kickoff for Third Thursdays with Transition Town Montpelier

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

FRIDAY, SEPTEMBER 18

Vermont Yoga Festival

Seven local studios open their doors and present a sampling of yoga practices, meditation, pilates, belly dancing, yoga therapy, and kirtan. Holistic marketplace on Saturday. Various locations in Montpelier all weekend. One-day, three-day, and single-class passes available. Register at www.vermontyogafestival.com or 479-4142.

SATURDAY, SEPTEMBER 19

Vermont Yoga Festival

See description Friday, September 18. Various locations in Montpelier all weekend. One-day, three-day, and single class passes available. Register at www.vermontyogafestival.com or 479-4142.

List your . . .

concert ★ play ★ exhibit ★ dance ★ meeting ★ party ★ audition
sale ★ dinner ★ paddle ★ lecture ★ workshop ★ festival ★ fun event

E-mail artsup@sover.net!

Live Music

BLACK DOOR BAR & BISTRO

Friday, September 11
Justin Levinson (piano pop)
Saturday, September 12
Money Jungle (Afrobeat/jungle swing/ska)
Friday, September 18
New Nile Orchestra (Ethiopian pop)
44 Main Street, Montpelier. \$5 cover.
223-7070 or www.blackdoorvt.com.

CHARLIE O'S

Friday, September 11
Horseshoe Lounge Playboys (Americana)
Saturday, September 12
Push: A Disco Experience (second Saturday party)
Wednesday, September 16
Poor Howard Stith (blues)
Friday, September 18
Murder Weapon and the Icepicks (psychobilly/surf rock)
Saturday, September 19
Wrong Reasons and Samuel James (country/blues)
70 Main Street, Montpelier. 223-6820.

LANGDON STREET CAFÉ

Friday, September 11
Happy Hour with Didymo (old-time), 6 p.m.
Montana Slim String Band (bluegrass), 9 p.m.
Saturday, September 12
Torpedo Rodeo (rock), 8 p.m.
Kufui (acoustic), 10 p.m.
Concrete Rivals (rock), 10:30 p.m.
Monday, September 14
Open mic, 7 p.m.
Tuesday, September 15
Dan Kahn and the Painted Bird (folk/punk), 8 p.m.
Wednesday, September 16
David Rynhart (singer/songwriter), 7 p.m.
Reed Waddle (singer/songwriter), 8 p.m.
Gabrielle Louise (singer/songwriter), 9 p.m.
Thursday, September 17
Vermont Songwriter Showcase with Mark LeGrand, Carol Hauser, and Josh Brooks, 7 p.m.
Friday, September 18
Happy Hour with Didymo (old-time), 6 p.m.
Sara Grace and the Suits (soul), 9 p.m.
Saturday, September 19
Ethan Azarian (folk), 7:30 p.m.
Tom Banjo's Cranky Show, 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.

SPOTLIGHT: FREE WORKSHOP



Employee Ownership as a Path for Business Succession

If you're thinking about selling your business, you might want to come hear Frank and Brinna Sands' story. The Sands (pictured above), former owners of King Arthur Flour, sold the company to their employees, a move that they say has benefited the business, the employees, and the community at large. The Vermont Employee Ownership Center will present the Sands, as well as an overview of employee ownership, in a free workshop open to the public.

Wednesday, September 16, 2:30-5:30 p.m. National Life, Montpelier. Free, but registration is required: visit www.veoc.org or call 861-6611.

Calendar of Events

Overnight with the Green Mountain Club, Montpelier Section

Difficult hike in the White Mountains for fall foliage. 5.1 miles on day 1; 6.5 on day 2. \$30 fee, plus group dinner contribution. Must contact leader Paul DeLuca, 476-7987 or pdeluca420@msn.com, for meeting time and place.

The Montpelier Downtown Music Festival

Performances by Didymo (acoustic), Big Tree (indie pop), Rusty Belle (indie folk), the Motortown Revival (Motown tribute), and the Pubcrawlers (Irish tunes), plus street performance, puppetry, beverage gardens, and more. 3 p.m.-midnight. Downtown Montpelier; Julio's Cantina, and Three Penny Taproom. By donation. Ed, 229-9942.

BarreTones Concert: Through the Years—1960s to Today

The women's acapella barbershop chorus presents its 38th annual show, a variety of pop favorites from the past 40 years. Refreshments and after-party follow. 7 p.m. Barre Opera House. After-party at Hedding Church. \$15 adults, \$10 seniors, \$7 age 18 and young, \$3 after-party. www.barretonesvt.com.

Capitol City Concerts: A Musical Odyssey

The series kicks off its 10th anniversary with a concert by members of Musica Camerata Montréal, Canada's foremost chamber music group, and local flutist Karen Kevra. 7:30 p.m. Unitarian Church, 130 Main Street, Montpelier. \$10-\$25. Tickets at Bear Pond Books in Montpelier, at www.capitolcityconcerts.org, or at the door.

SUNDAY, SEPTEMBER 20

Vermont Yoga Festival

See description Friday, September 18. Various locations in Montpelier all weekend. One-day, three-day, and single class passes available. Register at www.vermontyogafestival.com or 479-4142.

Second Annual Tour de Farms

Explore southern Addison County's freshest and finest agriculture by bike. Three routes for varied skill levels, tastings and tours at farms, and Shoreham's Apple Fest to follow. 10:30 a.m. Starts and ends in Shoreham. \$15 adults, \$8 kids in advance; \$30 adults, \$10 kids day of tour. Register and see full list of participating farms at

www.ruralvermont.org. Benefits sponsoring nonprofits, Addison County Relocalization Network, Vermont Bicycle and Pedestrian Coalition, and Rural Vermont.

Dances of Universal Peace

Moving meditations with chanting, celebrating diversity in spiritual traditions while striving for unity. No experience needed; instruction provided. All faiths welcome. Bring finger food, 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.



City Meetings

MONDAY, SEPTEMBER 14

Planning Commission meeting, 7 p.m., City Council Chambers

TUESDAY, SEPTEMBER 15

Design Review Committee meeting, 7 p.m., City Council Chambers

THURSDAY, SEPTEMBER 17

Montpelier Alive Design Committee, 8 a.m., City Manager's Conference Room

City Hall, 39 Main Street, Montpelier. Sandy, 223-9502, ext. 11.

Submit your event!

- ★ E-mail only, please. Send listings to artsup@sover.net.
- ★ Our deadline for the next issue, September 18, is 5 p.m. on Friday, September 11. The September 18 calendar covers events happening September 18-25 (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.

Classes/Workshops

AGRICULTURE

Livestock Mortality

Composting Workshop

See complete workshop description at www.nofavt.org. Thursday, September 17, 10 a.m.-12:30 p.m. Highfields Institute West Hill Farm, Hardwick. \$10 NOEA members, \$15 nonmembers. Register at 434-4122 or info@nofavt.org.

Growing Grains on an Organic Dairy

See complete workshop description at www.nofavt.org. Monday, September 21, 11 a.m.-3 p.m. Elysian Fields, Shoreham. Free for farmers, \$15 all others. Register at 434-4122 or info@nofavt.org.

Managing a Maple Orchard and Its Organic Practices

See complete workshop description at www.nofavt.org. Saturday, September 26, 1-4 p.m. Hillsboro Sugarworks, Bristol. \$10 NOEA members, \$15 nonmembers. Register at 434-4122 or info@nofavt.org.

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.studioplacart.com for more information and to register.

Pottery Classes at Montpelier Mud

For all ages and abilities. Adult classes Mondays and Thursdays, 6-9 p.m., and Tuesdays, 9:30 a.m.-12:30 p.m. Kids' classes Mondays, 3:30-5 p.m. Teen classes Wednesdays, 4-6 p.m. Montpelier Mud, 171 River Street, Montpelier. 224-7000 or montpeliermud.com.

Flower Basket Arranging

Wednesday, September 23, 6 p.m. The Pink Shutter, Montpelier. \$50-\$65, includes supplies to take home. Register at least one week in advance. 223-3413.

DANCE

Contemporary Dance and Fitness Studio Fall Classes

Over 35 years of high-quality instruction in jazz, hip-hop, ballet, modern, tap, and creative exercise for age 4 to adult. Call 299-4676 or visit cdfands.com for more information and to register.

Ballroom and Latin Dance Classes

Learn to cha-cha and foxtrot with instructors Samir and Elani Elabd. No experience necessary. Singles welcome. Tuesdays. Cha-cha, 5:30-6:45 p.m. Foxtrot, 6:45-8 p.m. Union Elementary School gym, Montpelier. Eight weeks; begins September 8. Montpelier residents: \$48 individual, \$90 couple; nonresidents: \$57 individual, \$108 couple. Register with the Montpelier Recreation Department at 223-5141.

Moving Light Dance Classes

Ballet, modern, creative dance, and belly dance. For ages 3 through adult. Through December 11. Lamb Abbey, Montpelier, and Plainfield Town Hall. For details, call Christine at 426-2011.

HOMESTEADING

Sustainable Garden and Landscape Design

See complete workshop description at www.nofavt.org. Saturday, September 12, 10 a.m.-1 p.m. Ilsley Library, Middlebury. \$10 NOEA members, \$15 nonmembers. Register at 434-4122 or info@nofavt.org.

Making Natural Soaps

See complete workshop description at www.nofavt.org. Thursdays, September 17, 7-9:30 p.m. Long Trail Community Market, Richmond. \$10 NOEA members, \$15 nonmembers. Registration required at 434-4122 or info@nofavt.org.

MOVEMENT

Pilates and Yoga at Essential PT and Pilates

Reformer available. Call for a private session. All levels welcome. Pilates mat classes Monday-Thursday, 12 noon. Yoga classes Mondays and Wednesdays, 5:30 p.m. 81 River Street, Montpelier. \$12 per class. 229-1891 or www.essentialpt.com.

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.

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

Prenatal class: ease back pain, nausea, and hip discomfort and prepare for pregnancy, birth, and beyond. 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.

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.

MUSIC

Summit School Fall Classes

For kids and adults. Folk songs, West African drumming, songwriting, Irish session repertoire, old-time fiddle, harmony singing, improvisation, claw-hammer banjo, clog, beginning folk guitar, and more. Call 802-917-1186 or visit www.summit-school.org for more information and to register.

SPIRITUALITY

Yearning for Learning Center

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.

Calendar of Events

Ongoing Events

MULTIPLE DAYS

The Basement Teen Center

Cable TV, PlayStation 3, pool table, free eats, and fun events for teenagers.

3-6 p.m., Monday-Thursday; 3-11 p.m., Friday. Basement Teen Center; 39 Main Street, Montpelier. 229-9151.

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.

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.

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.

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.

Storytime at the

Waterbury Public Library

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

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.

MONDAYS

Montpelier Streetwalkers

Meet your neighbors and work toward walking every street in Montpelier.

5:30 p.m. Kellogg-Hubbard Library, Montpelier. Please arrive a little early, prepared to walk in the day's weather.

Youth Recreation Night

Games, movies, snacks, and music.

7-9 p.m. Church of the Crucified One, Route 100, Moretown. 496-4516.

Adult Dodgeball

Co-ed, adult, pick-up dodgeball. All welcome. Nonstinging, soft dodgeballs used.

8-9 p.m. Union Elementary School gym. \$15 for six-plus weeks. 223-5141.

TUESDAYS

Essential Tools for Caregivers

For future, current, in-home, residential care, or long-distance caregivers.

10-11:30 a.m. Central Vermont Home Health and Hospice, 600 Granger Road, Barre. Six weeks, September 15-October 20. Louise or Diana, 223-1878.

Comics Club

Kids ages 8-18: drop in and learn how to write, design, and draw your own comics.

3:30 p.m. Kellogg-Hubbard Library, Montpelier. 223-4665.

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.

Community Yoga Class

With live piano by Cody Michaels.

5:30-7 p.m. Plainfield Community Center. Bring a mat and blanket. 456-8740 or misomoon735@yahoo.com.

Celiac Support Group

Third Tuesdays.

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

Relationship Group

Men and women, any and all relationships.

6:15-8:15 p.m. 174 Elm Street, Montpelier. Interview required; contact Neil Davis, Psychologist-Master; 223-3753.

Exploring the Path

to Enlightenment

Lively program of integrative discussion and meditation in the Tibetan Buddhist tradition with Ven. Amy Miller.

6:30-8 p.m. Milarepa Center, 1344 Route 5 South, Barnet. Free. 633-4136 or www.milarepacenter.org.

Waterbury Community

Band Rehearsals

All brass and wind musicians welcome.

Marches, swing medleys, and Broadway favorites. Starts September 15.

7-9 p.m. Congregational Church, Main Street, Waterbury. First concert in early October. Sarah, 888-4977 or waterburycommunityband@yahoo.com.

WEDNESDAYS

Parents of

Challenging Children

For adoptive parents of children with serious emotional and behavioral issues.

10:30 a.m.-12:30 p.m. Easter Seals Vermont, 641 Comstock Road, Berlin. 223-4744.

Youth Chess Club

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

Cancer Support Group

Third Wednesdays.

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

Prostate Cancer

Support Group

Man-to-man group. Third Wednesdays.

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

Community Herb Clinic

Sliding-scale herbal consultations by the Vermont Center for Integrative Herbalism.

6 p.m. 250 Main Street, Suite 302, Montpelier. Appointment required at 224-7100.

Quilting Group

Working meeting of the Dog River Quilters. Second Wednesdays.

6-7:30 p.m. Maplewood Quilts, 29 East Street, Northfield. Contact 223-7984.

Eating with Grace

For women wanting to make peace with food, weight, and body image issues.

6-8:30 p.m. 100 State Street, Montpelier. Interview required; contact Anya, 229-0399.

Alzheimer's Support Group

Second Wednesdays.

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

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.

Free Family Education Class on Mental Illness

Learn the facts about major mental illness, enhance your problem-solving skills, improve communication and receive emotional support.

7-9:30 p.m. Berlin. Free Twelve weeks; begins September 23. Registration required; contact NAMI-Vermont at 1-800-639-6480 or namivt@myfairpoint.net.

THURSDAYS

Business Building Blocks

Free workshop series through November.

On September 24: E-commerce.

Barre. Free, but registration required; contact Cecile at 1-800-843-8397 or 476-8493.

Arts-in-Healing

Second Thursdays. For cancer survivors.

Enjoy and share music, poetry, and art.

12 noon-2 p.m. Central Vermont Home Health and Hospice. Free. 793-8404.

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.

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.

Men's Group

Men discuss challenges of and insights about being male.

6:15-8:15 p.m. 174 Elm Street, Montpelier.

Interview required; contact Neil Davis, Psychologist-Master; 223-3753.

Zen Meditation

6:30-7:30 p.m. 174 River Street,

Montpelier. Call Tom for orientation, 229-0164. With Zen Affiliate of Vermont.

Diabetes Support Group

First Thursdays.

7-8 p.m. Central Vermont Medical Center. Free.

FRIDAYS

Overeaters Anonymous

Twelve-step program for physically, emotionally, and spiritually overcoming overeating.

12 noon-1 p.m. Bethany Church, 115 Main Street, Montpelier. Free. 223-3079.

Infant/Child Car Seat

Inspections

First Fridays.

12 noon-4 pm. Berlin Fire Station. Free.

Appointment required; call 371-4198.

Games at the Library

Over 100 games to choose from.

3-5 p.m. Kellogg-Hubbard Children's Library. Free. 223-4665.

Apollo Duplicate Bridge Club

All welcome. Partners sometimes available.

6:45 p.m. Bethany Church, Montpelier. Don, 485-8990; or Wayne, 229-3922.

SATURDAYS

Capital City Farmers Market

More than 40 central Vermont vendors. Live music every week.

9 a.m.-1 p.m. 60 State Street, Montpelier. Through October. 685-4360 or www.montpelierfarmersmarket.com.

Contra Dances

First, third, and fifth Saturdays.

8-11 p.m. Capital City Grange, Northfield Street, Montpelier. \$8. Beginners welcome.

Bring soft-soled shoes. 744-6163.

Exhibits



SCULPTCYCLE

More than 20 outdoor sculptures made from recycled bicycle parts.

Downtown Montpelier. Through October. www.sculptcycle.org.

BLINKING LIGHT GALLERY

Needle-felted rugs and home décor items by Neysa Russo.

16 Main Street, Plainfield. Through September 27. Reception Saturday, September 19, 4-8 p.m. Hours:

Thursday, 2-6 p.m.; Friday-Sunday, 10 a.m.-6 p.m. 454-0141.

CABIN #4

"From the Third Eye," stained glass and photography by Margaret Blanchard.

Camp Meade, Middlesex (behind Red Hen). Through October.

210-471-9599.

CITY HALL

Photos, history, and a mural by

Caroline Shapiro celebrating Montpelier's water treatment plant.

39 Main Street, Montpelier. Through September. Carolyn, 229-5676, or George, 229-9416.

GREEN BEAN ART GALLERY

"Young Hearts, Starry Nights," illustrations by Katie Flindall.

Capitol Grounds, 27 State Street, Montpelier. Through September.

Reception Friday, September 25, 5-7 p.m. artwibirdled23@yahoo.com.

JACOB WALKER GALLERY

The seventeen artist-members of the cooperative show works in oil,

watercolor, acrylic, and pastel.

Copley Hospital gallery (528 Washington Highway) and River Arts (74 Pleasant Street), Morrisville.

Through October 16.

LANGDON STREET CAFÉ

Works by Ethan Azarian.

4 Langdon Street, Montpelier.

September 13-October 1. Opening September 19, 7 p.m. 223-8667 or

www.langdonstreetcafe.com.

LAZY PEAR GALLERY

"Pins and Needles," mixed-media work by Vermonter Mary Admasian.

154 Main Street, Montpelier. Through September 20. 223-7680 or

www.lazypear.com.

THE SHOE HORN

"Portraits in Painting," oils by Hope Rappaport.

8 Langdon Street, Montpelier.

Through September. 223-5454.

STUDIO PLACE ARTS

"Working It Out," a show depicting a variety of work and tools; on the

second floor, pieces from "Coffee Trees" suite by Cully Renwick; and

on the third floor, a Nelda Haley retrospective.

201 North Main Street, Barre. Through September 19. 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 tuwoodgallery.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.

SUBMIT YOUR EVENT!

Email artsup@sover.net. All listings are free.