

Calendar of Events

Upcoming Events

FRIDAY, JANUARY 20

Intergenerational Storytime at the Senior Center

Stories, songs and activity for preschool-age children, their families and seniors. 10:30 a.m. Montpelier Senior Activity Center, 46 Barre Street, Montpelier. Free. 223-2518 or 223-4665.

The Alexander Technique

With Katie Back. Improve your sense of well-being, feel more present and alive, and regain the natural grace and poise of a child. For all ages and bodies.

6–7:30 p.m. Hunger Mountain Coop community room, Montpelier. \$3 member/owners, \$5 non-members. Register at 223-8004, ext. 202, or info@hungermountain.com.

2012 Snowshoe Romp in Hubbard Park

Strap on snowshoes (provided or bring your own) and follow a lantern-lit trail through woods and fields, followed by hot chocolate, Ben & Jerry's and a fire. For all abilities and ages.

6–8 p.m. Old Shelter, Hubbard Park, Montpelier. Free. 229-9409 or events@onionriver.com.

Taylor Series Slideshow and Talk: Chasing the Colorado Fourteeners

Halfway through hiking all 54 Colorado peaks over 14,000 feet, stewardship volunteer Drew Petersen shares photographs and stories from his 2011 solo trip.

7 p.m. Capital City Grange, 6612 Route 12 (Northfield Street), Berlin. \$6 Green Mountain Club members, \$8 nonmembers, kids under 12 free.

Naturalist Journeys Lecture Series: Landscape Conservation in the Scottish Highlands

Ecologist Rick Paradis of the University of Vermont discusses this region of the world and the conservation programs that developed under its cultural, political and economic systems.

7 p.m. Unitarian Church, 130 Main Street, Montpelier. By donation. 229-6206. Sponsored by the North Branch Nature Center.

Basic Point-and-Shoot Pleasures

Bryan Pfeiffer helps you get great photos from your digital camera. Learn dials, buttons and menus. Bring your camera.

7–9 p.m. First Baptist Church, School Street, Montpelier. \$10, includes refreshments and handouts. wingsphotography.com.

SATURDAY, JANUARY 21

Meat Day at the Montpelier Winter Farmers' Market

Demo on brining meat with Suzanne Podhaizer of Salt, knife sharpening by Jessica Turner of Capital Kitchen (by donation to the Vermont Foodbank) and live music by Good Old Wagon.

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.

Get Your Best Shot

Learn your digital camera by shooting photos indoors and outside with photographer Bryan Pfeiffer. We'll cover tricky lighting, pets, sports, kids, nature and your own photo aspirations.

10 a.m.–2 p.m. First Baptist Church, School Street, Montpelier. \$35. Space limited; registration required at wingsphotography.com. Workshop repeats Sunday, January 22.

Poets' and Writers' Reading: Harmony Junction

Author Goddard Graves sings and reads from his book, following a group of eight friends in the northeast United States and the Canadian Maritimes over 14 months.

11 a.m. Cutler Library, Route 2, Plainfield. Free. 454-8504 or cutlerlibrary.org. Event happens every third Saturday.

Rug Hooking: Open Class for All Levels

Bring any questions you have on a project you're working on or get help starting a new one. Shop open for supplies.

1–5 p.m. Green Mountain Hooked Rugs, 2838 County Road, Montpelier. \$25. Register at 223-1333 or utpansy@greenmountainhookedrugs.com. greenmountainhookedrugs.com.

Shape-Note Singing School

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

6–8 p.m. Tulsi Tea Room, 34 Main Street, Montpelier. By donation. Ian, 229-4008 or vtshapenotesingers@gmail.com. Event happens every first and third Saturday.

African Mercy Benefit Concert

Featuring the music of Holly and Bob Stockett and friends, with special guests Karen Knaebel of Messenger and Sr. Madeline McHugh, Church of the Crucified One.

6:30 p.m. St. Augustine's, Barre Street, Montpelier. By donation to the Medical Missions of Mercy Ships to West Africa. 476-9699.

Artist in Residence Dance Showing: Dear Pina,

Artist-in-residence Hannah Dennison and choreographic partners Hanna Satterlee and Amy LePage show new elements of Dennison's dance/theatre tribute to choreographer Pina Bausch.

7 p.m. Contemporary Dance and Fitness Studio, 18 Langdon Street (third floor), Montpelier. \$5–\$10 suggested donation. 229-4676 or cdandfs.com.

Lewis Franco in Concert

7 p.m. The Nutshell (Tom and Susannah Blachly's performance space), Marshfield. lewisfranco.com.

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, JANUARY 22

Chocolate-Making Workshop at Nutty Steph's

Call 229-2090 for more information or to sign up. Workshop repeats Sunday, January 29.

Contact Improv Class for Beginners

With Amy LePage-Hansen. Learn to cultivate your awareness and listening skills, find ease in your movements and safely move with others. 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. Event repeats Sunday, February 5.

Telling Your Hi(Story): A Personal Narrative Writing Workshop

Craft your personal history or the history of your parents or relatives with the gentle guidance of Rose Modry, writer and part-time Johnson State College faculty member.

2–4 p.m. Beth Jacob Synagogue, 10 Harrison Avenue, Montpelier. \$5 Beth Jacob members, \$10 nonmembers. Registration required: contact Emily at 279-7518 or bjprogramming@gmail.com.

bethjacobvt.org.

Dramatic Reading of No Man's Land

Local actors perform Vermont playwright Tom Blachly's original story about President Wilson and Senator Lodge's battle over the League of Nations, the first lady who took over the duties of president, and the political decisions that would determine the fate of the world.

2–5 p.m. Bethany Church parlor, 115 Main Street, Montpelier. Free. 426-3955.

Get Your Best Shot

See Saturday, January 21, for description. Note change in time.

2–6 p.m. First Baptist Church, School Street, Montpelier. \$35. Space limited; registration required at wingsphotography.com.

Slideshow on Historic Vermont Barns and Churches

Presented by well-known expert Jan Lewandoski. Refreshments served.

2 p.m. Plainfield Community Center (above the co-op). Free. 454-8423. Sponsored by the Plainfield Historical Society.

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 films: *Neighbors*, *Living in Vermont* and *Root Causes of Migration*. 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.

Onion River Chorus Presents Early Baroque Music

Brian Webb leads the chorus in early baroque pieces from Venice and Rome, featuring the voices of the select chamber choir Dolce Lingua, led by Larry Gordon.

3 p.m. Christ Church, Montpelier. \$12 adults, \$8 students, \$25 family. 476-4300.

Adamant Annual Co-op and Village Meeting

Don't miss this chance to take a dispassionate look back at how marvelous we are! Includes dinner made by the co-op's board of directors and a chance to get to know your neighbors.

4–6 p.m. Adamant Community Club, Martin Road, Adamant.

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)

Every Saturday

Irish/Celtic session, 2–5 p.m.

Friday, January 20

John Mowad (blues/folk)

Saturday, January 21

Miles & Murphy

Sunday, January 22

The Butterfields, 11 a.m.–1 p.m.

Tuesday, January 24

An evening with local contemporary women singer-songwriters

Thursday, January 26

Jazz with Karl Miller

Saturday, January 28

Brownyn Fryer

Sunday, January 29

Dawna Hammers, 11 a.m.–1 p.m.

Tuesday, January 31

Jazz with Karl Miller

Thursday, February 2

Rebecca Singer

BIG PICTURE THEATER

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

Wednesday, January 25

Valley Night with the Likeness (indie/folk/Americana), 7 p.m.

Wednesday, February 1

Valley Night with Don & Jenn, 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, January 20

Abby Jenne and the Enablers (rock/folk)

Saturday, January 21

The Sara Grace Band (soul/folk)

Friday, January 27

Grooveshoes (funk/soul)

Saturday, January 28

Bo Thayer and the Holy Plow (Americana / rock)

Wednesday, February 1

Swing night, 8 p.m.

Thursday, February 2

Old-time night: Dare to be Square (square dancing with live music), 6 p.m.

CHARLIE O'S

70 Main Street, Montpelier. 223-6820.

Friday, January 20

Fire Tiger (pop)

Saturday, January 21

Andrea Gillis Band (soul/rock)

Friday, January 27

Blue Fox and the Rockin Daddies (blues)

Friday, February 3

Starline Rhythm Boys (honky-tonk/rockabilly)

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

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, January 22

String Fingers, 6–8 p.m.

Sunday, January 29

Phineas Gage, 6–8 p.m.

Calendar of Events

UPCOMING EVENTS, from page C.1

Dance Performance: *In Search of Air: Growing Up Dyslexic*

Vermont dancer, choreographer and spoken-word artist Lida Winfield shares the gifts and heartache of her struggle to learn to read, which did not occur until her early twenties. Followed by a participatory workshop.
7:15–8:45 p.m. Haybarn Theater, Goddard College, 123 Pitkin Road, Plainfield. \$10. 454-8311 or goddard.edu.

Monteverdi Music School Recital

Faculty members play some of their favorite works, including music by Bach, Debussy, Walton and Zaimont.
8 p.m. Unitarian Church, 130 Main Street, Montpelier. By donation to the scholarship fund. monteverdimusica.org.

MONDAY, JANUARY 23

Book Discussion and Tea with Author Mickey Cronin

Cronin presents her new book, *The Essential Six, Volume One—A Parent's Guide: How to Pave the Road to Self-Advocacy for College Students with Learning Differences*.
3:30–4:45 p.m. Manor Lounge, Goddard College, 123 Pitkin Road, Plainfield. Free, but please RSVP to 322-1666.

Cooking and Booking

Join NECI students for a tale and taste of Chinese New Year. All ages welcome.
4–5 p.m. Kellogg-Hubbard children's library, Montpelier. Free, but registration required at 223-4665.

Presentation on How Today's Students Learn and Building Options for East Montpelier Elementary

A community forum, including viewing and discussion of preliminary drawings from Truex Cullins architects of changes to bring the school and learning environments up to date.
5:30–6:15 p.m., spaghetti dinner; 6:30 p.m., forum. East Montpelier Elementary School. Free. 223-7936 or emontpelierschool.org.

Adult Book Group

January's book: *Cutting for Stone*, by Abraham Verghese. Copies of the book available at the library. New members welcome.
7–8 p.m. Jaquith Public Library, Marshfield. 426-3581 or jaquithpubliclibrary@gmail.com. Event happens every fourth Monday.

Making SafeArt!

Tracy Penfield, SafeArt's founding director, leads a training for teachers, practitioners and anyone who wants to address relationship issues—including violence, harassment, teen dating and substance abuse—through drama, dance, poetry, drawing, music and more.
7:15–9:45 p.m. Community center media room, Goddard College, Plainfield. \$10 materials fee. Register at 685-3138.

TUESDAY, JANUARY 24

Medicare and You Workshop

New to Medicare? Learn how to register.
3–4:30 p.m. Central Vermont Council on Aging, 59 North Main Street, Suite 200, Barre. Free, but registration required: contact 479-0531.

Introduction to Meditation For Stress Management, Improved Health and Inner Peace

With Sherry Rhynard. Whether you've never meditated or tried but found it difficult, learn the theory of meditation and effective techniques. Practice time and handouts provided.
6–7:30 p.m. Hunger Mountain Coop community room, Montpelier. \$10 member/owners, \$12 nonmembers. Register at 223-8004, ext. 202, or info@hungermountain.com.

WEDNESDAY, JANUARY 25

Vermicomposting

With Melissa Jordan of Wormpost Vermont. Learn how to set up, maintain and harvest a worm bin to compost all year long. Lots of props and hands-on participation.
5:30–7 p.m. Hunger Mountain Coop community room, Montpelier. Free. Register at 223-8004, ext. 202, or info@hungermountain.com.

Keeping the Books and Tax Planning For Small Businesses

Part of the Business Building Blocks workshop series: Keys To Your Business Success.
6–8:30 p.m. Conference room, Central Vermont Community Action, 195 Route 302, Berlin, Barre. Free. Register with Margaret at 476-8493.

International Movie Night: *How I Ended This Summer*

Two men, working at a meteorological station on a desolate island in the Arctic, deal with the explosive consequences of truth and bad news against a chilling backdrop of fog, rocks and sea.
7 p.m. Kellogg-Hubbard Library, Montpelier. Free. 223-3338.

Acupuncture for Winter Health

Pamela Brady talks about wintertime illnesses and different acupuncture treatments to address them. Presentation and demonstration.
7 p.m. Jaquith Public Library, Marshfield. Free. 426-3581 or jaquithpubliclibrary@gmail.com.

Ecstatic Dance

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

Vermont Philharmonic Chorus Auditions

Seeking all voice parts, particularly tenors and basses. Quick and painless audition; no preparation is required.
7–9 p.m. Chorus room, Spaulding High School, Barre. vermontphilharmonic.org/contactus.

Farmers Night: Vermont Symphony Orchestra

World-renowned conductor Andrew Massey leads the orchestra in a program that includes music of Gluck, Fauré, Bach and Wagner.
7:30 p.m. House chamber, State House, Montpelier. Free.

THURSDAY, JANUARY 26

Stone Circles; Timeless Earth Temples Of Power and Healing

With Ivan McBeth, master stone-circle builder. Learn about the magic and science that goes into sacred space around the world, including earth energies, alignment, geometry and intent.
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.

Public Forum on Tax Reform

With Ann Cummings, chair, Senate finance committee; Janet Ancel, chair, House ways and means committee; and Mary Peterson, Vermont tax commissioner. Q&A follows.
6–7:45 pm, Milne Room, Aldrich Public Library, Barre. Marianne, 476-4185, or Leslie, 476-7819. Sponsored by the Greater Barre Area Democrats.

Benefit Reading by Author Con Hogan

Hogan reads from his *Met Along the Way* books, collections of lighthearted short stories and memoirs depicting a variety of colorful Vermont characters from politics and beyond.
6 p.m. Blink Light Gallery, 16 Main Street, Plainfield. Free; proceeds from book sales support the gallery. 454-1275, info@blinkinglightgallery.com or blinkinglightgallery.com.

Reclaiming Independence in American Education

Patrice Maynard, an advocate for Waldorf schools, talks about the goal of true education, beyond and away from test scores, college admission, competition and performance.
6:30–8:30 p.m. Orchard Valley Waldorf School, East Montpelier. 456-7400 or dawn.m@ovws.org

Citizenship, Faith and Feminism: Jewish and Muslim Women Reclaim Their Rights

Jan Feldman, professor of political science at UVM and author of a new book on the rights of Muslim and Jewish women, talks about whether a woman can be both religious and a feminist.
6:30–8 p.m. Beth Jacob Synagogue, 10 Harrison Avenue, Montpelier. Free for Beth Jacob members, \$5 suggested donation for nonmembers. bethjacobvt.org.

Naturalist Journeys Lecture Series: Into the Canyon, Into the Earth

Bryan Pfeiffer, a naturalist and veteran of the Grand Canyon backcountry, leads an armchair hiking trip, explaining the canyon's unique geology, plants and animals.
7 p.m. Unitarian Church, 130 Main Street, Montpelier. By donation. 229-6206. Sponsored by the North Branch Nature Center.

Remembering Samuel Coleridge Taylor

William Tortolano, professor and organist at St. Michael's College, gives an illustrated lecture on Taylor (1875–1912), an anglo-black composer, conductor and educator.
7 p.m. Kellogg-Hubbard Library. Free. 223-3338.

Exhibits



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.

CITY CENTER

Eye of the Beholder, pastel paintings by Anne Unangst, Cindy Griffith and Marcia Hill.
89 Main Street, Montpelier. Through February 4.

CONTEMPORARY DANCE & FITNESS STUDIO

Then and Now, large oils and small watercolors by Jennifer Burger O'Brien.
18 Langdon Street (third floor), Montpelier.
Through February 2. 229-4676 or cdandfs.com.

calendar@montpelierbridge.com

GODDARD COLLEGE

The History of Goddard College, 1969–1979, photographs, films, and archival documents, curated by Goddard staff and alumnus Dustin Byerly.
Pratt Center Library, Goddard College, 123 Pitkin Road, Plainfield. Through June. 454-8311 or goddard.edu.

GREEN BEAN ART GALLERY

Thinking Above The Noise, photography by Cassi Stilianensis.
Capitol Grounds, 27 State Street, Montpelier.
Through January 29. curator@capitolgrounds.com.

KELLOGG-HUBBARD LIBRARY

People, drawings and paintings by Glen Coburn Hutchison.
135 Main Street, Montpelier. Through February 28.

SHOE HORN

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

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. January 24–February 25. Reception Friday, January 27, 5:30–7:30 p.m. 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. January 30–February 4. Reception Tuesday, January 31, 8:30 p.m., Wood Gallery. vefa.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.

Theater



CAGES: A LIVE MEMIOR

Donny Osman performs autobiographical stories of life, death and the traps we fall into. Part of Winterfest: four shows in four weekends in February.
February 2–5; 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 lostnationtheater.org.

Calendar of Events

Dog River Forum: The Impacts of Irene Through the Science of River Management

A river scientist, a watershed planner and others speak about flood impacts and how to improve flood resiliency of our river communities through river management practices. 7–9 p.m. Room 85, Cabot Science building, Norwich University, Northfield. Free. Justin, 828-4493, or Ann, 882-8276.

Mortgage and Lending Options Workshop

Marino Bartolomei, assistant vice president of TD Bank, offers new ideas for lending, mortgages, buying and refinancing, and answers questions about mortgages and loans. 7 p.m. Waterbury Public Library. Free. 244-7036.

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, JANUARY 27

Film Program: Alfred Hitchcock's Art of Suspense

Rick Winston presents 12 film clips from Hitchcock's 40-year career, discussing the evolution of his craft, how he worked with favorite collaborators and his sense of humor. 7 p.m. Jaquith Public Library, Marshfield. Free. 426-3581 or jaquithpubliclibrary@gmail.com.

Sounding Joy! Concert: The Romance of Scotland

A Robert Burns birthday celebration performed by Randolph's noted choral group, bringing alive the traditional songs and stories of Scotland. 7:30 p.m. Bethany Church, 115 Main Street, Montpelier. By donation.

SATURDAY, JANUARY 28

Snowshoe with the Green Mountain Club, Montpelier Section

Difficult 5.2-mile ascent of the Mount Mansfield Chin on the Long Trail from Route 108. Hike to Taft Lodge and then summit the Chin. Crampons recommended. Must contact leader Paul DeLuca, 476-7987 or pdeluca420@msn.com, for meeting time and place.

Breakfast Feast

Vegetarian or meat frittata, pancakes with toppings, and coffee, tea and juice. 9–11 a.m. Unitarian Church, 130 Main Street, Montpelier. \$12 adults, \$10 kids, \$30 family; benefits Vermont Interfaith Alliance. Reservations at 223-7399.

Free Women's Car Care Clinic

9 a.m.–noon. Auto Craftsmen, 326 State Street (Route 2), Montpelier. Register at 223-2253 or service@autocraftsmen.com. autocraftsmen.com/our-amazing-women-car-care-clinics.

Community Design Day for East Montpelier Elementary

Residents brainstorm ideas and offer suggestions on proposed options for renovating and expanding the school. Residents in the building trades especially encouraged to participate. 9 a.m.–noon. East Montpelier Elementary School. Free. 223-7936 or emontpelierschool.org.

Family Day at Orchard Valley

For grade school and early education. Meet teachers, view student work and engage in a series of miniclasses and activities while your children engage in bread baking, a puppet show or a supervised indoor/outdoor activity. 9 a.m.–noon. Orchard Valley Waldorf School, East Montpelier. 456-7400 or dawn.m@ovws.org.

Jaquith Friends Annual Book Sale

Thousands of books on all subjects from cooking to biographies to history and novels, priced from \$2 down, to benefit the library; everything free between noon and 1:30 p.m. 9 a.m.–1:30 p.m. Jaquith Public Library, Marshfield. 426-3581, 454-7767 or jaquithpubliclibrary@gmail.com.

Ski for Heat

Cross-country ski or snowshoe to raise funds for fuel assistance in central Vermont. Come for all or part of the day. 9 a.m.–4 p.m. Morse Farm Ski Touring Center. By donation. 793-7674 or kate.sfh.cv@gmail.com

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. Program repeats Saturday, February 11.

Transition Town Montpelier Potluck and Gathering

Good food, good discussion and community support for these changing times. Bring a potluck dish and your own dishes and utensils. All welcome. Noon–2 p.m. Trinity Methodist Church, 137 Main Street, Montpelier. Free. Event happens every fourth Saturday.

Indoor Garden Workshop: Salad Greens

With Peter Burke. This workshop will focus on general techniques for growing a steady supply of many varieties of fresh greens with only a cupboard and a windowsill. 1–2 p.m. Hunger Mountain Coop community room, Montpelier. \$10 member/owners, \$12 non-members. Register at 223-8004, ext. 202, or info@hungermountain.com.

Blues Brothers Hit the Barre Opera House

Calais residents Chris "Jake Blues" Miller and Chris "Elwood Blues" Colt perform a theatrical adaptation of *The Blues Brothers* to raise money for the historic Blue Barn in Maple Corner. 3 and 8 p.m. Barre Opera House. \$15 in advance, \$18 at the door. Tickets at 496-8188 or barreoperahouse.org.

Central Vermont Premiere: *Strength of the Storm*

A film directed by Rob Koier and the Vermont Workers' Center, telling the story of a group of mobile-home-park residents who organize to have a voice in government and relief efforts that affect them after their homes are wiped out by Tropical Storm Irene. 5 p.m. Old Labor Hall, Granite Street, Barre. 861-4892 or info@workerscenter.org.

Annual Latin Dinner and Dance

Gourmet Mexican meal, virgin margarita bar, live Latin music by U-32 musicians throughout the evening and Latin dance lessons (no experience necessary) followed by open dancing. 6:30 p.m. U-32 High School, Gallison Hill Road, Montpelier. \$15 adults, \$7 students, \$35 family. Tickets at 223-0321, ext. 5179, or swolf@u32.org.

Lecture on Contemporary Art: Wu Tsang

Tsang is a visual artist, performer and filmmaker in Los Angeles. 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.

Movie Night: *Courageous*

A movie about how police must be courageous, perhaps in unexpected ways. Live music by the FCC Praise Band before the film, 6:30–7 p.m. 6:30–10 p.m. Faith Community Church, 30 Jones Brothers Way, Barre. Free; refreshments to benefit the church's trip to Haiti to minister to orphans. thefaithcommunity.com.

Traditional New England Dance

Adina Gordon calls classic New England dances to music by the Homegrown Chestnuts house band. No partner needed. Bring soft-soled shoes not worn outdoors and a dessert to share. 7:30 p.m. beginner lesson, 8 p.m. dance. Capital City Grange, 6612 Route 12 South (Northfield Street), Berlin. Merry, 225-8921.

SUNDAY, JANUARY 29

Ski with the Green Mountain Club, Montpelier Section

Moderate cross-country outings of various distance at the Craftsbury Ski Touring Center. Trail fee applies. Lunch on the trail. Meet at 9:30 a.m. at Montpelier High School. Cynthia Martin and George Longenecker, 229-9787 or marlong@myfairpoint.net.

Chocolate-Making Workshop at Nutty Steph's

Call 229-2090 for more information or to sign up.

Ice on Fire Winter Festival

Activities and fun for all ages, including games, outdoor theater, song, storytelling, igloos, warming hut and hot food and drink. Snowshoes provided; bring cross-country skis and sleds. 2 p.m., opening parade; 5 p.m.; closing bonfire. North Branch Nature Center, 713 Elm Street, Montpelier. \$1–\$5 suggested donation. 223-0577.

'Welcome, Neighbor' Potluck Dinner

New to Plainfield? Let us introduce ourselves! Bring a dish to share, a sign with your dish's ingredients, and your own plate, bowl, cup and silverware. 6 p.m. Cutler Memorial Library, Route 2, Plainfield. Free. 454-8504 or cutlerlibrary.org.

TUESDAY, JANUARY 31

Ski with the Green Mountain Club, Montpelier Section

Moderate, various-distance outings at Trapp Family Lodge in Stowe. Trail fee applies. Call leaders Mary Smith, 505-0603, or Mary Garcia, 229-0153, for meeting time and place.

Renewable Energy Workshop

With Jon Budreski from Alteris Renewables. Learn about solar electricity and hot water for homeowners, including how they work, site requirements and incentives. Snacks provided. 5:30–7:30 p.m. Hunger Mountain Coop community room, Montpelier. Free. Register at 223-8004, ext. 202, or info@hungermountain.com.

Increase Your Emotional Agility

Emotions influence the conversations we have and do not have, our interactions and our decisions. Building "emotional agility" opens up more possibilities in our interactions and choices. 6:30–7:45 p.m. Kellogg-Hubbard Library, Montpelier. Free. Fran, 249-7377 or stillpointlifecoach@yahoo.com.

WEDNESDAY, FEBRUARY 1

Herbal Valentines

With Dana L. Woodruff, community herbalist and health educator. Celebrate Valentine's Day by experiencing foods, drinks and massage oils made with traditional aphrodisiac ingredients. 6–7:30 p.m. Hunger Mountain Coop community room, Montpelier. \$10 member/owners, \$12 nonmembers, or 2 Onion River Exchange hours. Register at 223-8004, ext. 202, or info@hungermountain.com.

Classic Film Night

This classic 1937 adventure tale, directed by Frank Capra, tells of a British diplomat and others whose plane crashes in the Himalayas, leading to their discovery of Shangri-La. 7 p.m. Jaquith Public Library, Marshfield. 426-3581 or jaquithpubliclibrary@gmail.com.

Farmers Night: An Evening of George Gershwin

Pianist Michael Arnowitz explores the music and era of American composer George Gershwin and performs "An American in Paris" and "Rhapsody in Blue," among other compositions. 7:30 p.m. House chamber, State House, Montpelier. Free. Also a Vermont Humanities Council First Wednesdays event.

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 2

Lecture on Contemporary Art: Julia Bryan-Wilson

Bryan-Wilson is an associate professor of art at the University of California, Berkeley, and an author on many contemporary artists. Part of the master's in visual art residency at VCFA. 4:15 p.m. Noble Lounge, Vermont College of Fine Arts, Montpelier. Free. 828-8613.

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.

Plainfield Book Club

6:30 p.m. Cutler Memorial Library, Route 2, Plainfield. Free. 454-8504 or cutlerlibrary.org. Event happens every first Thursday.

SUBMIT YOUR EVENT! calendar@montpelierbridge.com

Calendar of Events

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.*

CAREGIVING

★ Powerful Tools for Caregivers

Family caregivers: learn how to reduce stress, improve communication, find balance, problem solve and locate resources. *Wednesdays, February 1–March 7, 3–4:30 p.m. Central Vermont Council on Aging, 59 North Main Street, Suite 200, Barre. \$20 suggested donation. Class size is limited; register with Jeanne at 476-2671 or jkern@cvcoa.org.*

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. vtcars.org.*

★ indicates new or revised listing

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

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.*

★ Dungeons and Dragons

Join Dungeon Master Ben Matchstick for a monthlong campaign. For ages 9–12. *Mondays, 3:30–5:30 p.m., January 30, February 6, 13 and 27. Kellogg-Hubbard Library, Montpelier. Free, but players must preregister at 223-4665 and plan on attending all four Mondays.*

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.*

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.*

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.*

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.

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.

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 January 28 or February 11); Mondays, 5:30–6:45 p.m., River House Yoga, Plainfield. By donation. saprema-yoga.com*

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.