

Calendar of Events

Upcoming Events

FRIDAY, FEBRUARY 3

Name That Movie!

Try to come up with the titles of movies by watching a fun barrage of short clips. It's Happy Hour in the dark! Free popcorn, drink specials and prizes.

5 p.m. *The CineClub (downstairs at the Savoy Theater), Montpelier. \$2.50. 229-0598. Event happens every first Friday.*

Lecture on Contemporary Art: Luis Camnitzer

Camnitzer is professor emeritus of art at the State University of New York; his work is in the collections of more than 30 museums. Part of the master's in visual art residency at VCFA.

7 p.m. *Noble Lounge, Vermont College of Fine Arts, Montpelier. Free. 828-8613.*

Full-Moon Snowshoe Hike

Explore Montpelier's hillsides at night with nature center staff. Snowshoes and hot chocolate provided.

7–8:30 p.m. *North Branch Nature Center, 713 Elm Street, Montpelier. \$3 members, \$5 non-members. 229-6206.*

Coffeeshouse

Featuring Bill Carroll and his daughter. Fellowship, potluck snacks and beverages.

7–9 p.m. *Trinity United Methodist Church, 137 Main Street, Montpelier (park and enter at rear). Free. Dick, 244-5191, 472-8297 or rawilburjr@comcast.net. Event happens every first Friday.*

House Concert with Lewis Franco and Dono Schabner

Mostly original swing, vocal harmonies and jazzy guitars.

7:30 p.m.; *preconcert potluck at 6 p.m. Montpelier. \$10 suggested donation. Contact Susan, 229-1403 or hendrixfiddle@gmail.com, for reservations and directions.*

SATURDAY, FEBRUARY 4

Green Mountain Club Annual Snowshoe Festival

Snowshoe hikes, nature walks, workshops and demos, kids activities, s'mores and cocoa, followed by a party with live Irish music, refreshments and raffle. Free snowshoe rentals available.

8:30 a.m.–3 p.m. *Green Mountain Club Visitor Center, Waterbury Center. \$8 GMC members, \$10 nonmembers, free for kids younger than 12. 244-7037 or greenmountainclub.org.*

Free Clinic Day at Montpelier Community Acupuncture

Receive a free full body treatment and meet the staff.

10 a.m.–2 p.m. *79 Main Street, Montpelier. montpeliercommunityacupuncture.com.*

Economic Series: Part I—Capitalism and the Economic Crisis

Occupy Central Vermont hosts a discussion with Fred Magdoff, University of Vermont professor emeritus, about the basics of a capitalist economy and how it has developed into the crisis-prone system of today.

1–3 p.m. *Kellogg-Hubbard Library, Montpelier. Free.*

Food Sovereignty: Growing a Vibrant Local Food System

Robb Kidd, organizer for Rural Vermont, discusses the campaign, the goal of which is to remove barriers to production, processing, sale and purchase of local foods. Potluck follows.

5:30 p.m. *Capital City Grange, 6612 Route 12 (Northfield Street), Berlin. Free. Marj, 229-0782.*

Shape-Note Singing School

Ian Smiley leads tunes from *The Sacred Harp*. All welcome; no experience necessary.

Espresso Brain-O

It's trivia night! Use your quick thinking to answer 20 questions. Beer, wine, small plates and café treats available for purchase during the game. Eat, drink and think.

7 p.m. *Espresso Bueno, Barre. \$5 per team. 479-0896 or playtrivia@gmail.com.*

Voices Across the Valley Concert

Several local musicians present an evening of song with proceeds to benefit the Waitsfield Church and Mad River Valley Interfaith Council, including the local food shelf.

7 p.m.; *doors open at 6:30 p.m. Waitsfield United Church. \$10 suggested donation. 498-8545.*

Contra Dance

All dances taught; no partner necessary. All ages welcome. Bring soft-soled shoes.

8–11 p.m. *Capital City Grange, 6612 Route 12 (Northfield Street), Berlin. \$8. 744-6163. Event happens every first, third and fifth Saturday.*

SUNDAY, FEBRUARY 5

Contact Improv Class for Beginners

With Abbi Jaffe. Learn to cultivate your awareness and listening skills, find ease in your movements and safely move with other people. Accessible to all levels of skill and mobility.

10–11 a.m. *class; 11–noon open jam. \$5–\$10 sliding scale class and jam, \$3–\$5 jam only. Contemporary Dance and Fitness Studio, 18 Langdon Street (third floor), Montpelier. 318-3927.*

Nonviolent Direct Action Training

Interactive training in the tactics, strategies, theory and principles of nonviolent direct action, focusing on building effective skills to use in the current struggle to close Vermont Yankee.

10 a.m.–6 p.m. *Plainfield Community Center (above the co-op). Free, but preregistration required. Register with Erik at 454-1979 or flyingcyclocircus@hotmail.com.*

Montessori School Open House

Visit the school, meet staff and families, and see the classrooms.

11 a.m.–1 p.m. *Montessori School of Central Vermont, 89 Karl Circle, Berlin. Free. 223-3320.*

Book Art: Make Your Own Strappy Journal with Elissa Campbell

2–4 p.m. *Beth Jacob Synagogue, 10 Harrison Avenue, Montpelier. Members: \$5 in advance, \$8 at the door; nonmembers: \$10 in advance, \$12 at the door; \$8 additional materials fee. Register at 279-7518 or bjprogramming@gmail.com.*

Weston A. Price Foundation Meeting

Showing of the film *Fermentation Process* by Sandor Katz and an informal discussion about the benefits of local fermented foods.

3–5 p.m. *Turkey Hill Farm, Randolph Center. 728-6558 or localfood@turkeyhillfarmvt.com.*

Argentine Tango

With Elizabeth Seyler. Enjoy the passion, improvisation and intimacy of tango. No partner required. Wear hard-soled, comfortable shoes.

6–7 p.m., *beginner class; 7:15–8:15 p.m., intermediate class, 8:15–9 p.m., guided practice.*

Contemporary Dance and Fitness Studio, 18 Langdon Street (third floor), Montpelier. \$12 class, \$3 guided practice only. 318-4859. Event happens every first and third Sunday.

see **UPCOMING EVENTS**, page C.2

Live Music

BAGITOS

28 Main Street, Montpelier. All shows 6–8 p.m. *unless otherwise noted. 229-9212 or bagitos.com.*

Every Monday

Open mic, 6–9 p.m.

Every Wednesday

Blues jam (except during comedy open mic), 5–6:30 p.m.

Every Saturday

Irish/Celtic session, 2–5 p.m.

Friday, February 3

Miles & Murphy

Saturday, February 4

Ty Wick

Tuesday, February 7

Jazz with Karl Miller

Wednesday, February 8

Comedy night, 6:30–8 p.m.

Thursday, February 9

Ken Tonnisson

Friday, February 10

Nancy Smith and friends

Saturday, February 11

The Subtle Bandits

Tuesday, February 14

Valentine's Day jazz

Wednesday, February 15

Bob Harris Band, 7–9 p.m.

Thursday, February 16

Allison Mann and Ira Friedman with special guest John LaRouche (blues/jazz)



BIG PICTURE THEATER

48 Carroll Road (just off Route 100), Waitsfield. *Most shows by donation. 496-8994 or bigpicturetheater.info.*

Wednesday, February 8

Valley Night with Folk by Association, 7 p.m.

Wednesday, February 15

Valley Night with Jeanne and the Hi-Tops, 7 p.m.

BLACK DOOR

44 Main Street, Montpelier. *All shows start at 9:30 p.m. with \$5 cover unless otherwise noted. 223-7070.*

Friday, February 3

Swift Technique (hip-hop/funk)

Saturday, February 4

Conscious Roots (reggae)

Wednesday, February 8

Comedy night open mic with B.O.B., free

Friday, February 10

MadMan3 (electronica)

Saturday, February 11

The Party Crashers (rock)

Wednesday, February 15

Swing night with live band, 8 p.m.

CHARLIE O'S

70 Main Street, Montpelier. 223-6820.

Every Tuesday

Karaoke

Friday, February 3

Starline Rhythm Boys (honky-tonk/rockabilly)

Saturday, February 4

Soulstice (reggae)

Friday, February 10

Pariah Beat (indie folk)

FRESH TRACKS FARM

4373 Route 12, Berlin. 223-1151 or info@freshtracksfarm.com.

Friday, February 3

Eric Friedman (folk), 5–8 p.m.

Tuesday, February 14

Amapola (Latin), 6–9 p.m.

POSITIVE PIE 2

22 State Street, Montpelier. 229-0453 or positivepie.com.

Saturday, January 21

Afinque (salsa/Afro/Latin), 10:30 p.m., \$5, 21+

Monday, January 23

O'Death and Brown Bird (alternative/folk/Americana), 10:30 p.m., \$8, all ages

RED HEN CAFÉ

961 Route 2, Middlesex. redhenbaking.com.

Saturday, February 4

Knotwork (traditional Celtic), 1–3 p.m.

Wednesday, February 8

Groove Tea Party for kids (tea, art show, music), 1–2:30 p.m., \$3

Thursday, February 9

Wine tasting with Lewis Franco and the Brown Eyed Girls (rhythm/swing/four-hand piano), 6 p.m.

Saturday, February 11

Poor Howard (acoustic blues), 1–3 p.m.

SKINNY PANCAKE

89 Main Street, Montpelier. 262-2253 or skinnypancake.com.

Every Sunday

Old-time sessions with Katie Trautz and friends, 4–6 p.m. (intermediate to advanced players welcome to sit in)

Sunday, February 12

Maryse Smith, 6–8 p.m.

Theater



OPEN AUDITIONS FOR RENT

Green Mountain Theater Group seeks actors for all roles. Production runs April 27–29 and May 4 and 5. *Saturday, February 4, 12:30 p.m.; and Sunday, February 5, 1 p.m. Montpelier High School Auditorium. Be prepared to sing a song from the character you wish to portray. 249-0414 or greenmountain-theater.org.*

AUDITIONS FOR CABIN FEVER FOLLIES

Brief acts of all types and ages sought for mud-season community variety show. Acts must be self-contained, including props, music and costumes. *Wednesday, February 15, 6:30–7:30 p.m. Valley Players Theater, Route 100, Waitsfield. RSVP with Doug, 496-6651, or Sharon, 583-6767.*

WINTERFEST

February 2–5: *Cages: A Live Memoir*. February 9–12: *Ann Harvey and Friends*. See page 11 for more info. *7:30 p.m. Thursday–Saturday; 2 p.m. Sunday. Lost Nation Theater, 39 Main Street, Montpelier. \$20 adults, \$15 students and seniors, \$10 children 6–11 (babies and toddlers not admitted). 229-0492 or lostonationtheater.org.*

THE FOREIGNER

Larry Shue's hilarious farce, presented by the Plainfield Little Theatre. *Friday–Sunday, February 3–12. 7:30 p.m. Friday and Saturday; 2 p.m. Sunday. Cabot Town Hall auditorium, 3084 Main Street (Route 215). \$12 adults, \$8 children 12 and under. Tickets at 563-9965 or 426-3955.*

Calendar of Events

UPCOMING EVENTS, from page C.1

MONDAY, FEBRUARY 6

Business Networking Luncheon: Top 10 Key Marketing Concepts

With guest speaker Amy Mattinat of Auto Craftsmen. Bring lunch.
11:30–1:30 p.m. Vermont Women's Business Center, 8 South Main Street (second floor), Barre.
Free. Mary, 479-7439 or mjohanson@cvcac.org.

Classic Book Club

This month's book: *The Warden*, by Anthony Trollope. New members welcome.
6 p.m. Cutler Memorial Library, Route 2, Plainfield. Free. Daniel, 793-0418. Event happens every first Monday.

Better Birding Series with Bryan Pfeiffer: Tools of the Trade

This hands-on workshop will get you and your tools tuned up for spring migration. Learn how to choose binoculars, point-and-shoot cameras and other items for a better life outside.
6:30–8 p.m. First Baptist Church, School Street, Montpelier. \$10. 454-4640 or vermontbirdtours.com.

Landscape Design with Jean Vissering, Landscape Architect

Come learn about landscape design from a pro.
6:30–8 p.m. Kellogg-Hubbard Library, Montpelier. Free. 223-3338. Cosponsored by the Washington/Orange County Master Gardeners.

For the Love of Fats

Get the latest on healthy fats for your brain and skin, and learn how to make olive-oil soap with healing herbs and essential oils. With Marie Frohlich and Joann Darling.
6:30–8:30 p.m. Tulsi Tea Room, 34 Elm Street, Montpelier. \$20. Register at 249-7551 or mariefrohlich@gmail.com. Part of a series through February.

TUESDAY, FEBRUARY 7

Ski with the Green Mountain Club, Montpelier Section

Moderate ski on Dr. Burns' property in Berlin. Various distances.
Call leader Fred Jordan, 223-3935, for meeting time and place.

Central Vermont Adult Basic Education Volunteer Info Session

Current and prospective volunteers get information and share volunteering experiences at Central Vermont Adult Basic Education. Light refreshments provided.
5–6 p.m. Waterbury Learning Center, 141 South Main Street. Gale Rome, 476-4588, or Sue Rogers, 244-7840.

Building Your Immunity for Winter

With Marie Frohlich, health coach. Learn how to make an immune-building soup and get herbal, food and energy medicine tips and tools for keeping flu and cold free.
5:30–7 p.m. Hunger Mountain Coop community room, Montpelier. \$10 member/owners, \$12 nonmembers. Register at 223-8004, ext. 202, or info@hungermountain.com.

Middlesex Historical Society Annual Meeting

Annual meeting of the board of directors, election of officers, event planning for 2012, and sharing of old Middlesex photos and other memorabilia.
7 p.m. First-floor library, Heaton Woods Assisted Living Center, 10 Heaton Street, Montpelier. Free. Patty, 272-8074 or pwiley3@gmail.com.

INdiscipline

An evening of new and in-progress dance and physical theater works from students in Goddard's MFA in Interdisciplinary Arts program. Reception and discussion follows.
7–9 p.m. Haybarn Theater, Goddard College, 123 Pitkin Road, Plainfield. Free. goddard.edu.

WEDNESDAY, FEBRUARY 8

Cacao, Coffee and Sugar Cane: Sacred Plants of the Global South

With Sandra Lory of Mandala Botanicals. A multisensory presentation on the history, farming and processing of these special plants, their healing qualities, and plant spirit medicine.
5–6:30 p.m. Hunger Mountain Coop community room, Montpelier. \$6 member/owners, \$8 nonmembers. Register at 223-8004, ext. 202, or info@hungermountain.com.

Art & Exhibits

CONCRETE STATUARY CASTING DEMOS & DISCUSSIONS

Concrete artist and mason Duffy Gardner demonstrates casting techniques as he produces work for "The Art of Love" collection. *Bandit Gifts*, 54 Main Street, Montpelier. Noon, February 4, 5, 11, 12, 13 and 14. Free. duffygardner@yahoo.com.

OPENING RECEPTION OF ART AND BREATH

Hideichi Oshiro, a 101-year-old Japanese artist who recently donated his life's work to Goddard College, fulfilling his dream that future students could learn from it. *Wednesday, February 8, 6:30–8:30 p.m. Pratt Library Art Gallery, Goddard College, 123 Pitkin Road, Plainfield. goddard.edu.*

NICHOLAS HECHT ART OPENING

New paintings and a retrospective. Refreshments and music start at 7 p.m. *Friday, February 10, 6 p.m. Plainfield Community Center (above the co-op). 272-0200.*

AUTO CRAFTSMEN

Small Inspirations, watercolors, acrylics and photography by Missy C. Storrow of Calais. 326 State Street (Route 2), Montpelier. Through February. 279-6349 or carystorrowart.com.

CENTRAL VERMONT MEDICAL CENTER

From Vermont to Italy, works by Ray Brown. 130 Fisher Road, Berlin. Through April 6. cvmc.org.

CITY CENTER

Whimsical, colorful works in various media by Berlin artist Christine Hartman. 89 Main Street, Montpelier. February 4–March 2. Reception Friday, February 10.

CONTEMPORARY DANCE & FITNESS STUDIO

Discography, new work with disks in grids by Janet Van Fleet. 18 Langdon Street (third floor), Montpelier. February 7–March 19. 229-4676 or cdandfs.com.

GODDARD COLLEGE

The History of Goddard College, 1969–1979, photographs, films, and archival documents,

Foot Reflexology for Wellness

Aromatherapy foot baths, and basic reflexology techniques, benefits and self-care for health and well-being. With Alicia Feltus, foot reflexologist, wellness coach and yoga instructor. 5:30–6:30 p.m. Tulsi Tea Room, 34 Elm Street, Montpelier. By donation, but space is limited and preregistration is required. 563-3220 or aliciafeltus@gmail.com.

Book Reading and Discussion: Farms and Garden Series

February's book: *A Country Year*, by Sue Hubbell. Discussion led by Linda Bland. Books available for loan at the library. Part of a monthly series through April. 6:30 p.m. Kellogg-Hubbard Library. Free. 223-3338. A Vermont Humanities Council event.

Mad Matt the Democrat

Marshfield author Vince Feeney talks about Matthew Lyon, a 19th-century Vermont politician who would become known as the Spitting Beast in Congress. 6:30 p.m. Cutler Memorial Library, Route 2, Plainfield. Free. 454-8504 or cutlerlibrary.org. Cosponsored by the Vermont Humanities Council.

Todd Lecture Series: Bruce Mau

Mau is a Canadian designer, the creative director of Bruce Mau Design and the founder of the Institute without Boundaries. 7 p.m. Plumley Armory, Norwich University. Free. 485-2633 or toddlectureseries@norwich.edu.

Poetry Reading with Local Authors

With Sherry Olson, Carol Henrikson and Sarah Hooker. Refreshments served. 7 p.m. Jaquith Public Library, Marshfield. 426-3581 or jaquithpubliclibrary@gmail.com.

Farmers' Night: Justin Morrill Addresses the State House

Kurt Albee and Amy Sholk give a glimpse into the lives of Morrill, Vermont representative and senator, 1855–1898, and his wife, Ruth. 7:30 p.m. House chamber, State House, Montpelier. Free. 479-8505 or vermonthistory.org.

THURSDAY, FEBRUARY 9

The Temple Within: Accessing Peace, Healing and Empowerment Through Shamanic Journey

With Fearn Lickfield and Ivan McBeth of the Green Mountain Druid Order. Learn the cosmology of the three realms of existence, and be guided through a journey between them. 5:30–7:30 p.m. Hunger Mountain Coop community room, Montpelier. \$7 member/owners, \$10 nonmembers. Register at 223-8004, ext. 202, or info@hungermountain.com.

Ukulele Group

All ages and abilities welcome. 6–8 p.m. Montpelier Senior Activity Center, 46 Barre Street, Montpelier. 223-2518. Event happens every second and fourth Thursday.

Winter Bike Workshops: Headsets—Set Ready Go!

Learn about different types of headsets, diagnosing their common malfunctions and adjusting threaded and non-threaded types. 6–8 p.m. Magic Wheel, 34 Granite Street, Barre. \$25 or two Onion River Exchange hours; five workshops for \$100. Register at 477-7800, ext. 18, or magicwheelvt@gmail.com. magicwheel.org. Workshops happen every Thursday through March.

Living a Spiritual Life in an Age of Materialism

Torin Finsler takes on contemporary challenges and proposes new solutions. Drawing on a variety of cultural and spiritual traditions, he makes the case for social change that begins within. 7 p.m. Grades building, Orchard Valley Waldorf School, 2290 Route 14, East Montpelier. 456-7400.

Ecumenical Group

Songs of praise, Bible teaching, fellowship. 7–9 p.m. Jabbok Center for Christian Living, 8 Daniel Drive, Barre. Free. 476-3873. Event happens every second and fourth Thursday.

FRIDAY, FEBRUARY 10

Quilting Day

Bring your sewing machine and project in progress. Hosted by the Dog River Quilters. 10 a.m.–10 p.m. Brown Public Library, Northfield. Free. Jean, 223-7984 or jeanjolley@myfairpoint.net.

curated by Goddard staff member and alumnus Dustin Byerly.

Pratt Center Library, Goddard College, 123 Pitkin Road, Plainfield. Through June. 454-8311 or goddard.edu.

GOVERNOR'S GALLERY

Sound Proof, black and white photographs of Vermont musicians by Matthew Thorsen. 109 State Street, Montpelier. Through March. Photo ID required for admittance.

GREEN BEAN ART GALLERY

Pigments and Volumes, expressionistic sky-scapes in giclee prints by Laurel Fulton. Capitol Grounds, 27 State Street, Montpelier. Through February. Reception Friday, February 10, 4–6 p.m. curator@capitolgrounds.com.

KELLOGG-HUBBARD LIBRARY

Found and Forgotten, photos by Gwen Roof (first floor), and *People*, works by Glen Coburn Hutcheson (second floor). 135 Main Street, Montpelier. Through February. 223-3338.

SHOE HORN

Montpelier of Belonging, buildings in graphite pencil and charcoal by Adrian Wade. 8 Langdon Street, Montpelier. Through February. artwhirled23@yahoo.com.

SPOTLIGHT GALLERY

Paintings by Janet Wormser. 136 State Street, Montpelier. Through February. Reception Friday, February 10, 4–7 p.m. vermontartscouncil.org.

STUDIO PLACE ARTS

Weathering it Out, multimedia group show focusing on weather; *Vermonters in Italy*, pastels and drawings by Jeneane Lunn and Jim Lund; *What Lies Below*, multimedia works by Maggie Neale. 201 North Main Street, Barre. Through February 25. 479-7069 or studioplacarts.com.

VERMONT COLLEGE OF FINE ARTS

MFA in Visual Art graduate exhibitions. Wood Gallery, 36 College Street, and Alumni Hall (gym), Montpelier. Through February 4. vcfa.edu.

VERMONT HISTORY MUSEUM

Vermont agricultural murals by Grace Brigham, depicting maple sugaring with draft horses, apple picking, farmstead views, chickens, dairy and beef cows. 109 State Street, Montpelier. Through spring 2012. 828-2291 or vermonthistory.org.

Calendar of Events

Montpelier Art Walk

Twenty-two venues host exhibits, receptions and artist events.
4–8 p.m. Downtown Montpelier. Free. montpelierlive.org/artwalk.

Have HeART

Create your own valentines (materials provided), purchase one made by artists from Vermont and around the country or order a custom artist-made valentine. Benefits CERF+ (Craft Emergency Relief Fund and Artists Emergency Resources).

5–8 p.m. *The Drawing Board*, Montpelier. craftemergency.org. Event repeats Saturday, February 11, at the Montpelier winter farmers' market.

Asian Dinner and Dessert Extravaganza

Thai spring rolls, fresh pineapple-mango salad and chicken satay, plus choice of three desserts.
5–8 p.m. *Maple Corner Community Center*. \$15 adult, \$10 child; benefits Montpelier to Thailand Eight. Beth Ann, 223-1610, or Linda, 535-8383.

Scrag Mountain Music: The Declassified

The quintet performs music by Schubert, Dowland, Golijov, Metzler and Arensky. All welcome.
5:30–6:30, soup supper; 7 p.m. concert. *Green Mountain Girls' Farm*, 923 Loop Road, Northfield. By donation. scragmountainmusic.org. Concert repeats Saturday, February 11.

Making Home-Made Herbal Body Creams and Lotions

With Laurel Buley, herbalist. Learn how to make decadent and medicinal preparations using simple and natural ingredients, including a body and face cream. Bring a small container.
6–7:30 p.m. *Hunger Mountain Coop community room*, Montpelier. \$8 member/owners, \$10 nonmembers. Register at 223-8004, ext. 202, or info@hungermountain.com.

SATURDAY, FEBRUARY 11

Ski with the Green Mountain Club, Montpelier Section

Moderate outings of various distances at the Bolton Ski Touring Center. Trail fee applies. Call leaders Mary Smith, 505-0603, or Mary Garcia, 229-0153, for meeting time and place.

Snowshoe with the Green Mountain Club, Montpelier Section

Moderate to difficult 5.4-mile climb up Hunger Mountain. 1,900' elevation gain. Meet at 9 a.m. at Rumney School. Leader: Scott Skinner, 223-7123.

Page Pals

Younger readers read to, read with, chat or game with teen and tween volunteers.
10 a.m.–noon. *Kellogg-Hubbard Children's library*, Montpelier. Free. Please preregister at 223-4665.

Introduction to Animal Tracking

Get a short intro to patterns created by wildlife in our area, then go out and see what evidence of animals we can find. Snowshoes available at no extra cost.

10 a.m.–noon. *North Branch Nature Center*, 713 Elm Street, Montpelier. \$8 members, \$10 nonmembers, \$5 children 8 and up. 229-6206.

Montpelier Winter Farmers' Market

Create a Valentine's Day card with help from local artists or hire an artist to design a custom card for you; benefits the Craft Emergency Relief Fund. Live music by Spider Roulette.

10 a.m.–2 p.m. *Gym, Vermont College of Fine Arts, Montpelier*. Carolyn, 223-2958 or manager@montpelierfarmersmarket.com. Market happens every first and third Saturday through April, except February markets on February 11 and 18.

Maple Corner Mardi Gras Winter Carnival

Parade, king or queen cake, candy hunt, skating, curling, and biathlon tournaments, informal skating, pick-up hockey, free hot dogs and marshmallows, hot chocolate and a large bonfire. Begins at 12:30 p.m. Complete schedule at facebook.com/mardigrasvt.

Saturday Crafternoons for Adults & Teens: Decoupage Trays

With local artist Sue Premore. Apply magazine illustrations, text and verse, and other materials to 13-inch by 9-inch trays, then finish with acrylic. Materials provided, but participants welcome to bring their own.

2–4 p.m. *Waterbury Public Library*. Free, but space is limited and preregistration is required. Register at 244-7036. Crafternoons continue on March 10 and April 14.

Scrag Mountain Music: The Declassified

See Friday, February 10, for description; note change in time and venue.
4 p.m. *Savoy Theater*, 26 Main Street. By donation. scragmountainmusic.org.

Adamant Winter Music Series: Anything Goes

Mark Greenberg and Ben Koenig. Optional potluck before the show.

5:30 p.m., potluck; 7 p.m., concert. *Adamant Community Club*, intersection of Haggett and Martin Roads. \$10 in advance at the Adamant Co-op, \$15 at the door.

A Gift from the Heart Dinner and Auction

Dinner, music, cash bar, and live and silent auctions of products, services and unique gift baskets. Free on-site childcare. Benefits Central Vermont Catholic School.

6 p.m. *Knights of Columbus Hall*, Barre. \$30 person, \$55 per couple. Tickets at 793-8307.

Dharma Film Series: Sweet Land

Olaf Tovrik and his rural Minnesota community struggle to overcome years of anti-German propaganda when he discovers that his mail-order bride is a German and a socialist.

7 p.m. *Montpelier Senior Activity Center*, 46 Barre Street, Montpelier. \$3 suggested donation. Neville, 224-1001 or nevilleberle@yahoo.com.

SUNDAY, FEBRUARY 12

Snowshoe with the Green Mountain Club, Montpelier Section

Difficult 5.2-mile trek to Mt. Mansfield Forehead. Ascend Frost and Maple Ridge Trails from Stevensville Road, descend Wampahoofus and Butler Lodge Trails. Crampons required. Contact Paul DeLuca, 476-7987 or pdeluca420@msn.com, for meeting time and place.

Second Sunday Concert

Featuring Rebecca Macijeski on violin, Denise Ricker on flute and Arthur Zorn on piano.
9:30 a.m. *Bethany Church*, 115 Main Street, Montpelier. Free.

Stories from our Past: Yiddishkeit with Avram Patt

With potluck lunch.

12:30 to 2:30 p.m. *Beth Jacob Synagogue*, 10 Harrison Avenue, Montpelier. Free for Beth Jacob members, \$5 suggested donation nonmembers. Register at 279-7518 or bjprogramming@gmail.com.

The King and the Thrush: Tales of Goodness and Greed

Montpelier performing artists Tim Jennings and Leanne Ponder present their award-winning folk storytelling show for children and adults.

2:30 p.m. *Jaquith Public Library*, Marshfield. 426-3581 or jaquithpubliclibrary@gmail.com.

Affinities: Diane Huling Plays Music of Great Composer-Pianists

Huling performs music of Bach, Busoni, Mendelssohn, Chopin and Mozart, composers who were also important pianists/harpsichordists of their time.

3 p.m. *Bethany Church*, 115 Main Street, Montpelier. \$12–\$20 suggested donation. 223-2424, ext. 224, or arthurzorn@hotmail.com.

Film Series: Migrant Workers in Vermont, Immigration and Globalization

Explore what life is like for Vermont's undocumented workers, as well as global influences and policies. Today's film: *Uprooted: Refugees of the Global Economy*. Facilitated discussion follows.

3–5 p.m. *Unitarian Church of Montpelier*, 130 Main Street, Montpelier. Free. Madeline, 229-5951. Event happens every second and fourth Sunday through April.

MONDAY, FEBRUARY 13

Singing Valentines

A quartet from the Barre Tones chorus will surprise a loved one, friend, coworker or boss with a song, card, rose or small box of chocolates.

\$35; second song upon request. For more information, contact 223-2039 or rjmorgan1956@comcast.net. Event continues Tuesday, February 14.

Got the Sugar Blues?

Learn how to make sweet snacks and desserts without processed sugar. With Marie Frohlich.

6:30–8:30 p.m. *Tulsi Tea Room*, 34 Elm Street, Montpelier. \$20. Register at 249-7551 or mariefrohlich@gmail.com. Part of a series through February.

Group Meditation

People of all abilities and experience levels welcome for meditation and discussion based on Adyashanti's writings and talks.

6:30–8 p.m. *Kellogg-Hubbard Library*, Montpelier. Sherry, 479-3223 or sherry@easeofflow.com.

Osgood Lectures on the North: Showing of Heima

Film documenting a series of free, unannounced concerts by the Icelandic band Sigur Rós in out-of-the-way Icelandic communities. Introduction and discussion by Michael Moynihan.

7 p.m. *Kellogg-Hubbard Library*, Montpelier. Free. 223-3338. Sponsored by the Center for Circumpolar Studies.

TUESDAY, FEBRUARY 14

Singing Valentines

See Monday, February 13, for description and information.

Free Clinic for Problem Arms and Shoulders

Rebecca Riley and Irvin Eisenberg, certified structural integrators and massage therapists, offer 20- to 30-minute treatments for arm and shoulder problems at no charge.

Portals Center for Healing, 28 School Street, Montpelier. Call 223-7678, ext. 2, or e-mail irvin.eisenberg@gmail.com to schedule your appointment. fascialbodies.com.

Medicare and You

New to Medicare? Have questions? We have answers.

3–4:30 p.m. *Central Vermont Council on Aging*, 59 North Main Street, Suite 200, Barre. Free. Register at 479-0531. Event happens every second and fourth Tuesday.

Valentine's Day Partner Acro Yoga

With Lori Mortimer.

7:15–9 p.m. *The Confluence*, Berlin. Register at 324-1737. sattvayoga.wordpress.com.

WEDNESDAY, FEBRUARY 15

Preschool Discovery Program: Camouflaged Critters

Kids age 3–5 learn to spot some secretive creatures that try to hide in plain sight. Play games and do other activities to learn more about nature's tricks.

10–11:30 a.m. *North Branch Nature Center*, 713 Elm Street, Montpelier. \$5 per child. 229-6206. Event repeats Thursday, February 16.

Who Decides About War?

Attorney Benson Scotch talks about the U.S. War Powers Act. First program in the weekly Osher Lifelong Learning Institute spring series.

1:30 p.m.; doors open at 12:30 for brown-bag lunch. *Aldrich Public Library*, Barre. \$5 suggested donation; \$40 individual, \$70 couple for the full series, half-price for first-time members. 223-1763 or clb247@cornell.edu.

Callithumpian Consort

New music ensemble concert.

4 p.m. *College Hall Chapel*, Vermont College of Fine Arts. 828-8534 or vcfa.edu. Concert repeats Thursday, February 16.

Europe by Bike or Foot

Get a taste of upcoming touring adventures with Mary Sue Lyons through a short slideshow of past trips. Refreshments provided.

5 p.m. *Montpelier Senior Activity Center*, 46 Barre Street, Montpelier. 223-2518.

Active Against Cancer

With Nancy Brennan, cancer survivor, athlete and author. Learn, through Nancy's personal experience, why exercise is good medicine and how it can help during recovery and beyond.

5:30–7 p.m. *Hunger Mountain Coop community room*, Montpelier. \$8 member/owners, \$10 nonmembers. Register at 223-8004, ext. 202, or info@hungermountain.com.

Foot Reflexology Workshop

Learn basic reflexology techniques, reflex points on the feet, benefits and self-care for health and well-being. With Alicia Feltus, foot reflexologist, wellness coach and yoga instructor.

5:30–7:30pm. *Tulsi Tea Room*, 34 Elm Street, Montpelier. \$30; space is limited and preregistration is required. 563-3220 or aliciafeltus@gmail.com.

Calendar of Events

UPCOMING EVENTS, from page C.3

Weatherization Skillshop

Hands-on workshop on home energy efficiency and weatherization techniques, taught by a Building Performance Institute–accredited contractor.
6–9 p.m. 19 Gable Place, Barre. \$25, includes reference book, informational materials and light dinner. Register at 888-514-2151 or weatherizationskillshop.com. Sponsored by Central Vermont Community Action Council.

Ecstatic Dance

Freestyle boogie with DJ using Gabrielle Roth's mediative dance form, 5Rhythms.
7–9 p.m. Worcester Town Hall, corner of Elmore Road and Calais Road. \$5–\$10 donation. Fearn, 505-8011 or fearnessence@gmail.com. Event happens every first and third Wednesday, and fourth Wednesdays at the Plainfield Community Center.

Learn About the Onion River Exchange

Allison Underhill, director of the exchange, explains how the hour-for-hour service exchange works, trading time instead of money with people in your community.
7 p.m. At the Jaquith Public Library in Marshfield. 426-3581 or jaquithpubliclibrary@gmail.com.

Swing Dancing at the Black Door

Lesson with Gillian Davis (no partner needed), followed by dancing to live music.
7:30–8 p.m., lesson; 8–10 p.m., dance. 44 Main Street, Montpelier. \$5 suggested donation. Event happens every first and third Wednesday.

THURSDAY, FEBRUARY 16

Preschool Discovery Program: Camouflaged Critters

See Wednesday, February 15, for description and information.

Meeting on Disability Issues

Share stories and concerns.
1–3 p.m. Vermont Center for Independent Living, 11 East State Street, Montpelier. 639-1522 or 229-0501 (both are also VITTY numbers). Event happens every third Thursday.

Ecological Design

Ben Graham of Yestermorrow talks about how buildings can be a part of regenerative land use, using local, natural materials for building, and integrating agriculture and affordability.
6 p.m. Kellogg-Hubbard Library, Montpelier. Free. 223-3338. Sponsored by Transition Town Montpelier.

Science of Mind Principles

Study group for inquiring minds of all faiths.
6–8 p.m. Universal Rivers of Life, 28 East State Street, Suite 4 (second floor), Montpelier. 223-3427 or robin@universalrivers.com. Event happens every first and third Thursday.

Winter Bike Workshops: Ticket to the Drive Train

Introduction to derailleurs, shifters and gear cables, index shifting systems and their adjustment, and replacing cables and housing.
6–8 p.m. Magic Wheel, 34 Granite Street, Barre. \$25 or two Onion River Exchange hours; five workshops for \$100. Register at 477-7800, ext.18, or magicwheelvt@gmail.com. magicwheel.org. Workshops happen every Thursday through March.

Around the World Travel Talks

Amy Butler describes her adventures in Tibet. Light refreshments served.
6 p.m. Cutler Memorial Library, Route 2, Plainfield. Free. 454-8504 or cutlerlibrary.org. Event happens every third Thursday.

Songwriters' Meeting

Meeting of the Northern VT/NH chapter of the Nashville Songwriters Association International. Bring copies of your work.
6:45 p.m. Catamount Arts, St. Johnsbury. John, 633-2204. Event happens every third Thursday.

Shakespeare Study Group

Led by Tom Blachly. Possible agendas include reading plays aloud, group discussions, watching films, working on dramatic monologues and doing scene work.
7 p.m. Jaquith Public Library, Old Schoolhouse Common, Marshfield. 426-3581, jaquithpubliclibrary@hotmail.com or marshfield.lib.vt.us. Event happens every third Thursday.

Windows on Waldorf: Grades 1–8

Come explore the grade school and take a walk through Waldorf education. Faculty will lead a guided tour describing the core curriculum and showcasing student work.
6:30–8:30 p.m. Grades building, Orchard Valley Waldorf School, 2290 VT Route 14N, East Montpelier. Free, but registration requested. 456-7400.

Callithumpian Consort

See Friday, February 15, for description; note change in time.
7 p.m. College Hall Chapel, Vermont College of Fine Arts. 828-8534 or vcfa.edu.

An Evening with Sydney Lea, Vermont Poet Laureate

Lea, Vermont's new poet laureate, has been described as "a man in the woods with his head full of books, and a man in books with his head full of woods."
7 p.m. Crossett Brook Middle School. Free. Sponsored by the Waterbury Public Library.

Weekly Events

BICYCLING

Open Shop Nights

Have questions or a bike to donate, or need help with a bike repair? Come visit the volunteer-run community bike shop.
Tuesdays and Thursdays, 6–8 p.m. Fridays, 4:30–6:30 p.m. Freeride Montpelier, 89 Barre Street, Montpelier. By donation. freeridemontpelier.org.

SPIRITUALITY

★ Christian Science

God's love meeting human needs.
Reading room: Tuesday–Saturday, 11 a.m.–1 p.m.; Tuesdays, 5–8 p.m.; and Wednesdays, 5–7:15 p.m. Testimony meeting: Wednesdays, 7:30–8:30 p.m. Worship service: Sundays, 10:30–11:30 a.m. Nursery available. 145 State Street, Montpelier. Free. 223-2477.

CRAFTS

Beaders Group

All levels of beading experience welcome. Free instruction available. Come with a project for creativity and community.
Saturdays, 11 a.m.–2 p.m. The Bead Hive, Plainfield. 454-1615.

GAMES

Apollo Duplicate Bridge Club

All welcome. Partners sometimes available.
Fridays, 6:45 p.m. Bethany Church, Montpelier. 485-8990 or 223-3922.

HEALTH

Free HIV Testing

Vermont CARES offers fast oral testing.
Thursdays, 1–4 p.m. 73 Main Street, Suite 40, Montpelier. vtcares.org.

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.

Story Time at the Waterbury Public Library

Mondays, age 18–36 months. Wednesdays, age 0–18 months. Fridays, age 3–6 years. 10 a.m. Waterbury Public Library. Free. 244-7036.

Library Activities for Kids

- Story time, Tuesdays, Wednesdays and Fridays, 10:30–11:30 a.m.
- Crafts, first Tuesdays, 3:30 p.m.
- Games, second Tuesdays, 3:30 p.m.
- Lego club, third Tuesdays, 3:30 p.m.
- Teen Advisory Group meeting, fourth Tuesdays, 3:30 p.m.
- Chess club, Wednesdays, 5:30 p.m. (call Robert, 229-1207, for info)
- Young Adult Nights (games, movies, food, crafting and more for youth age 10–17), third Fridays, 6–9 p.m. Kellogg-Hubbard Library, Montpelier. Free. 223-4665.

Youth Group

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

Story Time and Playgroup

Story time: for children age 0–6. Playgroup: story, art, song, nature activities and cooperative games. Dress for the weather.
Story time: Mondays, 10 a.m. Playgroup: Wednesdays, 10–11:30 a.m. Jaquith Public Library, 122 School Street, Marshfield. 426-3581 or jaquithpubliclibrary@gmail.com.

Morning Playgroup

Storytelling inspired by seasonal plants, fruits and herbs with in-house astrologer MaryAnna Abuzahra, plus crafts, games and activities. Walk follows. All ages welcome.
Tuesdays, 10 a.m. Tulsi Tea Room, 34 Main Street, Montpelier. Free. tulsiteallc@gmail.com.

Second-Language Story Time

Tales in American Sign Language, plus

monthly special events with native speakers.
Tuesdays, 3 p.m. Cutler Memorial Library, Route 2, Plainfield. Free. 454-8504 or cutlerlibrary.org.

Story Time at Onion River Kids

Fun outdoor adventure tales and childhood classics.
Sundays, 10:30 a.m. 7 Langdon Street, Montpelier. 223-6025.

LANGUAGE

Lunch in a Foreign Language

Bring lunch and practice your language skills with neighbors.
Noon–1 p.m. Mondays, Hebrew. Tuesdays, Italian. Wednesdays, Spanish. Thursdays, French. Fridays, German. Kellogg-Hubbard Library, Montpelier. 223-3338.

MUSIC

Sing With the Barre Tones

Women's a cappella chorus.
Mondays, 6:30 p.m. Alumni Hall (second floor), near Barre Auditorium. 223-2039 or rjmorgan1956@comcast.net.

Capital Orchestra Rehearsals

Community orchestra. No audition required. All orchestral players welcome. Culminates in April concert.
Mondays, 7–9 p.m. U-32 School band room. Dan, 272-1789 or liptakdan@gmail.com.

SPIRITUALITY

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.

Christian Meditation Group

People of all faiths welcome.
Mondays, noon–1 p.m. Christ Church, Montpelier. Regis, 223-6043.

Shambhala Buddhist Meditation

Instruction available. All welcome.
Sundays, 10 a.m.–noon, and Wednesdays, 6–7 p.m. Program and discussion follow Wednesday meditation. Shambhala Center, 64 Main Street, Montpelier. Free. 223-5137.

Zen Meditation

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

SPORTS

Roller Derby Open Recruitment and Recreational Practice

Central Vermont's Wrecking Doll Society invites quad skaters age 18 and up to try out the action. No experience necessary. Equipment provided: first come, first served.
Saturdays, 5–6:30 p.m. Montpelier Recreation Center, Barre Street. First skate free. centralvermontrollerderby.com.

Coed Adult Floor Hockey

Equipment provided.
Sundays, 3–5 p.m. Montpelier Recreation Center, Barre Street. \$5. 363-1531, bmfloorhockey@gmail.com or vermontfloorhockey.com.

THRIFT STORES

Trinity Community Thrift Store

Tuesdays and Thursdays, 10 a.m.–4 p.m.; Saturdays, 11 a.m.–5 p.m. Trinity United Methodist Church, 137 Main Street (use rear entrance), Montpelier. 229-9155 or tctsvt@yahoo.com.

TAX ASSISTANCE

★ Tax Help for Seniors

AARP volunteers help seniors file 2011 income-tax returns.
Mondays and Thursdays, 9 a.m.–3 p.m., at Montpelier Senior Activity Center, 46 Barre Street, Montpelier. Call 223-2518 to schedule an appointment. Pick up forms at MSAC.

YOGA

Yoga By Donation

With Lydia Russell. Weaving in seasonal poetry and myth, these intermediate-level Anusara-inspired classes help build strength, flexibility and safe postural alignment.
Saturdays, 10–11:15 a.m., Shambhala Center, Montpelier (no class February 11); Mondays, 5:30–6:45 p.m., River House Yoga, Plainfield. By donation. saprema-yoga.com.

★ indicates new or revised listing

Calendar of Events

Support Groups

TURNING POINT CENTER

Safe, supportive place for individuals and their families in or seeking recovery.

- Alcoholics Anonymous, Sundays, 8:30 a.m.
 - Making Recovery Easier workshops, Tuesdays, 6-7:30 p.m.
 - Wit's End Parent Support Group, Wednesdays, 6 p.m.
 - Narcotics Anonymous, Thursdays, 6:30 p.m.
- Open daily, 10 a.m.-5 p.m. 489 North Main Street, Barre. 479-7373.

KINDRED CONNECTIONS

For anyone affected by cancer. Get help from Kindred Connections members who have been in your shoes. A program of the Vermont Cancer Survivor Network. Call Sherry, 479-3223, for more information. vcsn.net.

BEREAVEMENT SUPPORT GROUP

For anyone who has experienced the death of a loved one. Every other Monday, January 9-April 16, 6-8 p.m. Every other Wednesday, January 4-April 11, 10-11:30 a.m. Central Vermont Home Health and Hospice, 600 Granger Road, Barre. Ginny, 223-1878.

BRAIN INJURY SUPPORT GROUPS

Open to all survivors, caregivers and adult family members. Evening group facilitated by Marsha Bancroft; day group facilitated by Kathy Grange and Jane Hulstrunk.

Evening group meets first Mondays, 5:30-7:30 p.m., DisAbility Rights of Vermont, 141 Main Street, Suite 7, Montpelier, 800-834-7890, ext. 106. Day group meets first and third Thursdays, 1:30-2:30 p.m., Unitarian Church, 130 Main Street, Montpelier, 244-6850.

GRANDPARENTS RAISING THEIR CHILDREN'S CHILDREN

First Wednesdays, 10 a.m.-noon, Barre Presbyterian Church, Summer Street. Second Tuesdays, 6-8 p.m., Wesley Methodist Church, Main Street, Waterbury. Third Thursdays, 6-8 p.m., Trinity United Methodist Church, 137 Main Street. Child care provided in Montpelier and Waterbury. Evelyn, 476-1480.

FAMILIES OF COLOR

Open to all families. Play, eat and discuss issues of adoption, race and multiculturalism. Bring snacks and games to share, and dress for the weather.

Third Sundays, 3-5 p.m. Unitarian Church, 130 Main Street, Montpelier. Alyson, 439-6096 or alyson@suncatchervt.com.

WOMEN'S SUBSTANCE ABUSE RECOVERY GROUP

Women support each other in staying clean and sober in this support and skills group. Wednesdays, 1-2:15 p.m. Steppingstone Counseling, 12 Cottage Street, Suite F, Barre. Income-based fee scale; insurance accepted. Interview required; contact Julie Bradshaw, 479-0050.

BEREAVED PARENTS SUPPORT GROUP

Facilitated by Central Vermont Home Health and Hospice (CVHHH). Second Wednesdays, 6-8 p.m. CVHHH, 600 Granger Road, Berlin. Jeneane Lunn, 793-2376.

CELIAC AND FOOD ALLERGY SUPPORT GROUP

With Lisa Masé of Harmonized Cookery. Second Wednesdays, 4:30-6 p.m. Central Vermont Medical Center, conference room 3. lisamase@gmail.com.

CANCER SUPPORT GROUP

Third Wednesdays, 6-7:30 p.m. For location, call Carole MacIntyre, 229-5931.

PROSTATE CANCER SUPPORT GROUP

Third Wednesdays, 6-7:45 p.m. Conference room 2, Central Vermont Medical Center. 223-2933.

ALZHEIMER'S SUPPORT GROUP

Second Wednesdays, 7-9 p.m. Community National Bank, Barre. 476-5116 or 476-4822.

MAMA'S CIRCLE GROUP

Support for parenting in a group setting. Babies, toddlers and preschoolers welcome; books, toys and light refreshment available. Hosted by Good Beginnings of Central Vermont. Thursdays, 10 a.m.-noon. 172 River Street, Montpelier.

NAMI: CONNECTION

A peer-led, recovery-oriented group for individuals living with mental illness. First and third Thursdays, 6-7:30 p.m. Kellogg-Hubbard Library, Montpelier. 800-639-6480 or connection@namivt.org.

DIABETES DISCUSSION GROUP

Focus on self-management. Open to anyone with diabetes and their families. Third Thursdays, 6:30 p.m. The Health Center, Plainfield. Free. Don, 322-6600 or dgrabowski@the-health-center.org.

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. Conference room 3, Central Vermont Medical Center. 371-4152.

OVEREATERS ANONYMOUS

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

NATIONAL FEDERATION OF THE BLIND, MONTPELIER CHAPTER

First Saturdays. Lane Shops community room, 1 Mechanic Street, Montpelier. 229-0093.

Submit Your Event!

Send all general calendar listings to Dana Dwinell-Yardley, calendar editor, at calendar@montpelierbridge.com.

Send class listings to either of our ad representatives: Carl Campbell (ccampbell@montpelierbridge.com or 223-5112, ext. 11) or Carolyn Grodinsky (carolynatthebridge@yahoo.com, 223-5112, ext. 11, or 223-2958).

Guidelines:

- The deadline for the February 16 issue is Friday, February 10.
- 50 words or less, please. Listings may be edited for length, clarity or style.
- Events happening in Montpelier have priority.

Classes & Classifieds

Class listings and classifieds are 50 words for \$25; discounts available. Contact Carl or Carolyn, 223-5112, ext. 11.

Classes

COACHING

WOMEN IN TRANSITION

Navigating personal and career transitions with intention, strength and grace. Tuesdays, 6-8 p.m., February 7-March 13. \$225 for six sessions (advance registration \$195). Lunch Break Coaching for Busy Professionals. Phone or in person. Special rates 11 a.m.-2 p.m. Monday-Friday. Appointments requested. Fran Weinbaum, stillpointlifecoach@yahoo.com or 249-7377.

REFLEXOLOGY

FOOT REFLEXOLOGY WORKSHOP

Learn basic reflexology techniques, reflex points on the feet, benefits and self-care to promote health and well-being. Wednesday, February 15, 5:30-7:30 p.m. Tulsi Tea Room, 34 Elm Street. \$30, limited space, pre-registration is required. Alicia Feltus, foot reflexologist, will lead this in-depth workshop. aliciafeltus@gmail.com or 563-3220.

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Classifieds

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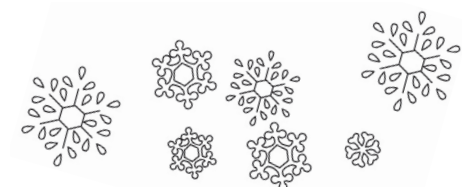
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