

# Calendar of Events

## Upcoming Events

### FRIDAY, SEPTEMBER 25

#### Architecture and Design Film Festival and Big Give-Back

More than thirty films to engage the audience with how architects and designers think, work, and create. Benefits Yestermorrow Design/Build School.

*Big Picture Theater, Waitsfield. \$10 adults, \$8 seniors, students, and architecture/design organization members. Full schedule of films at [www.adfilmfest.com](http://www.adfilmfest.com). Festival continues through Sunday, September 27.*

#### 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.

#### Montpelier Art Walk

Tour Vermont art on display in more than 20 galleries, stores, restaurants, and government buildings. Live music as well: jazz at the Skinny Pancake and solo guitar at Global Gifts. 4-8 p.m. Downtown Montpelier. For a complete list of venues, visit [www.lazypear.com](http://www.lazypear.com).

#### Root Cellar Workshop

Richard Czaplinski and Lee Blackwell talk about building and operating two types of root cellars: those for small commercial farms and those for individual families.

5:30-7 p.m. Hunger Mountain Coop community room. Free. Register at 223-8004, ext. 202, or [info@bungermountain.com](mailto:info@bungermountain.com).

#### Understanding Mushrooms

Back by popular demand, author-mycologist Lawrence Millman explains the ecological role of fungi and shows images of unusual mushrooms from his travels around the world.

7-9 p.m. North Branch Nature Center, 713 Elm Street, Montpelier. \$5 nature center members, \$8 nonmembers. 229-6206.

#### The Claremont Trio in Concert

The trio—violinist Emily Bruskin, cellist Julia Bruskin, and pianist Donna Kwong—performs an evening of standard classical repertoire and more modern works.

7:30 p.m. Mary Granai Corrigan Auditorium, Northfield High School. \$12. Sponsored by Paine Mountain Arts Council, Emily Dean Morse Library, and Northfield schools.

#### Vermont Contemporary Music Ensemble Concert

Featuring works by Kalvos and Damian (a.k.a. Dennis Báthory-Kitsz and David Gunn), as well as Elliott Carter, Sofia Gubaidulina, Jean Francais, and Brian Robison.

8 p.m. Unitarian Church, 130 Main Street, Montpelier. Tickets at the door: 849-6900.

#### CD Release Party with Bud and Budd: the Kind Buds

The raucous guitar jam duo celebrate the music of the Grateful Dead and the scene the band inspired with mostly original songs and musical interplay.

9 p.m. Lamb Abbey, 64 Pioneer Center, Montpelier. [www.thekindbuds.com](http://www.thekindbuds.com).

### SATURDAY, SEPTEMBER 26

#### Architecture and Design Film Festival and Big Give Back

See description Friday, September 25. Festival continues Sunday, September 27.

#### Hike with the Green Mountain Club, Montpelier Section

Very difficult circuit scramble on Mount Mansfield: Hellbrook Trail to the Chin, Cliff Trail to the summit station, and Canyon Trail back to the Chin.

Must contact leader Paul DeLuca, 476-7987 or [pdeluca420@msn.com](mailto:pdeluca420@msn.com), for meeting time and place. Rain date Sunday, September 27.

### SPOTLIGHT: ART



#### Fall Art Walk

Downtown Montpelier comes alive with over 20 diverse venues displaying a plethora of works by Vermont artists. (Pictured above: nature photography by Roger Irwin showing at the governor's office in the Pavilion building on State Street.) Live music accompanies your art appreciation: the Skinny Pancake hosts a jazz trio and Global Gifts makes room for solo guitarist James Gram.

**Friday, September 25, 4-8 p.m. For a complete list of participating venues, visit [www.lazypear.com](http://www.lazypear.com).**

#### Bike with the Green Mountain Club, Montpelier Section

Moderate, 25-mile loop in South Hero and Grand Isle. Mostly paved road. Helmet required. Contact leaders Mary Garcia, 229-0153, or Mary Smith, 505-0603, for meeting time and place.

#### Superb Health 5K Benefit for Special Olympics

All ages welcome to run, walk, or stroll a 5-kilometer loop for Special Olympics Vermont. Party with local food, raffles, and a t-shirt for all participants to follow.

9 a.m. State House lawn. \$20, age 12 and younger by donation. [www.vtso.org](http://www.vtso.org).

#### CVSWMD Household Hazardous Waste Collection

9 a.m.-1 p.m. Department of Labor parking lot, Memorial Drive, Montpelier. \$15 per car for residential loads; businesses must preregister. 229-9383, ext. 106, or [www.cvswwmd.org](http://www.cvswwmd.org).

#### Benefit Quilt Auction

More than 100 handmade quilts auctions off to benefit the Vermont Foodbank, the battered women's shelter, the Central Vermont Humane Society, and Seedbank for Haiti.

Preview, 10 a.m.; auction, 11 a.m. Moretown Town Hall. 496-2287 or [vtquilts@madriver.com](mailto:vtquilts@madriver.com).

#### Pacem Community Potluck Luncheon

Meet families and staff of Montpelier's alternative learning community.

11 a.m.-1:30 p.m. Pacem, 29 College Street, Montpelier. Free. Amy, 223-1010.

#### Meet Jake the Snake

A look at the fascinating world of snakes with naturalist Steve Amos and his 9-foot boa constrictor. For ages 5 and up.

12:30-2 p.m. Waterbury Public Library. Free, but registration required: call 244-7036.

#### Worcester Town Hall Grand Reopening Celebration

Gourmet dinner, live music, fine art show, stories of Worcester's past, song circle, and unveiling of the newly conserved painted theater curtain on loan from Middlesex.

4-9 p.m. Worcester Town Hall. Free with donation to the Worcester Food Shelf.

#### Chicken Pie Supper

Seatings at 5 p.m. and 6:30 p.m. Trinity United Methodist Church, 137 Main Street, Montpelier. \$10 adults, \$5 children age 10 and younger. For reservations or takeout, call Janice, 476-6403. Nonperishable items for the food shelf and Meals on Wheels welcome.

#### Benefit Raffle for the T.W. Wood Gallery and Arts Center

Purchase raffle tickets for art, crafts, and entertainment from Vermont artists and businesspeople, refresh yourself with drinks and snacks, and browse the display of raffle items.

5 p.m. T.W. Wood Gallery, Vermont College of Fine Arts, Montpelier. Raffle tickets \$25, five for \$100. Tickets at 828-8743. View raffle items at [www.tuwoodgallery.org](http://www.tuwoodgallery.org).

#### Operafest VI

Arias, duets, quartets, and choruses sung by local opera singers and guest soloists.

7 p.m. Haybarn Theater, Goddard College, Plainfield. Reception follows. \$25. Tickets at 229-4191. Sponsored by Echo Valley Community Arts.

#### Kahurangi Maori Dance Theatre

New Zealand's cultural ambassadors bring the Maori culture to life with fascinating songs and dances performed by a 20-member company.

7:30 p.m. Barre Opera House. \$10-\$29. Tickets at 476-8188 or [www.barreoperahouse.org](http://www.barreoperahouse.org). Part of the Banknorth Celebration Series.

### SUNDAY, SEPTEMBER 27

#### Architecture and Design Film Festival and Big Give Back

See description Friday, September 25.

### SPOTLIGHT: COMMUNITY CELEBRATION

<b>VOLHOLM STORE</b> Home of Good Furniture MONTPELIER, VERMONT	<b>THE MONTPELIER NATIONAL BANK</b> GIVE YOUR BUSINESS TO A BANK THAT IS INTERESTED IN YOUR SUCCESS	<b>Funeral Home</b> BARBER & LANIER AMERICAN SERVICE 100 MAIN ST. - MONTPELIER VERMONT
<b>THE MONT MUTUAL FIRE INSURANCE CO.</b> STRONG & RELIABLE EASY IN ADJUSTING CLAIMS VERMONT INSTITUTION MONTPELIER, VT.	<b>MONTPELIER SAVINGS BANK &amp; TRUST COMPANY</b> THE OLDEST TRUST COMPANY IN VERMONT ASSETS OVER \$5000,000 A Strong, Friendly Bank	<b>INSURE IN THE GREEN MOUNTAIN MUTUAL FIRE INSURANCE CO.</b> MONTPELIER, VT. AUTOMOBILES INSURED AGAINST LOSS BY FIRE OR THEFT LOWEST COST PROMPT ADJUSTMENTS
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<b>CAPITAL HARDWARE COMPANY</b> FOR BIRD JOBBERS • RETAILERS • CONTRACTORS	<b>THE TWO MOST POPULAR AND STURDY CARS IN AMERICA</b> THE GOOD MAXWELL and THE CHRYSLER SIX <b>J. LEO JOHNSON</b> Montpelier, VT.	<b>E.W. BAILEY &amp; CO.</b> Complete Line of - CANNED - JAPANESE PARK & POLLARD POULTRY FEEDS - JAMES
<b>D. HAYES GARAGE</b> BY DODGE BROTHERS CARS - ALL SIZES FINANCE PLAN - FREE - ACCURATE SATISFACTION - PROMPTLY	<b>THE THRIFTY PEOPLE OF VERMONT BELIEVE IN LIFE INSURANCE</b> THE NATIONAL LIFE INSURANCE CO. IS CONTROLLED BY THE COMPANY IS DISTRIBUTING IN VERMONT ONLY EAP OWNED BY THE VERMONT LIFE INSURANCE CO. - THE COMPANY IS DISTRIBUTING IN VERMONT ONLY	<b>B.A. SUMNER</b> Montpelier, Vt. WRITES ALL KINDS OF INSURANCE & STRONG & RELIABLE COMPANIES YOUR BUSINESS IS SOLICITED

### Worcester Town Hall Grand Reopening

The town celebrates its newly accessible and fire-code-compliant (yet still historic) public building with a gourmet dinner, a song circle, an art show, stories of Worcester's past, and—ta da!—the unveiling of the recently conserved 1930 painted theater curtain (pictured above) on loan from Middlesex.

**Saturday, September 26, 4-9 p.m. Worcester Town Hall. Admission is free with a donation of canned goods to the Worcester Food Shelf.**

# Calendar of Events

## Bike to Brunch at the Bee's Knees

Fifty miles round-trip: stretch your range! Ride Route 12 through Worcester and Elmore to Morrisville for brunch at the community-supported restaurant, then back to Montpelier. Street clothes welcome. Helmet required. Part of Montpelier Bikes' Bike to Brunch series. Meet at 8 a.m. at the Montpelier recreation fields, Elm Street. [www.montpelierbikes.org](http://www.montpelierbikes.org).

## Stroll with the Young Adventurer's Club

Kids age six and younger and their parents go on an easy ramble through Chickering Bog in East Montpelier. Event sponsored by the Montpelier section of the Green Mountain Club. Contact leader Shawn Keeley, 229-0933, for meeting time and place.

## Forty-Seventh Annual Chittenden Milk Bowl

The short-track race closes out the ACT Late Model series and Thunder Road's 50th season. Post time 1 p.m.; gates open at 10 a.m. Thunder Road, Quarry Hill Road, Barre. \$25. 244-6963 or [www.thunderroadspeedbowl.com](http://www.thunderroadspeedbowl.com).

## Beyond the Veil: Perspectives from the Muslim World

Free weekly film series. This week: *Afghanistan: The Lost Truth*. Discussion facilitated by Rick Van Arnam follows. 7 p.m. Cabot 85, Cabot science building, Norwich University, Northfield. Free.

## MONDAY, SEPTEMBER 28

### Free Yoga Class with Chelsea Hastings

Use the simple tools of breath and movement to cultivate strength and balance in the body. 5:30-6:45 p.m. Breathing Light Studio, 7 Main Street, Montpelier. Free.

## TUESDAY, SEPTEMBER 29

### Preschool Discovery Program: Apples for Animals

For children age 3-5. Learn fun facts about apples, investigate wild animals that enjoy these fruits, and go exploring to gather apples. 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 30.

### Author Reading: Gesine Bullock-Prado

Bullock-Prado, former owner of the Montpelier bakery Gesine's, presents her new memoir. 7 p.m. Bear Pond Books, 77 Main Street, Montpelier. Free. 229-0774.

### Planting Hope Information and Planning Meeting

Interested in an intergenerational service experience in Nicaragua? Come hear about the opportunities for service, learning, connection, and fun on Planting Hope's spring trip. 7 p.m. Unitarian Church, 130 Main Street, Montpelier. [www.plantinghope.org](http://www.plantinghope.org).

## WEDNESDAY, SEPTEMBER 30

### Hike with the Green Mountain Club, Montpelier Section

Easy, 4-mile hike on Irish Hill in Berlin. Meet at Berlin Pond parking area. Contact leader Phyllis Rubenstein, 223-0020 or [per@sover.net](mailto:per@sover.net), for meeting time.

### Preschool Discovery Program: Apples for Animals

See description, Tuesday, Sept. 29. 10-11:30 a.m. North Branch Nature Center, 713 Elm Street, Montpelier. \$5 per child. 229-6206.

### Aha! James Naismith, Creator of Basketball

An energetic and engaging performance by Robert Cheney. Hear Dr. Naismith's life story, a blend of history, creativity, character-building, muscular Christianity, and the arts. 11 a.m. Twin Valley Senior Center, Plainfield. Free. Rita, 454-7750. A Vermont Humanities Council event.

### A Ridiculously Short History of Instrumental Music

With Tim Tavcar, local music impresario. 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 [ataplou@vtlink.net](mailto:ataplou@vtlink.net).

### 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.

### Renewable Energy Workshop

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

## Exhibits



154 Main Street, Montpelier. Through November 15. 223-7680 or [www.lazypear.com](http://www.lazypear.com).

### PLAINFIELD CO-OP COMMUNITY CENTER

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

### RHAPSODY

Works by Anna Belkovskaya. 28 Main Street, Montpelier. Through September. 229-6112.

### 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

"Portraits in Painting," oils by Hope Rappaport. 8 Langdon Street, Montpelier. Through September. 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. Reception Friday, October 2, 5:30-7:30 p.m. Hours: Tuesday-Friday, 10 a.m.-5 p.m.; Saturday, 12 noon-4 p.m. 479-7069 or [www.studioplacearts.com](http://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](http://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](http://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.

### SCULPTCYCLE

More than 20 outdoor sculptures made from recycled bicycle parts. Downtown Montpelier. Through October. [www.sculptcycle.org](http://www.sculptcycle.org).

### BLINKING LIGHT GALLERY

Needle-felted rugs and home décor items by Neysa Russo. 16 Main Street, Plainfield. Through September 27. 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.

### 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.

### 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. [artwibirded23@yahoo.com](mailto:artwibirded23@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. Through October 1. 223-8667 or [www.langdonstreetcafe.com](http://www.langdonstreetcafe.com).

### LAZY PEAR GALLERY

"A Splash of Color," works by Steven Goodman and Wendy James using color sparingly but with powerful effect.

## SPOTLIGHT: BENEFIT



## Quilt Auction

The postcard above says it all: Generous and talented quilters put their creations on the block to support local organizations in need.

**Saturday, September 26.**  
**Preview, 10 a.m.; auction, 11 a.m. Moretown Town Hall.**

## Theater



### THE COMPLETE WORKS OF WILLIAM SHAKESPEARE, ABRIDGED

Three actors squeeze all of the Bard's 37 plays into 90 hilarious minutes. September 24-October 11. 7 p.m. Thursdays and Sundays. 8 p.m. Fridays and Saturdays. 2 p.m. matinees Saturday, September 26, and Sunday, October 11. Lost Nation Theater, 39 Main Street, Montpelier. \$20 Thursdays, \$25 Fridays-Sundays, \$5 discount for students and seniors, \$10 children age 6-11 (children under 6 not admitted; show recommended for age 9 and up). 229-0492 or [www.lostnationtheater.org](http://www.lostnationtheater.org).

## Live Music



### BLACK DOOR BAR & BISTRO

**Friday, September 25**  
Black Sea Quartet (Balkan/klezmer)  
**Saturday, September 26**  
Mel Flannery and Trucking Co.  
**Friday, October 2**  
The High and Mighty Brass Band  
**Saturday, October 3**  
La Strada  
44 Main Street, Montpelier. All shows at 9:30 p.m. unless noted. \$5 cover. 223-7070 or [www.blackdoorvt.com](http://www.blackdoorvt.com).

### CHARLIE O'S

**Friday, September 25**  
Made In Iron (metal)  
**Saturday, September 26**  
Bossman (reggae)  
70 Main Street, Montpelier. 223-6820.

### LANGDON STREET CAFÉ

**Friday, September 25**

Happy Hour with Didymo (old-time), 6 p.m.  
Poppu Bulova's Cabaret (theater celebrating Langdon Street Café's fifth anniversary!), 9 p.m.  
**Saturday, September 26**  
Round Mountain (old-time), 2 p.m.  
Poppu Bulova's Cabaret (see description above), 9 p.m.  
**Monday, September 28**  
Open mic, 7 p.m.  
**Tuesday, September 29**  
Nathan Moore (acoustic), 8 p.m.  
Joe Adler and the Big Benson Beaver Band (acoustic), 9 p.m.  
**Wednesday, September 30**  
Josh Brooks (singer/songwriter), 8 p.m.  
Dave Keller (singer/songwriter), 9 p.m.  
**Thursday, October 1**  
Foley Artist (acoustic), 8:30 p.m.  
**Friday, October 2**  
Happy Hour with Electric Sorcery (funk), 6 p.m.  
4 Langdon Street, Montpelier. Most shows by donation. 223-8667 or [www.langdonstreetcafe.com](http://www.langdonstreetcafe.com).

# Calendar of Events

## enVision Montpelier Stakeholder Event

Come celebrate and prioritize the draft community action plan.  
6:30-8:30 p.m. Noble Hall lounge, Vermont College, Montpelier. Kristin, 223-9506.

## Poetry Reading with Phyllis Rachel Larrabee

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

## Poetry Reading with Susan Thomas and Sam Stockwell

Thomas and Stockwell read selections from their published and unpublished works.  
7 p.m. Jaquith Public Library, Marshfield. Free. 426-3581.

## THURSDAY, OCTOBER 1

### Free Yoga Class with Chelsea Hastings

Use the simple tools of breath and movement to cultivate strength and balance in the body.  
9-10:30 a.m. The Loft, 174 River Street, Montpelier. Free.

### Vermont Reads Community Potluck

Guest speaker, book displays, calendar of planned events, bookmarks and a door prize.  
5:30 p.m. Warren Public Library. Free. Gail, 585-1935. A Vermont Reads/Vermont Humanities Council event.

### Taking the Pulse

Dr. Richard C. Murphy, marine biologist and colleague of the Cousteaus, discusses the health of the world's oceans and rainforests in the age of climate change.  
7 p.m. Moretown Town Hall. Free. www.gmgf.org. A Green Mountain Global Forum event.

## FRIDAY, OCTOBER 2

### Making Life the Path to Freedom

With Buddhist monk Thubten Gyatso. What if we found a way to use our suffering as a path to happiness? How would our lives be if we had a more realistic approach to being happy?  
Friday evening-Sunday lunch. Milarepa Center, 1344 Route 5 South, Barnet. Suggested donation \$225-\$100 (includes all meals and accommodation). Registration required. 633-4136 or www.milarepacenter.org.

### 1964: The Tribute

The band Rolling Stone calls "the number one Beatles show on Earth" delivers its uncanny impersonation of the Fab Four.  
8 p.m. Barre Opera House. \$28-\$32. Tickets at 476-8188 or www.barreoperahouse.org.

## SATURDAY, OCTOBER 3

### Chicken Pie at the Old Meeting House

Seatings at 12 noon, 5 p.m., and 7 p.m. Old Meeting House, Center Road, East Montpelier. \$10 adults, \$5 children. For reservations, call 223-5747.

### EarthWalk Vermont Community Day

Join EarthWalk mentors, staff, and families for community gathering, earth crafts, and skill sharing. Projects include a wigwam shelter, cattail mats, and burdock root pickles.  
1-5 p.m. Goddard College woods, Plainfield. Potluck follows. 454-8500 or info@earthwalkvermont.org.

### Celebration Weekend at Vermont College of Fine Arts

A variety of activities, including a dressage demonstration, free lectures and workshops, an information session for prospective students, and special events marking the 175th anniversary of Vermont College as an educational institution.  
1-6:30 p.m. Complete schedule available at www.vermontcollege.edu, or call Stacy at 828-8580.

### Gridlock: The Unhealthy Politics of Health Care in Vermont

Dr. Deb Richter and Terry Doran discuss their new book and the implications of the health-care reform movement for Vermont.  
5:30 p.m. Capital City Grange, Northfield Street (just past the interstate overpass), Montpelier. Potluck follows. 229-0782.

## City Meetings

### MONDAY, SEPTEMBER 28

Planning Commission meeting,  
7 p.m., City Council Chambers  
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, October 1, is 5 p.m. on Friday, September 25. The October 1 calendar will cover two weeks: events happening October 2-16 (more if space allows).
- ★ Montpelier events have priority, then central Vermont events.
- ★ Listings may be edited for length, style, and clarity.

## 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.

### DANCE

#### Argentine Tango Class and Practice

With Judith Schwartz. Mixed-level lesson tailored to suit participants. No partner needed. Beginners welcome.  
Sundays, 7-10 p.m. Capitol City Grange, Northfield Street/Route 12, Montpelier. Through October 18. \$15 per class, \$50 for four weeks, \$5 per night open practice only. 603-357-9919 or judithbanb@gmail.com.

#### 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. October 7-28. \$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 6. Montpelier residents: \$48 individual, \$90 couple; nonresidents: \$57 individual, \$108 couple. Register with the Montpelier Recreation Department at 223-5141.

### GARDENING

#### Indoor Gardening Workshop Series: Sunflower Greens

Learn how to garden indoors all winter with Peter Burke. This workshop focuses on sunflower greens: big, crunchy greens that are great for salads or wraps.  
Thursday, October 1, 6-7 p.m. Hunger Mountain Coop community room, Montpelier. \$10 co-op members, \$12 nonmembers. Register at 223-8004, ext. 202, or info@hungermountain.com.

### 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.

#### 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

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.

### OUTDOORS

#### Mushroom Foray with Larry Millman

Learn how to identify mushrooms, where to look for them, how to gather them, and what to do with them once you've gathered them.  
Saturday, September 26, 4 p.m. North Branch Nature Center, 713 Elm Street, Montpelier. \$25 nature center members, \$30 nonmembers. Registration required. 229-6206.

### 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

#### 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., October 5-26).

##### 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.



# Calendar of Events

## Ongoing Events

### BOOKS

#### Shallow Readers of Montpelier

Wild and fun-loving readers discuss a noneducational, nonintellectual book: currently, *Pride and Prejudice and Zombies*. Next meeting Tuesday, October 6, 7-8 p.m., Langdon Street Café, Montpelier.

#### 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 1: Pricing for Profit. 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 greenmountainhookedrugs.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 p.m. 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.

### 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-Thursdays 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 Recreation Night

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.

#### 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 capella 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. First concert in early October. Sarah, 888-4977 or waterburycommunityband@yahoo.com.

#### Shape Note/Sacred Harp Sing

No experience needed. All welcome. Second Sundays, 3-5 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, 5:30 p.m. Kellogg-Hubbard Library, Montpelier. Please arrive a little early, prepared for the weather.

#### 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.

#### Exploring the Path to Enlightenment

With Ven. Amy Miller. A practical overview of Buddhist philosophy and how best to integrate it into everyday life. Tuesdays, 6:30-8 p.m. Milarepa Center, 1344 Route 5 South, Barre. By donation. October 6-December 8. 633-4136 or www.milarepacenter.org.

#### How to Meditate

With Ven. Amy Miller. Explore the fundamentals of meditation. For all levels. Wednesdays, 6:30-8 p.m. Milarepa Center, 1344 Route 5 South, Barre. By donation. October 7-November 4 (attendance at all four sessions recommended). 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.

#### Relationship Group

Men and women, any and all relationships. Tuesdays, 6:15-8:15 p.m. 174 Elm Street, Montpelier. Interview required: contact Neil Davis, Psychologist-Master, 223-3753.

#### 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 October 1), 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.

### WELLNESS

#### Yoga Classes

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

#### 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.

## Free Community Meals

**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)