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Visit the Fish Ladder While the Water Is Running!

The Bellows Falls Fish Ladder Visitor Center is open for the summer through September 5, on Saturdays from 10 a.m. to 4 p.m. and Sundays from 12 a.m. to 4 p.m. Admission is free. The Visitor Center is located on Bridge Street next to the Post Office in Bellows Falls, VT.

Now is the best time to visit the facility and appreciate the salmon life cycle. You can see the Fish Passage Schedule at the US Fish and Wildlife Service website at http://www.fws.gov/R5CRc/Habitat/fish_passage_schedule.htm.

The Nature Museum at Grafton runs the exhibits at the Fish Ladder Visitor Center. This year a huge 6-foot globe is on exhibit which illustrates the importance of water, and the small amount of fresh water on earth. Other exhibits relate to wildlife that make their home in the Connecticut River watershed. Learn about river life – from dragonflies to otters.

For more information about the Fish Ladder and The Nature Museum of Grafton see www.nature-museum.org or call (802) 843-2111.

STRAWBERRIES!

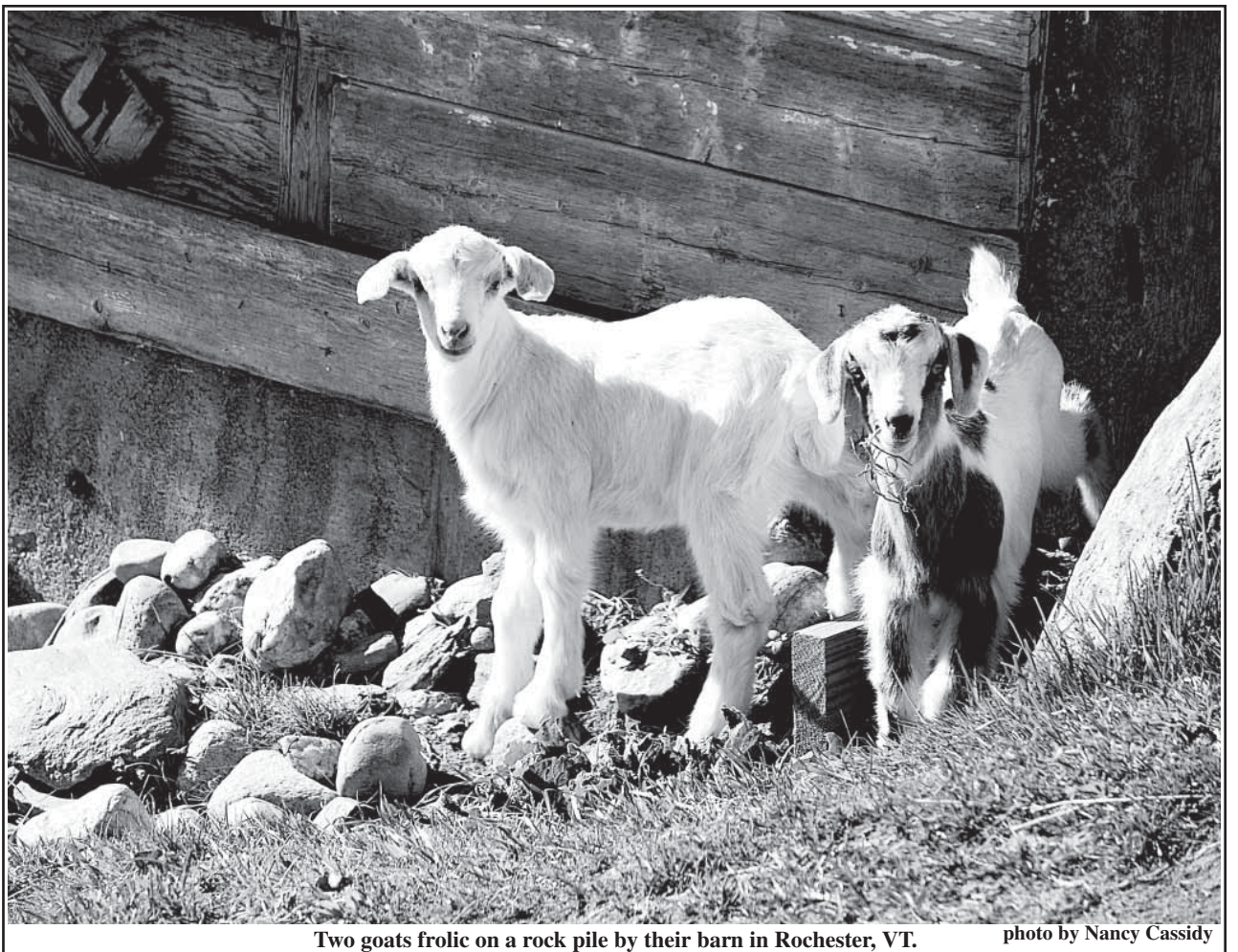


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Two goats frolic on a rock pile by their barn in Rochester, VT.

photo by Nancy Cassidy

A Vermont Almanac for Early Summer

by Bill Felker

The Phases of The Cherry Pie Moon And The Lily Moon

June 26: The Cherry Pie Moon is full at 6:30 a.m. **July 4:** The moon enters its final quarter at 9:35 a.m. **July 11:** The Lily Moon is new at 2:20 p.m. **July 18:** The moon enters its second quarter at 5:11 a.m. **July 25:** The moon is full at 8:37 p.m.

Since the moon exerts less influence on ocean tides and on human and animal behavior when it comes into its 2nd and 4th quarters, you might perform routine maintenance on your livestock on or about June 18, July 4 and July 18. On the other hand, tidal lunar influences have been proven to be greater at full moon and new moon times. You might expect more trouble with your family, herd or flock, therefore, on or about June 26, and July 11 and 25.

The Sun's Progress

Summer solstice occurs on June 21 at 7:28 a.m. (EDT). Between June 9 and July 3, the day's length varies by no more than five minutes in most of the nation.

The Planets

Venus and Mars are the evening stars in Leo, far in the west after sundown. Mars is red and appears much smaller than Venus. When you find Venus and Mars, look back to the southwest to find Saturn in Virgo. Jupiter lies in Pisces this month, coming up out of the east after midnight and moving almost to the center of the sky before dawn.

The Stars

When the sky is completely dark an hour or so after sundown, then the sky promises Early Summer: Arcturus overhead, Regulus (with Mars) in the far west, Libra due South, and Cygnus in the far west.

Meteorology

A full moon on June 26 could contribute to unstable meteorological conditions. Tornadoes, hurricanes, floods or prolonged periods of soggy pasture are most likely to occur within the weather windows of July 3 through the 7 and July 21 through 23. Full moon on July 25 increases the chance of the landing of a hurricane moving up the East coast.

Bill Felker observes and writes about our seasons for several periodicals. More of his almanac information is available at www.poorwillsalmanack.com. To hear his weekly almanac on the radio, visit www.wyso.org.



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The Original

Vermont Country Sampler

June–July 2010, Vol. XXIV

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Boys Will Be Boys

by Burr Morse

A lot of kids have been coming in the sugarhouse lately. Kids come in all shapes, sizes and, like salsa, different levels of “zing.” I like my salsa mild and appreciate the same in my sugarhouse visitors given all of the hot, sticky ways kids can get in trouble in that place. The other day my old friend, Jeff Bean, came in. I was complaining about a recent group of kids who were loosely chaperoned and “medium plus” on the salsa scale. He chuckled and reminded me of a time when I, yes “little old Burr,” was somewhere between Mexican jumping bean and red hot jalapeño.

Jeff and I grew up together. We lived less than a mile from each other, fished the local brooks, skated the frozen ponds, and built humongous ski jumps on a steep hill across from his house. When it was my turn to entertain, however, I usually led the way to a special world of caverns, mazes, slides and dead falls, a place where we could run miles, make fantastic discoveries, expend haymow-sized energy, and never run out of hiding places without ever going outside. That place was our dairy farm which, in those days, started at the new barn and went on through alleyways, old barns, horse barns, and carriage rooms, all the way to my grandparents’ comfortable house. Folks often ask me why old New England farms were built that way and my best explanation is: “It’s more fun for kids, of course!”

I remember the bedding bin which started on the ground level in the old barn and rose up into a mountain of pine-sweet sawdust. We’d climb up on timbers close to the barn’s peak and dare each other to jump. The 25 foot jump was scary as all get out but very character-building. The downy-soft landing brought giggles of delight and repeated trips to even higher places. Beyond the bedding bin, a hundred tons of hay bales went on forever and we spent hours rearranging them into forts and mountain passes. Then there were the dark recesses where those of us brazen enough would go

“I see ‘ghosts’ of the old complex and wish my boys could have seen it and, better yet, had the run of it.”

with the ghosts and the barn cats, and then come back heroes. Close to the dark recesses lived Sparky, the bull. Bulls, rest all their souls, have been replaced these days by breeding technicians with frozen semen and long utensils. Back when I was a boy, however, Sparky was an integral farm employee whose out-of-the-way abode drew minimal visits except for boys with “red hot jalapeño” designs.

Sparky, when left to his own devices, was glad to while the “off” hours chewing his cud and burping sour hay residue. To us boys, however, old Spark provided strange levels of education, adventure and intrigue. One time, several of us approached him from different flanks, commandos in the dark. It was a well organized campaign, complete with flashlight signals and contingency plans, sans one—my grandparents. Jeff said the slingshots were my idea. At first Sparky just got a little huffy, but my well placed whap to his “manhood” with a marble-sized pebble really set him off. His rude snorts turned to an extended bawl and then he began to paw the bottom of his stall. All of a sudden he lunged at the plank sides, like a wrecking ball gone berserk. Jeff recalls hearing me say “We better get out of here before they come down.” He said I stressed the word “they” and swiveled my eyes toward the stairs that led to the farmhouse. We pictured dishes falling from cupboards and a wise grandpa heading to the bullpen, switch in hand. Jeff said we evaporated into the haymow, like rats in the light, and frittered away plenty of time before we showed our faces again.

My grandparents never directly mentioned the “bull episode” but I’m sure they felt the tremors in their house. They were wise folks that way, wise enough to realize a childhood prank or two could be met with turned heads. I’ll never forget those old buildings and the good times they provided for our group of hell-raisers, though, most of the structures disappeared while I was a teenager. My grandfather, the



The boys are out for some summer fishing in Otter Creek at Mt. Tabor, VT, in the early nineteen-hundreds.

photo by John Risdon

businessman, saw too many roofs to roof and sills to repair for a farm economy that was changing. About the time old Sparky and his kind got replaced by breeding technicians, grandpa tore the whole thing down. My boys now live in the farmhouse, which stands a short distance from the solitary “new barn”. Sometimes when I’m over there, I look at the void between the two and visualize how it used to be. I see “ghosts” of the old complex and wish my boys could have seen it and, better yet, had the run of it.

I’ve spent most of my life since those times in a “sweet” business, maybe to make amends for the hellian I was. I don’t regret it for a minute, though, no-sireee. One thing I know for sure is, whether it’s in a steamy sugarhouse, jumping in the sawdust, or taunting an innocent animal, boys will always be boys.

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Recipes from a Century Past

Summertime Berry Recipes

Circa 1900

RASPBERRY CUP

Mash and strain one pint of currants stripped from the stems. Carefully look over one pint of raspberries, and put them aside to moderately chill. At serving time fill lemonade glasses half full with raspberries, cover with the currant juice, add a heaping teaspoonful of powdered sugar, and serve as dessert, or as first course for lunch or company breakfast.

—Sara Tyson Rohrer, 1902

MOTHER'S STRAWBERRY SHORTCAKE

We may be ancient, but don't we remember, as well as if it was but yesterday, the dear, delightful shortcakes made by mother in our childhood. And don't we know just how they were made, too; we heard her tell it so many times.

Directions—She made them as follows: sour cream, 1 cup; cream of tartar, 1 teaspoonful; soda, 2/3 teaspoonful; with flour to make a suitable dough to roll 1/2 inch thick. Bake nicely, split open and spread each piece with the sweetest, freshest butter. Then pour on to one of the halves, not 6 or 7 gritty, mussy berries, but 2 whole cups of those large, luscious ones from the south side of the garden. Of course, first slice the strawberries and let stand with some sugar. Put on the other half of the biscuit for a cover, and pour over sweetened cream when eaten.

Remarks—This is the way my own mother used to make it, so I know it will prove a good and worthy receipt to be followed by all who have the nice "sour cream." But good rich milk with soda—no cream of tartar—will also do very nicely. Any berries, fresh or canned, at all suitable for a short cake, ripe peaches, or even a nice, thick custard, may take the place of strawberries when they are not plenty.

—Aunt Lulu, Red Willow, Nebraska, 1884

BLUEBERRY SLUMP

1 pint of flour 2 cups of milk
1 teaspoon baking powder Blueberries

Cook the blueberries over the fire in a little water. Meanwhile, put the flour into a bowl, add the baking-powder, sift once or twice, then add gradually the milk. Turn the dough on the board; roll in a sheet a half inch thick; cut it into biscuits. Stand these over the nearly-done fruit. Cover the kettle carefully, and cook continuously for twenty minutes, without lifting the lid. This mixture is simple, easily digested and very palatable. It may be served with cream or milk, or eaten plain.

—Sara Tyson Rohrer, 1902

BLACKBERRY FLUMMERY

Flummery is thickened fruit. The small fruits are always to be preferred. Put a pint of blackberries in a pint of water over the fire, bring to boiling point and add two rounding tablespoonfuls of cornstarch moistened in six tablespoonfuls of water; bring again to boiling point, stirring constantly; add a half cup of sugar and turn out to cool. This may be eaten plain or with milk if it is accessible. Any other small fruits may be substituted for blackberries and will be fine.

—Sara Tyson Rohrer, 1902

YANKEE-STYLE BERRY PUDDING-PIE

Sweet milk, 1 cup; 1 egg; butter, 1 tablespoonful heaping; baking powder, 1 teaspoonful; flour, 1 cup, or sufficient to make rather a thick batter; a little salt; raspberries, strawberries, or other berries to half fill an earthen pudding-dish.

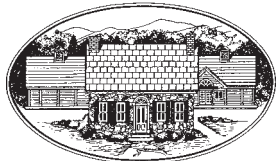
Directions—Stir the baking powder into the sifted flour; melt the butter, beat the egg and stir all well together. Having picked over the berries, buttered the dish and laid in the fruit to only half fill it, spoon the batter over the fruit to wholly cover it, as with a crust. The dish should not be quite full, for as it rises in baking, it can run over. Bake in a moderate oven to a nice brown, to be done just "at the nick of time" for dinner. Turn it bottom up upon a pie-plate, and sprinkle on some powdered cinnamon other spices, as preferred. Then sprinkle freely of nice white sugar over all. Serve with sweetened cream or rich milk, well sweetened. Apples, peaches, pears, quinces, even elderberries, etc., in their season, work equally as well, although some of the firmer fruits would serve better if cooked a little beforehand.

—Mrs. Sarah A. Earley, 1884

NEW ENGLAND BLUEBERRY PIE

Wash and dredge blueberries with flour; then scatter among them half a cupful of sugar for each pint of berries. Fill paste shells with this, dot with butter, cover with another crust and bake. These are richer than huckleberry or blueberry pies, when made in the usual way, as the flour thickens the juice slightly and the butter tempers the acid.

—Marion Harland, 1903



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The Abundant Landscape of Summer

by Margaret Osha

Growing up on the family farm in Northfield, spring was especially memorable. My aunt would frequently come to the farm to dig dandelions with us. She and my mother had a favorite corner of the pasture that grew nice big easy-to-clean greens.

My mother was my true inspiration for my appreciation of wild edibles. For us it was a way of life. When I was small, she and I would walk to what we called the back pasture. At the time it was our heifer pasture. It was a magical place—an open rolling pasture surrounded by woods. There were two islands of trees in the middle of the open meadow that I loved to explore.

It was late June and wild strawberry time. Mother commonly made a simple yellow cake called a busy day cake that she topped with a fluffy eggwhite frosting, but this time of the year the frosting came alive with the addition of a cup of wild strawberries. The flavor of a wild strawberry is different from that of our cultivated varieties. If you have ever tried picking wild strawberries, you probably know that it takes a lot of them to fill a cup, but this seasonal ritual was worth the time we spent. What a wonderful time we had! As we picked the tiny red berries the sunshine warmed our backs, and the

scent of heifers and June grass surrounded our senses.

My mother was an avid gardener and believed in organic gardening way before most gardeners of her time gave it much consideration. She and my father grew a huge garden that fed us throughout the long winter months. My mother especially appreciated the wild greens and wild edibles that she did not have to spend time growing and cultivating. These plants were essentially free for the harvesting and saved our family time, space and money.

Now that we have a large garden to care for, I appreciate her feelings all the more. Lamb's quarter is one of my favorite wild edibles—a very nutritious, delicately flavored tender green. Instead of growing rows of spinach that quickly bolt as soon as the weather gets hot, I harvest abundant lamb's quarter that grows as a weed throughout the gardening season.

For information about cooking classes at The Farmer's Kitchen, local farm products, a vacation stay on the farm or chapter meetings of the Weston A. Price Foundation, contact Margaret and Stuart Osha at Turkey Hill Farm in Randolph Center, VT. (802) 728-7064. local-food@turkeyhillfarmvt.com. TurkeyHillFarmVt.com.

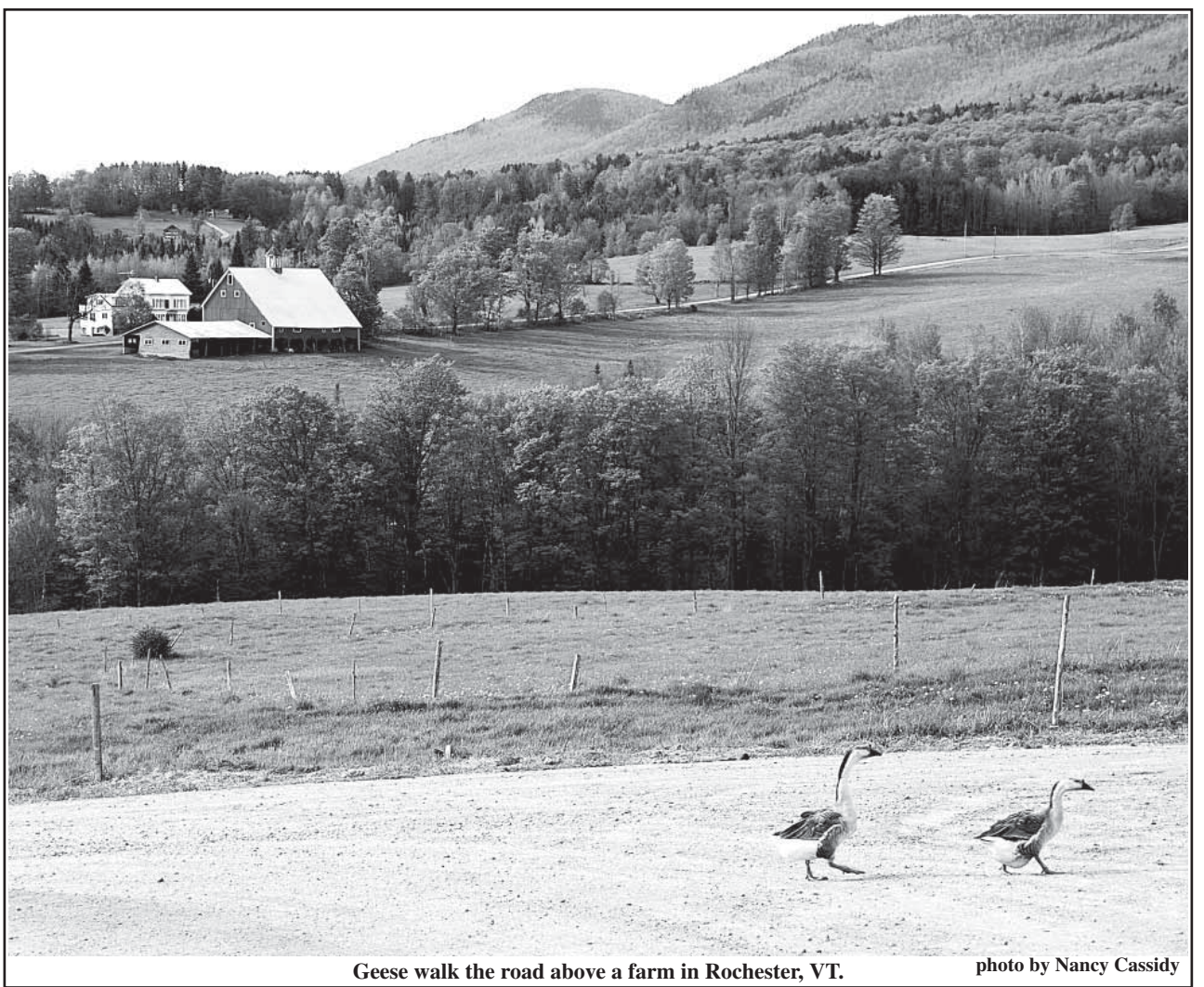
BLUEBERRY TIME

I'd rather go off with a pail this morning,
Up to the fields where the blueberries grow
Between gray rocks, in the leafy thickets
That knew my fingers long ago.

I'd rather be spending the day on a hillside
Where the warm dusky berries never fail,
With plenty of time to sit, sky-dreaming,
And stealing the blue fruit from my pail.

But there is a bus I must catch for the city,
And work to be done this summer day;
The blueberries all through Charlie's pasture
Will know that I am miles away.

—MARGARET CUNNINGHAM
1932



Geese walk the road above a farm in Rochester, VT.

photo by Nancy Cassidy

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Tomatoes, herbs, flowers, and hanging baskets ready to move to your garden from the greenhouses at Clear Brook Farm in Shaftsbury, VT. photo by Charles Sutton



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Clear Brook Farm Specializes in Organic and Delicious

by Charles Sutton

Most home gardeners can't wait for their own tomato crop to start coming in to replace those bland, thick-skinned store tomatoes we had to eat all winter.

If you got their plants this season from the organic Clear Brook Farm in Shaftsbury, VT, you will soon be rewarded with a bountiful crop of good tasting tomatoes and some even more pleasant surprises if you planted heirloom varieties.

Clear Brook Farm, since its opening in 1994 with one greenhouse and an acre of organic vegetables, has been specializing in heirloom tomatoes thanks to its owner and founder Andrew Knafel, an organic gardener for over 20 years.

Clear Brook grows over 45 varieties of heirlooms that produce tomatoes in many different colors, shapes, flavors and sizes. Heirlooms are genetically unique, not hybrid, and were introduced before 1940. Many have been passed down for several generations on small, family farms.

Among Andrew's favorites are a Striped Roman (an early and best-tasting plum tomato); Green Zebra (mixed green colors); Carbon (a dark purple variety); and a Japanese Black Trifele (a cherry-shaped fruit).

Andrew is hoping gardeners will be spared the late blight that quickly whipped out tomato crops throughout the Northeast last summer. The blight was traced to tomato starter plants from industrial breeding operations in the South and distributed at big-box stores. "It's always better and safer to buy local," he comments.

In addition to tomatoes, the Clear Brook produces a large variety of other organic vegetables, including salad greens, onions, leeks, peppers, cabbage, broccoli, eggplants, carrots and other root crops. It grows its own organic pick-your-own strawberries, and offers organic fruits and berries from other producers at its farm store as well. A large selection of annuals, perennials, trees and shrubs also are available. A new enclosed plant display area was opened this spring so customers can make their choice under cover and not in the rain.

The large farm store offers not only fruits and vegetables, mostly organic, but local artisan cheeses, meats, baked goods, organic milk and yogurt, maple, and more. They are even offering really fresh olive oil this season from a friend whose family farms olives in Greece!

Andrew met his business partner, Matthew Patterson, at Earlham College. As the farm expanded to 25 acres of land growing organic produce, the two farmers were confronted with a hungry deer population that especially liked organic lettuce! Electric fences proved ineffective, so now the gardens are enclosed with eight-foot high fences.

The farm is growing two unusual crops—sweet sorghum and sugar beets, to be converted into biodiesel—and two acres of barley for a Rhode Island brewery.

Another first at the farm is a summer CSA program that



photo by Charles Sutton
The crew at Clear Brook Farm readies flower and vegetable plants for summer gardens. Pictured here are (back row from left) Andrew Knafel, Matthew Patterson, Caleb Goossen; in front row (from left) are Christy Nevius, Becca Knouss, Brad Peacock, Caroline Woolimington, Adam Wigger, Gina Carlucci.

allows customers to select exactly what they want, and when they want it. Shares are \$250 or \$450 which can be applied to anything the farm sells, from plant starts to local meats and cheeses, produce, and even ice cream. With a CSA membership the shareholder usually picks up a box of assorted vegetables each week depending on what crops are in. At Clear Brook the choices are yours.

Clear Brook Farm is located on Rt 7A in Shaftsbury, VT, five miles north of Bennington and seven miles south of Manchester. It is open daily from 9 a.m. to 6 p.m. For information call (802) 442-4273, www.clearbrookfarm.com or e-mail Knafel@sover.net.

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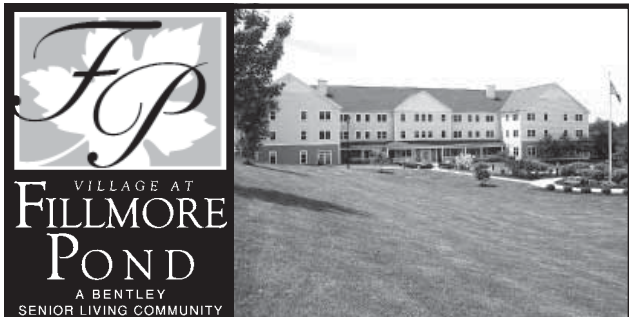
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Andrew Knafel tends tomatoes at Clear Brook Farm.



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photo by Charles Sutton
Jessica and Steve Bahrakis with children Sebastian, Mariah, Natalie, and Simon, at Danby's Country Kitchen in Danby, VT.

Tempting Choices at Danby's Country Kitchen

Imagine the good fortune for a family of four children who can start every day by going to a restaurant for breakfast. Even if the eatery is run by their parents, Steve and Jessica Bahrakis, there are some menu items one usually doesn't get at home, like freshly baked donuts and muffins.

The only hitch is getting up very early in the morning so the whole family can be at Danby's Country Kitchen for its 6 a.m. opening! After breakfast the children Natalie, Mariah, Sebastian and Simon, ages 10 to 3, go to school when it is in session. Now they are off to summer day camps.

Jessica said the schedule is perfect as the cafe closes at 3 p.m. when it's time for their children to return home.

The couple opened the cafe on Main Street in Danby, VT

this May. (It had had previous owners over the years.) They have expanded the seating to include a back dining room and outdoor deck area.

Steve said he has worked in a number family-owned small restaurants and winter ski places as a breakfast and lunch cook but this is the first time running his own place. For the past seven years he worked as a stone mason and landscaper in New Hampshire. But he always enjoyed cooking and especially like the prospect of working inside during the colder months. Jessica has had years of experience as a waitress.

Steve and Jessica hope their Country Kitchen can build a reputation for hearty, good tasting foods at reasonable prices. Wherever possible they use local products and everything is cooked

fresh from scratch with imaginative lots of imaginative offerings.

The breakfast menu features pancakes, Belgian waffles, crepes, French toast, omelettes and other egg dishes including corned beef hash and eggs and a breakfast burrito. Prices range from \$3.95 for a breakfast sandwich to \$6.95 for a three-egg omelette. One specialty is home fries. "Come try them," Steve says! There is also oatmeal, fresh fruit and yogurt.

The lunch menu features soup d'jour, appetizers, salads, burgers and sandwiches. Among the unusual offerings are a BBQ pulled pork sandwich, a French dip roast beef au jus, and a Tuscan grilled chicken breast topped with spinach and pesto mayo. There are handcut onion rings, bruschetta, nachos, and

Southwest egg rolls—plenty of old and new favorites to try! Sandwich prices range from \$4.95 to \$7.95.

Four vegetarian dishes are offered including a veggie burger, panini, spanikopita and a falafel plate.

The restaurant reopens after lunch, for ice cream treats until 7 p.m. on Fridays, Saturdays and Sundays. Twelve flavors of Walpole Creamery ice cream and six flavors of frozen yogurt are offered.

Danby's Country Kitchen is located on Main St. just a block off Rt. 7, in Danby, VT.

It is open from 6 a.m. to 3 p.m. daily and from 7 a.m. to 2 p.m. on Sundays. Also open for ice cream until 7 p.m. on Fridays, Saturdays and Sundays.

For information and take-out call (802) 293-5000.

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Mid-Summer Fairs in Vermont

Summer is a perfect time to enjoy Vermont. The agricultural fairs and field days offer lots of fun, food, and festivities for all ages and interests. Here are some of the fairs coming up this season. For more, visit www.vermontagriculture.com.

Connecticut Valley Fair

Bradford, VT—July 15-18

Horse, pony & ox pulling, stage entertainment, midway, cattle shows, exhibits, Old McDonald's Farm, street parade, demolition derby, and a tractor pull. On Carson Lane. (802) 222-4053. cvf@charterinternet.com

Lamoille County Field Days

Johnson, VT—July 23-25

Arts & crafts, produce and agricultural exhibits, horse, pony and ox pulling, lumberjack roundup, 4-H exhibits, draft horse show, pee-wee gymkhana. Midway, entertainment, antique tractor pull, Vermont pedal pull championship, street stock truck pull, maple center. One-price admission. On Rte. 100C. (802) 635-7113. www.lamoillefielddays.com.

Franklin County Field Days

Highgate, VT—July 29 - Aug 1

Agricultural and 4-H displays and cattle shows, crafts, games, rides, music, tractor and horse pulling, antique tractor pull, draft horse show and ox pulling, demolition derby. On Airport Road. (802) 238-4904. www.franklincountyfielddays.org

3rd Annual Deerfield Valley Blueberry Festival

Mount Snow Area—July 30 - Aug 7

Blueberries, vintage cars, music, food in the Mount Snow area towns of Wilmington, Whitingham and Dover in late July and early August. Children's activities, jam making, blueberry themed specials in the local eateries, blue music events, a blue car auto show, blueberry bake sales, blue beer, and pick your own blueberries. Blueberry Quest! (802) 464-5618. www.vermontblueberry.com.

Pownal Community Fair

Pownal, VT—July 31

Help us celebrate our Bicenquinguanery as the gateway to southwest Vermont. Ongoing activities all day long capped off by a great fireworks display at 9:30 pm. Free admission. Rte. 346 at the Pownal Fire Dept. (802) 823-5258.

Addison County Fair & Field Days

New Haven, VT—Aug 10-14

Vermont's largest agricultural fair! Cattle, horse, goat, miniature donkey and sheep shows. Tractor pulls, ox, pony and horse pulling. Antique exhibit, live entertainment, parade, demo derbies, midway, free youth activities, arm wrestling and Vermont products dinner and much more! On Rt. 17. (802) 545-2557. www.addisoncountyfielddays.com

Washington County Fair & Field Days

Waitsfield, VT—Aug 6-8

Come enjoy the yesteryears of a small fair. Cows, goats, horses, sheep, gymkhana, amateur photo contest, quilt contest, ice-cream eating contest. Many 4-H displays. Great food and entertainment daily plus a midway carnival to entice any age. Free on grounds parking. At Kenyon's Field on Rt. 100. (802) 279-6567. washingtoncountyfair@yahoo.com.

Orleans County Fair

Barton, VT—Aug 18-22

Now in its 143rd year. Horse, pony & ox pulling 4-H exhibits and contests, cattle, sheep, rabbit and poultry competition, arts and crafts, Grange exhibits, midway, harness racing, stage shows, demo derby, coin and pig scrambles, petting zoo, antique tractor pull, 4x4 pull, horse shows, antique exhibits. At Roaring Brook Park. (802) 525-3555.

Caledonia County Fair

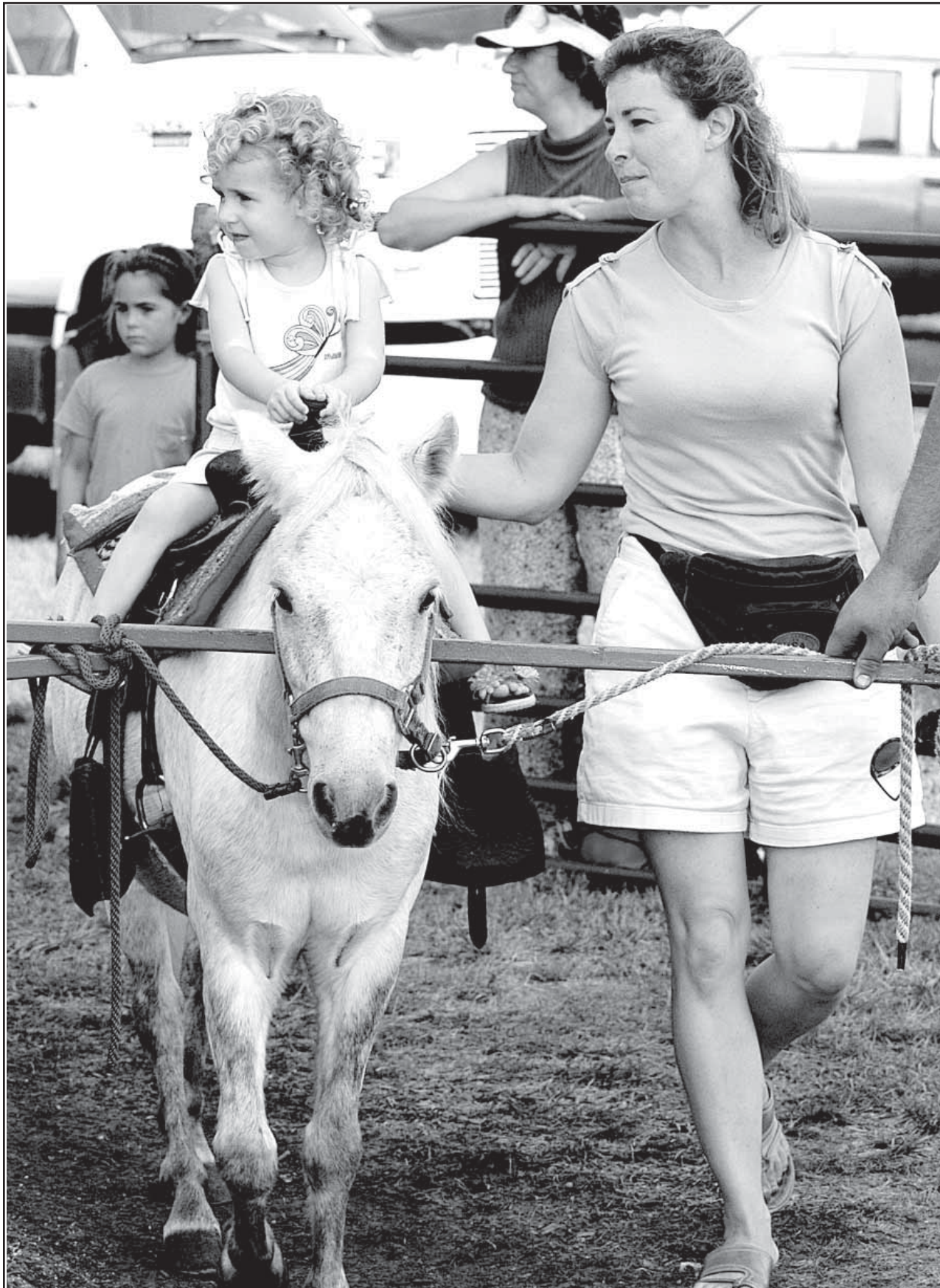
Lyndonville, VT—Aug 25-29

165 years of agricultural tradition. 4-H exhibits. Horse, pony and ox pulling; cattle, sheep and horse shows. Family entertainment. Demo derby, 4x4 pull, antique tractor pull, and big rig truck pull. One-price admission includes rides and entertainment. At Mountain View Park. (802) 626-5917.

Deerfield Valley Farmer's Day Exhibition

Wilmington, VT—Aug 19-22

Celebrating its 93rd year. Truck pull & horse pull, ox pulling, farm exhibits, horse show, children's activities, exhibit halls, sawing competition, pie eating contest, livestock competition. Sunday only: demo derby & midway. Baker Field. (802) 319-0117. info@dvfair.com. www.dvfair.com.



Pony rides at the fair are such fun! This little girl got to ride a dreamy white pony at the Champlain Valley Fair. photo by Nancy Cassidy

Bondville Fair

Bondville, VT—Aug 27-29

Agricultural displays and contest; quilt show and exhibit; crafts; rides & games; live free entertainment; bingo; horse, ox, antique tractor, garden tractor, ATV and truck pulling; petting zoo; school house; sugar house museums, covered bridge next to museums. Rt. 30. (802) 297-9810.

For more information contact the VT Dept. of Tourism and Marketing, (802) 828-0528, www.vermontvacation.com.



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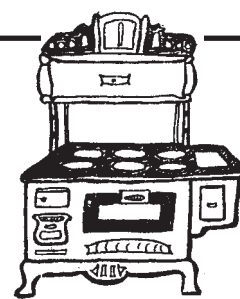
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Healing Salt—from the Himalayas to Rutland

by Charles Sutton

Have you ever spent some time at the ocean and noticed how good you feel after breathing that salt air all day?

The same end result awaits visitors to the uniquely inviting "salt cave" located at the Pyramid Holistic Wellness Center, 120 Merchants Row, Rutland, VT

The cave, or room, contains 8,000 pounds of a special salt harvested from the Himalayan Mountains. The salt comes in an array of pastel colors in its original crystallized shapes. Because it is unrefined it contains a number of different minerals in their pure form including sodium, potassium, iron, magnesium and calcium, all considered helpful in treating health problems especially respiratory ones.

The Himalayan salt was formed millions of years ago, but was not discovered until 327 BC. British mining engineers were the first to start harvesting the salt in 1872. Some of the salt mines are tourist attractions because visitors are able to see a rainbow of colors in the salt formations: dark red, reddish, pink, orange, peach, white, and even transparent.

Pyramid's simulated salt cave was set up by Dr. Margaret Smiechowski, a doctor of homeopathy and speleotherapy. She told us that salt therapy areas are common in medical facilities in her native Poland and other eastern European countries, and are beginning to become popular in this country.

She said the salt air is known to balance body pH and help with asthma, bronchitis and sinus pressure as well as other ailments.

Margaret recently helped set up a salt cave in Naperville, IL, which contains five tons of Himalayan salt, and has a state-of-the-art climate control system, optic lighting and salt fogger ionizers. She not only designed this salt cave and the ones in Rutland, but assists in putting the salt blocks in place—no mean feat.

This is the Pyramid's second salt cave. The first one was opened in January, 2007, in the center's West Street location. Unfortunately massive rainfalls in mid-June of that year flooded many downtown businesses, including washing out the salt cave located in the center's basement with four feet of water.

Undaunted, Dr. William D. Kelley, the center owner and founder, relocated to nearby Merchant's Row and had Margaret set up a new salt cave on the first floor. He said this cave has an extra 2,000 pounds of salt compared to the earlier one.

The new Himalayan salt (packed in 50-lb bales) took six months to get here, not too long when one considers it had to be mined by hand from deep caves, trekked out of



photo courtesy of www.hiltonherbsusa.com

Yaks carry salt over the Himalayan mountains in Nepal.

the mountains by yaks, and then sent by cargo ship to the United States. In that area of the world the prized salt is often bartered for grain and used as a currency.

In addition to more salt, William said the new cave is larger and can seat 10 persons at a time. The cave has minimum lighting, comfortable chairs, and music. Rates are \$10 an hour per person (compared to \$99 an hour in New York City, \$60 in Montreal, and \$45 in Naples, FL.)

In addition to the healing salt caves, the Himalayan salt is being used for candleholders, salt inhalers, lamps, neti pots, and bath and edible salts. These products are available to look over and purchase at the Pyramid.

Drs. Margaret and William are among a rooster of 30 health professionals at the center including yoga instructors, mental health counselors, personal trainers, acupuncturists, and massage therapists. The center recently opened a massage therapy school.

The Pyramid Holistic Wellness Center is located at 120 Merchants Row in downtown Rutland, VT, across from the shopping plaza. It is open from 10 a.m. to 8 p.m. week days and from 10 a.m. to 6 p.m. weekends.

For more information call (802) 775-8080 or visit www.pyramidvt.com.



photo by William Kelley

The Salt Cave at Rutland's Pyramid Holistic & Wellness Center.

Strawberry Shortcake and Band Concert July 3rd on the East Poultney Green

The Poultney Chamber of Commerce invites you to enjoy a Strawberry Shortcake Festival with a live band concert, on the East Poultney Green on Saturday, July 3rd at 6:30 p.m.

This Chamber-sponsored fund-raising event is being held in conjunction with the 2010 season's debut of the Poultney Town Band.

The band has over 40 members who volunteer their time, talent and love of music to this community band. They perform in a series of summer concerts on the green in East Poultney on Sunday evenings, July 11, 18, and 25, except for the July 3rd opening concert

which is being held on a Saturday night.

The strawberry shortcake booth will open at 6:30 p.m. The cost per serving is \$3 for children and \$5 for adults.

Bring your chairs, blankets, families, and your ap-

petites for a wonderful summer's evening of entertainment and shortcake!

For information about the strawberry shortcake event, call Linda Knowlton at (802) 287-2577.

POPLARS

Whoso planteth a row of polars
For a hedge between two fields
Shall have a greater good of them
Than of his yields.

For the wind that comes in summer
Will carry the white clouds over
And he will lie upon his back
Watching, in the sweet clover.

—JAKE FALSTAFF





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Green Mountain Club Summer Outings

The Killington Section of the Green Mountain Club invites you to come along on a free summer outing. Newcomers and non-members are welcome. Bring drinking water and a lunch. Wear sturdy footwear. Unless otherwise noted, the trips listed below leave from Rutland's Main Street Park on Rt. 7, near the east end of the fire station.

Call the leader listed if you have any questions. You can go to the Green Mountain Club website to find many more outings across Vermont. Call (802) 244-7037 or visit greenmountainclub.org.

Saturday, June 26, 10 a.m.

Tinmouth Gulf Rd., Tinmouth, VT

Follow the Tinmouth Gulf Road south through woods and former farm land to the Purchase and Old Otis Road. Moderate, 6 miles, 1200-foot elevation gain. *Leader: Herb Ogden, (802) 293-2510.*

Sunday, July 4, 9 a.m.

Mascoma Lake, Enfield, NH

Celebrate the Fourth with canoeing, kayaking, and swimming, followed by a potluck cookout. Bring salads and side dishes to share. *Easy. Leader: Terri Wilson, (334) 787-2426.*

Saturday, July 10, 9 a.m.

Lake St. Catherine, Wells, VT

Explore the ridge above the lake with great views and interesting terrain. *Easy. Leaders: Viv Bebee & Larry Walter, (802) 775-3855.*

Sunday, July 11, 10 a.m.

Bike Tour—Castleton, VT Area

Meet at Castleton State College South Street parking lot (last lot on the left, past all buildings). We will offer two rides, both on quiet back roads with little or no traffic. Ride one: Castleton—Fair Haven—Poultney loop, Flat, 15 miles. Ride two: Castleton—Hubbardton loop, rolling to hilly, 21 miles. *Leaders: Ted & Martha Molnar, (802) 468-5125.*

Saturday, July 17, 9 a.m.

Bromley Mountain, Peru, VT

Hike up to see the great views from the summit. Moderate, 6 miles. Rain date: 7/18. *Leader: Sue Thomas, (802) 773-2185.*

Saturday, July 24, 9 a.m.

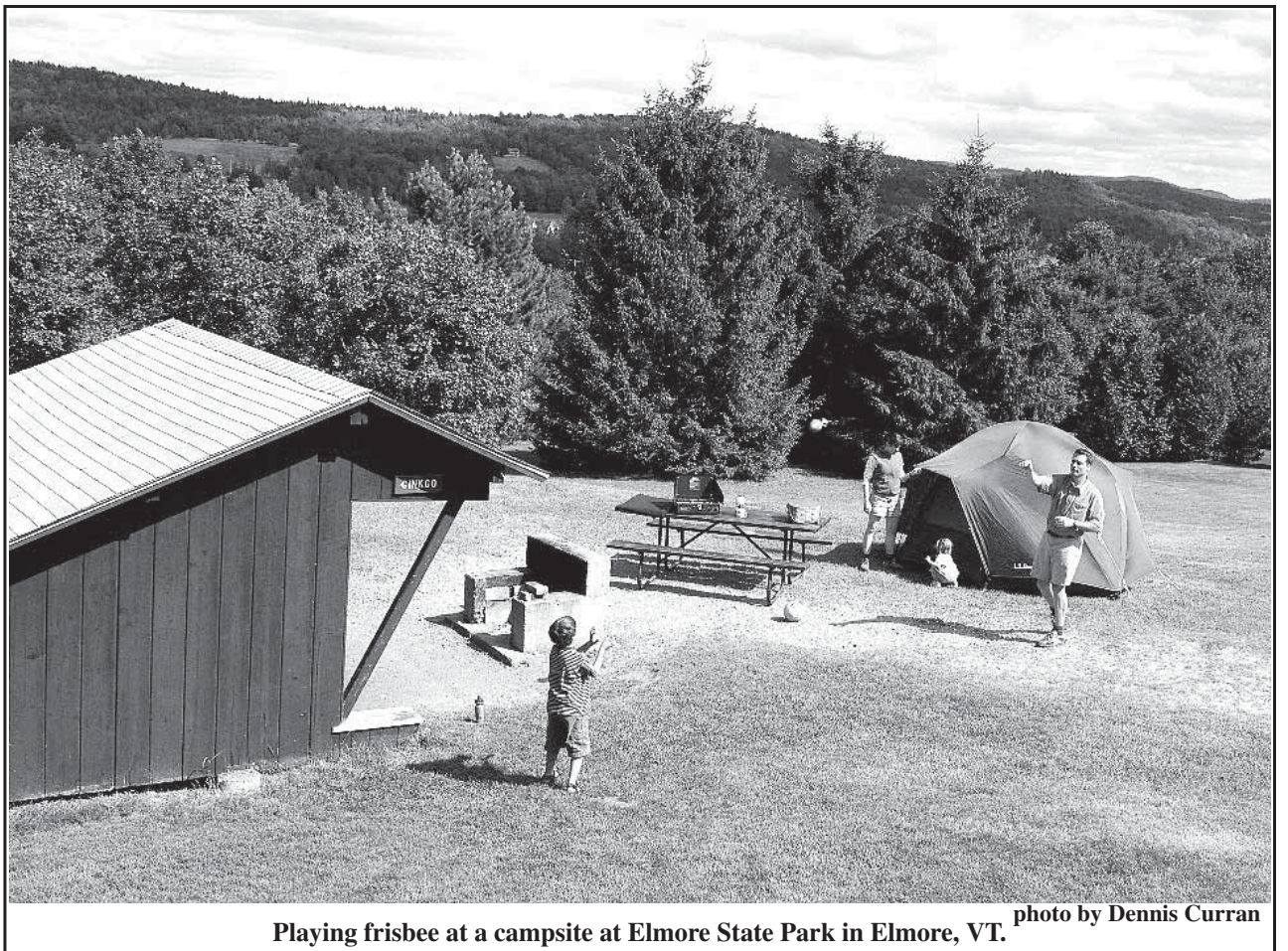
Paddle the Poultney, Fair Haven, VT

A relaxing paddle for kayaks or canoes along the scenic Vermont—New York border. Meet at the Diamond Run Mall parking lot near Sears. *Easy, 5 miles. Rain date: 7/25. Leaders: Barb & Barry Griffith, (802) 492-3573.*

Sunday, August 1, 9 a.m.

Clarendon Lookout, Shrewsbury, VT

Follow the Long/Appalachian Trail up a dramatic, boulder-strewn gulf to the lookout and on to the Clarendon Shelter with an option to visit an old cemetery in the woods. Moderate, 2.5 to 3 miles. *Leader: Tom Copps, (802) 774-5144.*



Playing frisbee at a campsite at Elmore State Park in Elmore, VT. photo by Dennis Curran

Saturday, August 7, All Day

Long Trail Festival, Rutland, VT

Meet at the Rutland State Fair Grounds for free fun, education, and entertainment for the whole family any time on Saturday, August 7, at the Fourth Annual Rutland Long Trail Festival. Many displays, booths, and outdoor-related activities. *For information call: Wayne Krevetski, (802) 282-2237.*

Sunday, August 8, 8 a.m.

Little Rock Pond, Wallingford, VT

Meet at the parking area inside the Dana Avenue entrance on the Rutland State Fair grounds. Join Festival attendees for a work party to help build new tent platforms at Little Rock Pond on the Long Trail. *Leader: Wayne Krevetski, (802) 282-2237.*

Saturday, August 14, 9 a.m.

Snake Mountain, Addison, VT

Enjoy the gorgeous views of Lake Champlain and the Adirondack High Peaks. Moderate climb, 4 miles. *Leader: Tom Copps, (802) 774-5144.*

Saturday, August 21, 8 a.m.

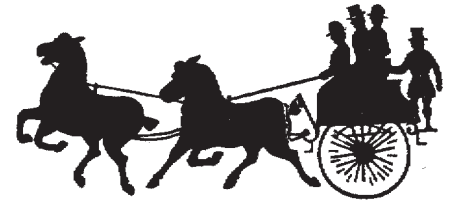
Grafton Pond Paddle, Grafton, NH

Flat water paddle for canoes or kayaks. Swimming, too! *Easy. Rain date: 8/22. Leaders: Viv Bebee & Larry Walter, (802) 775-3855.*

Saturday, August 28, 8 a.m.

Appalachian Trail, Pomfret, VT

Follow the Appalachian Trail to the lookout for a view of Lakota Lake, and then on to Route 12. Moderate, 7 miles. *Leader: Sue Thomas, (802) 773-2185.*



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Empty Nest

by Sally McClintock

When my four children were small and we were busy raising them, I wondered if I would ever have enough time for myself. I cherished their naps, and later their school-days for my precious time alone. I must have known that eventually they would all grow up and I would have more time for myself, but when Alice, my last child, left for college, I was surprised to find myself feeling helpless at the emptying of my nest.

Alice's father, my ex-husband, dropped us off at the train station in Fort Wayne for our trip to Chicago. There Alice and I would part when she transferred to her train to Albuquerque and the University of New Mexico.

We had extra time between trains and explored the shops nearby. I panicked when I lost track of Alice in the huge Watertower building, calling, "Alice! Alice!" She appeared beside me, reassured me, "I'm right here."

After I put her on her train, I watched it go down the tracks, getting smaller and smaller, and finally disappearing. I was not permitted to remain longer on the platform and left reluctantly. With several hours to wait before my train home, I decided to visit the art museum, just across the bridge from the train station.

A guard stood silent and unmoving when I entered the museum. An exhibit of Duane Hanson's life-size and lifelike sculptures was featured. I was drawn to his very realistic sculpture of a woman sitting down, waiting at the bus station. Beside her was a large handbag. Her humble shoes, suitcase with Greyhound tags, air of tiredness, of waiting, all added to the mood of fatigue suspended, forever preserved.

I circled the woman, staring at every detail. Working his magic with polyester resin and fiberglass, the artist had made her so lifelike that it felt rude to stare. How I wanted to touch the flesh—it looked so real. As I gazed at her, I thought the tired traveler had an important message for me, but what was it?

I was still pondering this when I left the museum, passing the quiet guard again—another sculpture, I realized! Walking down the steps, I felt disoriented, floating, not really there.

I took a wrong turn on my way back to the train station and found myself on an empty road. A sign saying "To Milwaukee" jolted me out of my dream-like state. I had wandered onto a road under construction. Fully awake now, I walked down some steps to the road below and back to the train station.

On the return train to Fort Wayne, I felt the need to nurture, to mother. I offered to hold a baby while her mother went to the restroom; I helped an elderly woman down the steps when the train arrived in Fort Wayne.

After the taxi left me at my home, I found to my dismay that I was locked out. The door was firmly bolted. My careless slam of it as we rushed out that morning had clicked shut the defective bolt and I had no key—the door key had broken in the lock some time ago and I had never fixed it.

I circled the house, checking the doors and windows. Everything was locked or firmly sealed. I stopped at the small tree by the front porch, remembering how Alice often climbed that tree, landed on the roof, and entered the house by the bathroom window when she forgot her key. Not too many years before that, she and her sister Kate climbed in that window after I chased them out of the house and locked the door, fed up with their teenage antics. They climbed right back in through the bathroom window and greeted me with smirks and "Hi, Mom!" And now I was the one locked out.

I felt the slender trunk. Maybe I could climb it too. But I couldn't take the chance. What if I fell out of the tree, rolled off the roof into the bushes? Who would know? My house was set off from the others.

I began to feel a little too remote from everyone. A little lost and really locked out. I peered into the living room windows so firmly sealed and dimly saw the furnishings of the home closed off to me. I walked around to the side door. No possibility. Locked for good. The screen door, too, was locked, though I could probably yank it loose from its latch.

It wasn't fair. My nest was not supposed to empty me



out. I sat on the familiar back steps in the moonlight, discouraged, looked up at the moon and the stars and fought back tears. Where would Alice be just now? I put her on the train at 4. It must be past 10:30. How far would she be toward Albuquerque?

I didn't want to wake neighbors for help at this hour. If my son Paul's window was unlocked, I might still get in. Paul had grown up and left seven years earlier, exiting out his window just as he turned eighteen. He lived in California now, near his sister Jessie, but I still called it Paul's room—my office now—his scrabble game and baseball cards left in the closet, sports trophies in the bottom drawer of his old blue dresser.

I went around the house to Paul's window but couldn't see if it was open a crack because the wooden frame of the screen was in the way. I would have to unhook the screen from the sill where it was hitched on the inside. I would need some tools for this.

I opened the garage door and reached for the light switch, forgetting the bulb was burned out. Light bulbs were something I did not re- place—that was Alice's job. I felt around in the moonlight for a chair and a thin piece of wood.

I brought the chair and wood to the window, pushing bushes out of the way. I yanked at the screen—like pulling a tooth—till the screws were pulled out and the screen hung loosely from its hinges, revealing that the window was indeed open a crack. Then with the screen batting against my back, I attacked the window with my piece of wood, prying it up, bit by bit until it was open. I felt vengeful, resourceful, powerful. I would get in! It was my own house and I would not be kept out.

I put the chair up against the house, again shoving bushes out of the way. Then I climbed onto the wobbling chair, the loose screen against my back, and grasped the window frame. I hoisted myself up so that my belly was over the window sill. I grabbed the edge of Paul's dresser next to the window sill and slid onto it, sat up, hung my legs down, and dropped into the room. In my home again! All by myself!

I found everything the same as we had left it that morning—boxes stacked up, Alice's bike inside, dirty dishes, unmade beds. But for some reason, everything now looked different to me, like a stage setting for a play.

When I finally got into bed, now in my empty nest, I thought again of the tired traveler at the museum, the sculpture of the woman. What was she trying to tell me? Gradually, as I lay there, an answer came to me. The sculpture of the woman was unchanging. But I was changing. I was not a molded statue like her, I was alive. My nest was empty now, but I had survived. I had got back into my locked house all by myself, and I would go with the changes.

"I sat on the familiar back steps in the moonlight, discouraged, looked up at the moon and the stars and fought back tears."

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CORINTH, VT

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DERBY, VT

Secluded Cabin on Private and Peaceful Cobb Pond. A small, peaceful pond hidden at the end of a one-lane road with 215 surrounding acres. Comfortable and unique 3-bedroom cabin sleeps 6. There is no power at Cobb Pond, so we use propane for the lights, cook stove, refrigerator, and water heater. Experience life as it was a hundred years ago. There is something truly unique about a cabin that is off the grid and secluded. It is an ideal spot for those who appreciate solitude and natural beauty. Although the pond feels highly secluded, it is only a 10-minute drive from the town of Newport. Contact Steve and Kathy, (802) 899-1142. newbroughk@gmail.com. (Listing #373).

DORSET, VT

Everything You Want from a Mountain Top Retreat. This 3-bedroom apartment (1 king, 2 Queens plus sofa sleeper) sleeps 8. On top of Dorset Mountain with 180-degree views of the valley and the Dorset Horse Show below. Full kitchen and 2 baths with washer dryer. Satellite TV with pay-per-view movies. Great room, woodstove for cool nights, and cool mountain breezes for summer days. Deck with a charcoal grill and lounging chairs. Outside campfire set up and ready. Pet considered. Parking for horse-trailers. Contact Tom and Beth Heatley, (845) 653-1197 or (914) 584-0090. dorsetmntrental@hotmail.com. (Listing #1014).

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photo by Claire Porter
Quiet hilltop and gentle breezes—this beautiful old brick farmhouse in Tunbridge, VT is a peaceful place for a summer respite (see listing on this page).

the spruce-clad hill with the meadow below is the historic farmhouse and five outbuildings on 160 acres with ponds, a brook, stone walls, lawns and seven gardens. Adjoins Camel's Hump State Park with extensive trails. The Studio: full kitchen, bath, LR, and BR. Breiderblick: a cottage with LR, kitchen, two baths, patio and a BR on the second floor. Contact Mark and Marijke Smith, (802) 434-4455. mark@windekindfarms.com. (Listing #35).

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photo by Claire Porter
Blue skies are reflected in one of the swimming ponds on this farmhouse rental property in Tunbridge, VT.

6 maximum. No smoking and, sorry, no pets. Also available, a 1-BR carriage house perched on a little knoll about 100 yards above the farmhouse with fruit trees planted between. Contact Suzanne Wooten, (802) 457-3046. suzannewooten@yahoo.com. (Listing #597).

For photos, rates, and more information about these vacation retreats, go to vermontproperty.com and search by the listing number (provided above) on the home page or on the advanced search page.

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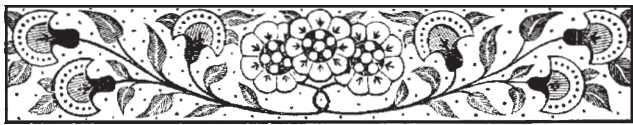
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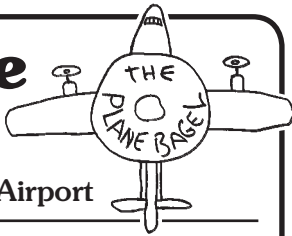


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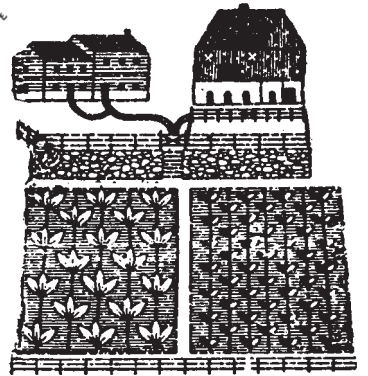
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Vermont Country Calendar

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BARRE. Exhibits including "Anarchy," June 22-July 31. Free. Also classes, events and workshops. Tues-Fri 10-5, Sat 12-4. Studio Place Arts, 201 N. Main St. (802) 479-7069. www.studioplacearts.com.

BELLOWS FALLS. Third Friday Art Walk. Stores and galleries in town and in the surrounding area host special exhibits and events. 5-8 pm. Flyer available at Village Square Booksellers, 32 The Square. (802) 463-9404. villagesquarebooks.com. *Monthly on the third Friday.*

BENNINGTON. Exhibit: "State of Craft—Exploring the Studio Craft Movement in Vermont." A landmark exhibition at the Bennington Museum featuring more than 125 objects by 85 VT craftspeople. 10 am to 5 pm everyday (closed Wednesday except during Sept & Oct). Bennington Museum, 75 Main St. (802) 447-1571. info@benningtonmuseum.org. *Through Oct 31.*

BENNINGTON. The Season of Mystery. Inspired by an international Sherlockian conference hosted by Bennington, VT. Book reviews, mayhem, radio mystery playhouse, live theater, tweed bicycle tours, mystery beer fest, Sherlock Playhouse, scavenger hunts, Holmes characters in storefronts, outdoor mystery movies, verandah tea parties, unsolved mysteries of history, mansion murder mystery dinner, and more to be discovered! On Main St. and beyond. Call for schedule and reservations. (802) 447-3311. www.bennington.com. *Through Oct 2.*

BELLOWS FALLS. Bellows Falls Farmers Market. Farm products, ready-to-eat food and live music. Free admission. Fridays 4-7 pm rain or shine at the Waypoint Center, Depot St. (802) 387-5109. bffarmersmarket.com. *Fridays through October 15.*

BRANDON. Farmer's Market. In Brandon's Central Park. Produce, breads, jams, honey, maple products, and crafts. Fridays, 9 am - 2 pm. (802) 273-2655. Cijka4@localnet.com. brandon.org. *Fridays through mid-October.*

BRATTLEBORO. Brattleboro Area Farmers Market. All homegrown, homemade, and hand-crafted. Over 50 vendors with agricultural products, crafts, live music, and ethnic foods. Saturday market on Rt. 9 (Western Ave.) past the Creamery Bridge, through October 30, 9 am - 2 pm. Wednesday market downtown at the Gibson-Aiken Center on Main St., through October 27, 10 am - 2 pm. Rain or shine. (802) 254-8885. farmersmarket05301@yahoo.com. www.brattleborofarmersmarket.com.

BRATTLEBORO. Fair Winds Farm Wagon Rides. Half-hour reserved rides through fields and woods, and along a brook. Adults \$10, kids 3-12 \$6, minimum \$50, after 5 pm \$80. Enjoy the trail, farm animals, and farm store. Rustic, heated greenhouse also available for your event. Fair Winds Farm is a "Diversified, Horse Powered, Vermont Family Farm" on Upper Dummerston Rd. (802) 254-9067. fairwind@sover.net. www.fairwindsfarm.org.

BRATTLEBORO. Gallery Walk. Monthly celebration of the arts in downtown and nearby locations. 40-50 or more exhibit openings, many with meet-the-artist receptions and live music, plus occasional readings, dance, circus arts, theater, and more. Free. First Fridays from 5:30-8:30 pm. (802) 257-2616. www.gallerywalk.org.

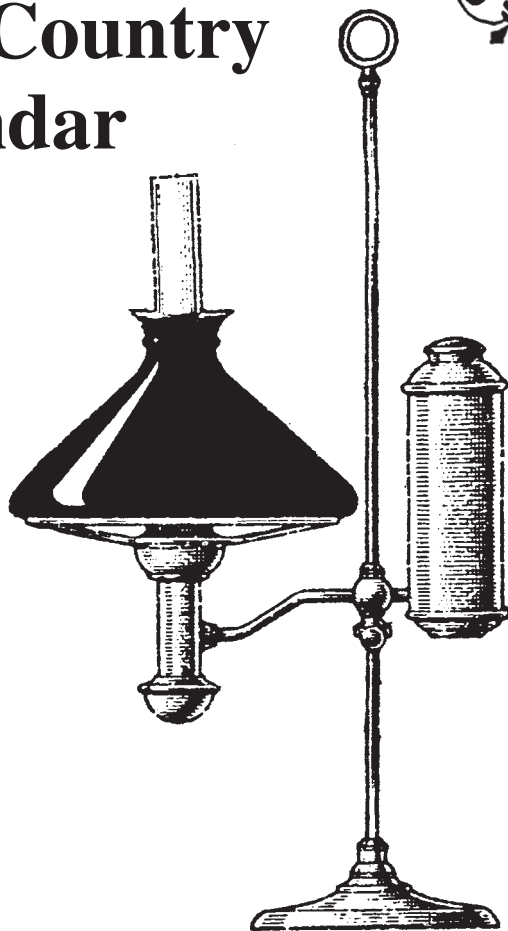
BRATTLEBORO. Open Mic. Longest running in the area! 7:30-11 pm at Adagio Trattoria, 123 Main St. Hosted by Kevin Parry. To sign up for a 20 minute slot call (802) 254-6046. kevinparrymusic.com. *Every Thursday.*

BRATTLEBORO. Post Oil Solutions meets frequently and sponsors events with a mission to advance cooperative, sustainable communities. For info contact Tim Stevenson at info@postoilsolutions.org or www.postoilsolutions.org.

BRATTLEBORO. Five new exhibits at the Brattleboro Museum & Art Center. Includes "Oblique/Acute;" "Egg Tempra: Contemporary Masters;" "Symmetries: Ellen Dorn Levitt;" "Call & Response: Cecily Kahn;" and "Kahn/Selesnick: City of Salt." 11-5. Closed Tuesdays and Wednesdays. Brattleboro Museum & Art Center, 10 Vernon St. (802) 257-0124. info@brattleboromuseum.org. www.brattleboromuseum.org. *Through July 11.*

BRISTOL. Open Mic Night. Live music, poetry, spoken word, comedy, story telling, rants, and everything in between! Free and open to all ages. Equipment provided (or bring your own). Contact thehub@gmavt.net to reserve a time slot. 5:30-7:30 pm at The Bristol Hub, 110 Airport Dr. (802) 453-3678. www.bristolskatepark.com. *July 3, August 5.*

BURLINGTON. UVM Historic Walking Tour. A rich 90-minute historical walking tour of the fifth oldest university in New England. Free. 9-10:30 am. University of Vermont, University Green next to Ira Allen statue, S. Prospect St. (802) 656-8673. newserv@uvm.edu. www.uvm.edu/historic. *July 3 to October 9.*



BURLINGTON. Northern Lights Lunch & Scenic Cruises. 12 pm, 2 pm and 4 pm on board Vermont's premier luxury cruise boat, leaving from King Street Ferry Dock. \$12.99 per person; lunch an additional \$9.99. For further information or to purchase tickets call (802) 864-9669. tickets@lakechamplaincruises.com. lakechamplaincruises.com. *June 11 through October 11.*

BURLINGTON. ECHO Lake Aquarium and Science Center. Exhibits, workshops, programs, café, gift shop, story hour. Current special exhibit: "Contraptions!" Daily 10 am - 5 pm. Admission: \$9.50 adults, \$7 ages 3-17, \$8 seniors and students, under 3 free. One College St. (802) 864-1848. www.echovermont.org.

BURLINGTON. First Friday Art Walk. Galleries, studios, and interesting venues all around town. Map available. Free. 5-8 pm. (802) 264-4839. info@artmapburlington.com. www.artmapburlington.com.

CHESTER. Barnaby's Artist Showcase. Every Saturday Curtis' presents local musicians playing a wide range of songs, in a acoustic format. Every Saturday 8-10:30 pm. Free. Curtis' All American Restaurant, Rt. 103 South. (802) 875-6999. admin@curtisbbqvt.com. www.curtisbbqvt.com. *Saturdays through Dec 18.*

CHESTER. High Tea and Inn Tour. Inn Victoria Chester Vermont is offering High Tea on Fri, Sat, Sun 3-5 pm. Pastries, deserts and savories are provided fresh by Crow's Bakery. Inn Victoria, 321 Main St. Please call to reserve. (802) 875-4288. innkeeper@innvictoria.com. www.innvictoria.com. *Through Oct 30.*

CHESTER. Activities at Gassetts Grange Hall. Bingo, with refreshments on sale in the kitchen, every Thurs 6:30-9 pm, doors open at 4:30 pm. Craft workshops, everyone welcome, every Thurs 2-4 pm, free refreshments and coffee, info: Bonnie, (802) 875-3500. Monthly community breakfast. Gassetts Grange Hall, junction of Rts. 10 and 103N. For information call Dave (802) 875-2637.

CHESTER. Gallery 103. Dedicated to promoting fine American Craft and Design, with an exclusive showroom of Junker Studio Ironwork. Monthly "Featured Artists." Owned and operated by Elise & Payne Junker. Gallery is open Thurs-Mon, 10 am - 5 pm. On Rt. 103, just south of town. (802) 875-7400. Gallery103.com.

DANBY FOUR CORNERS. Danby Dog Art Studio. Folk Art, Primitive Paintings & Reproductions by Susan Houghton Debus. Open most days—please call ahead. Studio is located at 1764 Tinmouth Rd, 1.5 miles north of the Four Corners Store. (802) 293-2489.

DANBY. Mountain View Ranch & Sun Bowl Ranch. Wagon rides, all-season trail rides, lessons, special events. 502 Easy St. Call to reserve. (802) 293-5837. riding@mountainviewranch.biz. mountainviewranch.biz.

DANBY FOUR CORNERS. Chipman Stables. Trail rides, kid's camps, lessons, boarding & sales. New indoor arena. Open daily, reservations appreciated. 33 Danby-Pawlet Rd. (802) 293-5242. www.chipmanstables.com.

DORSET. Dorset Theatre Festival 35th Year Anniversary Season. June 30-July 11: The Pavilion by Craig Wright. July 14-July 25: Fallen Angels by Noel Coward. July 28-August 15: Murder on the Nile by Agatha Christie. August 18-August 29: The Novelist by Theresa Rebeck. Family Programming—Saturday matinees July 10-August 14: Fantastic Mr. Fox. August 31-September 5: Going Green Symposium featuring the play, When Something Wonderful Ends by Sherry Kramer. At The Dorset Playhouse, 104 Cheney Rd. (802) 867-2223. dtf@dorsettheatrefestival.org. www.dorsettheatrefestival.org.

EAST CHARLESTON. NorthWoods Stewardship Center. Programs, workshops and special events in all seasons. 154 Leadership Dr. (802) 723-6551. www.northwoodscenter.org.



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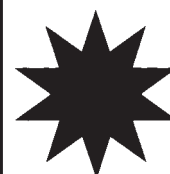
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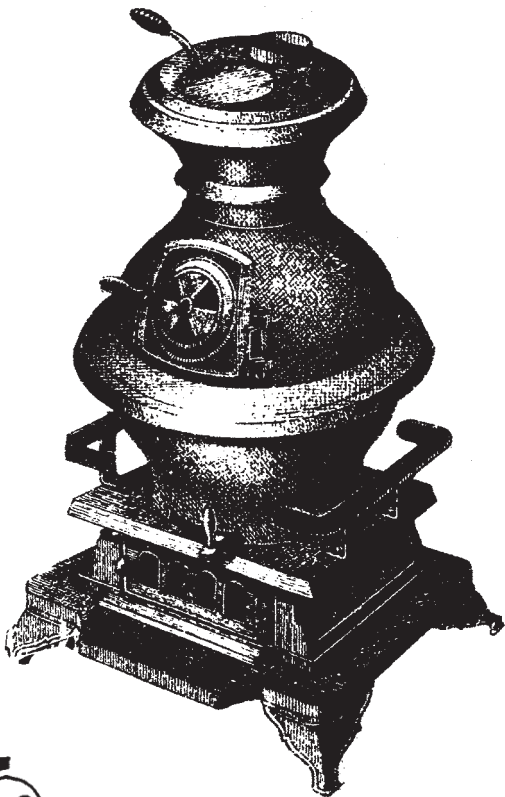
EAST DORSET. Vermont Summer Festival Horse Show. Six weeks of top show jumping equestrian competition. Spectators welcome. Watch the amazing horses and athletes, shop the boutiques, and have lunch and refreshments. Admission. Grand Prix. Hours: Wed-Sun, 8 am - 4 pm. At the Harold Beebe Farm on Rt. 7. (802) 496-4878. www.vt-summerfestival.com. July 7 through Aug 15.

EAST HARDWICK. Free Sunday Morning Garden Skills Workshops and Tours at Perennial Pleasures. From June 27 to mid-August, 10:30 am - 1 pm. Seed saving, plant propagation, plant and weed id, aphids, edibles - you name it. Free Sunday Garden Tours start at noon lasting 30 minutes. No charge, but please phone us first, by the day before if possible, to let us know you're coming. Perennial Pleasures Nursery and Tea Garden, 63 Brick House Rd. (802) 472-5104. www.perennialpleasures.net.

EAST THETFORD. Cedar Circle Farm and Education Center. A certified organic, fifty-acre vegetable and berry farm. Farmstand and Hello Cafe (with wireless internet) is open for the season. Cooking and gardening classes, seasonal events, pick-your-own. Open Mon-Sat 10 am - 6 pm, Sun 10 am - 5 pm. Cedar Circle Farm & Education Center, 225 Pavillion Rd. off Rt. 5. (802) 785-4737. growing@cedarcirclefarm.org. www.cedarcirclefarm.org. Open through October.

FAIRLEE. Railroad Station Flea Market. Antiques, household & misc. items. Every holiday 7:30 am - 3 pm. Railroad Station, Main St. (Rte. 5). (802) 333-4809. Through Oct 11.

FERRISBURGH. Rokeby Museum, a National Historic Landmark, one of the best-documented Underground Railroad sites in the country. The farm was home to a family of Quakers, farmers, abolitionists, authors, and artists. Furnished house and outbuildings, exhibits, tours, hiking trails, and special events. House tours Thurs-Sun 11 am, 12:30 pm, 2 pm. Fee: \$6 adults, \$4 seniors/students, \$2 children 12 and under. Open Tues-Sun, 10 am - 4 pm. Grounds open year round during daylight. Rokeby Museum, Rt. 7. (802) 877-3406. rokeby.org. Through Oct 10.



FERRISBURGH. The Elderberry Plants are Ready! Two cultivars, Coomer & Berry Hill, from the stock of Lewis Hill, are ready. The elderberry has a long history on the Vermont homestead, and is used for plant medicine, stream bed erosion control, food for birds. \$12/plant. Honey Gardens Apiaries, 2777 Rt. 7. For more information call Todd Hardie, (802) 877-6766. www.honeygardens.com.

GLOVER. Bread and Puppet Theater. Friday Night Performance of the The Lubberland National Dance Company runs July 2-August 27. Free admission. Donations appreciated. In The Dirt Floor Theater at the Bread and Puppet Farm, Rt. 122. For more information call (802) 525-4515. puppetsecretary@yahoo.com. www.breadandpuppet.org.

GRAFTON. The Nature Museum at Grafton. Exhibits, gift shop, family activities, and special events. Admission: adults \$5, seniors/student \$4, children 3-12 \$3, family \$15. Saturdays 10-4 and Sundays 1-4. 186 Townshend Rd. (802) 843-2111. lillianwilis@nature-museum.org. www.nature-museum.org.

GRANVILLE, NY. The Slate Valley Museum. Exhibits, events, demonstrations, programs, and gift shop. Open Tues thru Sat 10-5, Sun 1-4 pm. Admission \$5. Museum is downtown at 17 Water St. (518) 642-1417. www.slatevalleymuseum.org.

HUBBARDTON. Hubbardton Battlefield State Historic Site. The only Revolutionary War battle fought entirely in Vermont. Bring your flag to be raised over the Hubbardton Battlefield and receive a certificate. Adults \$2, 14 and under free. Hubbardton Battlefield State Historic Site, 5696 Monument Hill Rd, seven miles north of Rt 4. (802) 273-2282. www.historicvermont.org. chimneypoint@historicvermont.org. Open through October 11.

ISLE LA MOTTE. 2010 Pilgrimage and Tourist Season. St. Anne's Shrine, 92 St Anne's Rd. (802) 928-3362. fstanne@pshift.com. www.saintanneshrine.org. Through Oct 10.

JAMAICA. Jamaica Farmers' Market. Visit on Sundays for fresh produce, crafts, cut flowers, plants, prepared foods, live music and more. Free. 10 am - 2 pm. Main Street. Rt. 30. (802) 874-4151. www.JamaicaVT.com. Sundays through October 10.

LEBANON, NH. Listen Community Dinner. Free nutritious meals served from 5-5:30 pm every Tuesday and Thursday. At Sacred Heart Church on Hough St. (603) 448-4553.

LEBANON, NH. ValleyNet Community Technology Center. 10-seat computer lab in the new Grafton County Senior Citizens Council building, Campbell St., downtown. Center is open for walk-ins 9 am - 4:30 pm, Mon-Fri. Free. (802) 649-2126.

LEBANON, NH. The Lebanon Summer Farmers' Market. Fresh food products, vegetables, crafts, free music. Thursdays 4-7 pm, Colburn Park. (603) 448-5121. farmersmarket@lebcity.com. www.lebanonfarmersmarket.org. Through September 30.

LUDLOW. Special Exhibit: "What the Rocker Knows." An historic Fullam rocker will be paired with a modern reproduction by local furniture maker Brent Karner (ClearLake Furniture.) Do-it-yourself rocker workshop with ClearLake artisans (July 10-12). Tues-Sat 12-4 pm. Black River Academy Museum, 14 High St. (802) 228-5050. www.bramvt.org. Through Oct 11.

LUDLOW. Fletcher Farm School for the Arts and Crafts. Vermont's oldest residential arts and crafts school. Exhibits, classes, lectures, and workshops. Fletcher Farm School, 611 Rt. 103 South. For information or to request a catalog, contact (802) 228-8770. www.fletcherfarm.org.

LUNENBURG. Lunenburg Farmers' Market. Convenient location on Route 2, with ample parking and restroom facilities. Picnic tables for relaxing, visiting and snacking on your fresh purchases. Crafted items, baked goods and fresh produce. Lunenburg Town Common, on Route 2 in the center of town, Main St. (802) 892-1262. questions@topofthecommon.org. www.topofthecommon.org. Wednesdays through Oct 13.

MANCHESTER. Exhibit: "Bobby, Martin and John—Once Upon an American Dream." 156 photographs by Look photographer Stanley Tretick. Documents the courage and struggles of three of America's greatest leaders: Martin Luther King, Jr., John F. Kennedy and Robert F. Kennedy, all of whom were assassinated as they campaigned on behalf of the American public. Tues-Sat 10-5, Sun 11-5. Wilson Museum at the Southern Vermont Arts Center, West Rd. (802) 362-1405. www.svac.org. July 3 through September 12.

MANCHESTER. Visit historic Hildene, the summer home of Robert Todd Lincoln. Mansion, grounds and walking tours. Programs and holiday events. Open daily 9:30 am to 4:30 pm. Tickets: \$12.50 adults, \$5 youth, children under 6 free. Grounds pass: \$5 adults, \$3 youth, children under 6 free. (802) 362-1788. info@hildene.com. www.hildene.org.

MANCHESTER. Exhibits. Gallery, special events, concerts, gift shop, and café. Admission. Tues-Sat 10 am - 5 pm, Sun 11 am - 5 pm. Southern Vermont Art Center, Yester House Gallery, West Rd. (802) 362-1405. cmadkour@svac.org. www.svac.org.

MANCHESTER CENTER. Southern Vermont Sampler Tour. Open air or enclosed tour vehicle, depending on weather. \$30 pp. Daily from 1-4 pm. Pick up in front of Southern VT Signworks at 357 Center Hill. Revolutionary War site tours also available. Call to reserve. (802) 362-4997. bckrddisc@aol.com. www.backroaddiscovery.com. Through September 28.

MIDDLEBURY. Photo Exhibit: A Deep Look at a Small Town—Marlboro, VT. Holzapfel photographed 200 of his fellow townspeople posed in their dooryards at the turn of the 21st century. Sponsored by Marlboro College. Free. Tues - Sat 10 am - 5 pm. Vermont Folklife Center, 88 Main St. (802) 388-4964. info@vermontfolklifecenter.org. www.vermontfolklifecenter.org. Through Sept 06.

MIDDLEBURY. Exhibit: "The Nature of Wood—Vermont Furniture and Woodware, 1790-present." This State of Craft Showcase Event traces the heritage of woodworking in the lower Champlain Valley. Tues-Sat 10 am-5 pm and Sun 1-5 pm. Henry Sheldon Museum of Vermont History, 1 Park St. (803) 388-2117. www.henrysheldonmuseum.org. Through Oct 23.

MIDDLEBURY. Middlebury Arts Walk. Second Friday of every month. Art, music, food and fun. 40 venues will be displaying art from 5 to 7 pm—stores remain open, becoming galleries displaying the work of dozens of area artists. (802) 388-7951. info@middleburyartswalk.com. www.middleburyartswalk.com.

MONTPELIER. Play: *Love Letters Made Easy*. A fun romp through the promises, perils & pitfalls of love in today's electronic age. Written by Jeanne Beckwith. Thurs 7 pm., Fri & Sat 8 pm., Sun 7 pm except Sat (7/3) and final Sun (7/11) at 2 pm. Matinee Sat 6/25. Lost Nation Theater, City Hall Arts Center, 39 Main St. (802) 229-0492. info@lostonationtheater.org. www.lostonationtheater.org. Through July 11.

MONTPELIER. Current Works by Acclaimed Vermont Artists Catherine Hall & Axel Stohlberg. Free. Tuesday-Sunday, noon-4 pm. T.W. Wood Gallery & Arts Center, 36 College Street. (802) 828-8743. woodartgallery@vermontcollege.edu. www.twoodgallery.org. Through July 18.

NORWICH. The Dynamic Earth Exhibition. Exciting images and data from NASA show major changes in the Earth's landscape over space and time. Looking inside exhibit (x-rays and other imaging) through Sept. 6. Workshops, events, and family activities year-round. Admission. 10 am - 5 pm. Montshire Museum, One Montshire Place, off Rt. 5. (802) 649-2200. montshire@montshire.org. www.montshire.org.

ORLEANS. Orleans Country Club Tenacious Tuesdays. The perfect weekly event for new golfer! \$10 greens, 10 cent wings, \$10 buckets of beer, every Tuesday through October 3. Tee off 3-6 pm. Orleans Country Club, 316 Country Club Lane. (802) 754-2333. www.orleanscc.com.

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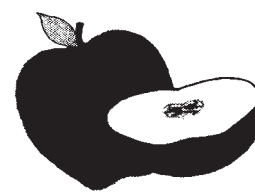
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Country Calendar



ORWELL. Mount Independence State Historic Site. In 1776, this military complex was one of the largest communities in North America. 300 acres of pasture, woodlands, spectacular vistas of Lake Champlain and trails, some wheelchair accessible. Visitor's Center and Museum with archaeological artifacts. Open daily 9:30 am – 5 pm. Admission: adults \$5, children 14 and under free. On Mount Independence Rd., off Rt. 73. (802) 948-2000. www.historicvermont.org. *Open through October 11.*

PITTSFORD. New England Maple Museum. Tour through Vermont's famous maple industry and visit our gift shop. 10 am - 4 pm. On Rt. 7, south of town. (802) 483-9414. www.maplemuseum.com.

POULTNEY. Poultney Farmer's Market. Fresh Vermont produce, baked goods, maple syrup, crafts and more. Every Thursday 9 am to 2 pm, June through October. On Main Street. (802) 325-3203. webmaster@vtfarmersmarket.org. www.vtfarmersmarket.org. *Through October 24.*

POULTNEY. Community Breakfast. Hosted by the Slate Valley Ministry the last Saturday of each month. \$1/person, under 14 free. All welcome. Breakfast served 8-10:30 am, Trinity Episcopal Church Parish Hall, 84 Church St. (802) 287-2252.

POULTNEY. Free Historical Audio Walking & Driving Tours. View and learn about Main Street Poultney, East Poultney Village, and the Quarries, Farms & Forests. (802) 287-5252, (802) 287-2010. www.poultneyhistoricalsociety.org. www.poultneyvt.com.

PROCTOR. Exhibit: "America's Eternal Flame—The Tomb of the Unknown Soldier." The story behind the creation of this national shrine to servicemen and women in an exhibit that traces the monument from extracting the rock, through carving in Vermont, to its installation at Arlington National Cemetery. Open 9 am – 5:30 pm daily. Vermont Marble Museum, 52 Main St. (800) 427-1396. cmiglorie@vermont-marble.com. www.vermont-marble.com. *Through Oct 31.*

QUECHEE. Vermont Institute of Natural Science Nature Center. Exhibits, nature trail, store, nature camp. Open 9 am – 5:30 pm, 7 days a week. Admission: adults \$10.50, seniors \$9.50, youth (3-18) \$8.50, children 3 and under free. VINS Nature Center, 6565 Woodstock Rd., Rt. 4, 1/4 mile west of the Quechee Gorge. (802) 359-5000. info@vinsweb.org. www.vinsweb.org.

RUPERT. Merck Forest and Farmland. Camping, cabins, trails, farm, workshops and seasonal events. Visitor's Center and store with certified organic maple syrup, our own 100% wool blankets, and more. Open year round, dawn to dusk. 3270 Rt. 315, west of Manchester. (802) 394-7836. info@merckforest.org. www.merckforest.org.

RUTLAND. Downtown Rutland Farmers Market. Arts and crafts, entertainment, prepared foods, local produce, flowers, plants, herbs, baked goods, specialty foods, jams. In the Park by Wal-Mart. 10 am to 2 pm every Saturday – for more info call Greg Cox, (802) 683-4606, vtfarmersmarket.org. Also at the same place is the Rutland County Farmers Market on Saturdays 9 am–2 pm and Tuesdays 3-6 pm – call Judy for more info (802) 773-4813.

RUTLAND. Chaffee Art Center/Rutland Area Art Association. Exhibits, classes, workshops. Gallery open Wednesday through Saturday 10 am to 5 pm and Sunday 12 noon until 4 pm. 16 South Main St. (802) 775-0356. www.chaffeeartcenter.org.

RUTLAND. ArtHop Rutland: Second Friday night art & culture event. 5–8 pm. Downtown and around town (guides available at participating locations). arthoprutland.blogspot.com.

RUTLAND. Himalayan Salt Cave. Come relax in the only public Himalayan Salt Cave in North America. Mon–Fri 10 am – 8 pm, Sat & Sun 10 am – 6 pm. \$10. Pyramid Holistic Wellness Center, 120 Merchants Row. Reservations. (802) 775-8080. www.pyramidvt.com.

SAXTONS RIVER. Main St. Arts. Workshops and classes for adults, teens, and children. Something for every interest. (802) 869-2960. www.mainstreetarts.org.

SHELBURNE. Shelburne Farms. Welcome Center, Farm, and Farm Store. Family programs, workshops, events. Open year round 10 am – 5 pm. Enjoy eight miles of walking trails in woodlands and meadows. Walkers, check in with the Welcome Center. Admission. Shelburne Farms, 1611 Harbor Rd. off Rt. 7. (802) 985-8686. www.shelburnefarms.org.

SOUTH WALLINGFORD. Line Dancing every Tuesday. Beginners and experienced. \$5 per person, snack bar available. 6-9 pm at the Maple Valley Grange Hall, Rt. 7. (802) 446-2872. www.wallingfordvt.com.

SPRINGFIELD. Springfield Community Market. Local produce, crafts and music in a home-spun atmosphere. Every Saturday from 10-1, June 5 to October 2 at the parking lot of Chittenden Bank on Main St in downtown. (802) 885-1527. springfieldcommunitymarket.com. *Thru Oct 9.*

SPRINGFIELD. Shape Note Singing. Come and join us. 7 pm on the first and third Fridays at Pat and Walt Colteryahn's, 8 Lincoln St. For more information please call (802) 885-9521.

SPRINGFIELD. Stellafane. A place and an organization devoted to amateur astronomy, founded by Russell W. Porter in 1923, and considered by many to be the "Birthplace of Amateur Telescope Making." Home to The Springfield Telescope Makers, Inc., an active amateur astronomy and telescope-making club that sponsors many events, classes, activities, and a convention. PO Box 601, Springfield, VT 05156. www.stellafane.com.

SPRINGFIELD. Eleanor Ellis Springweather Nature Area. Overlooks North Springfield Lake. Trails meander through 70 acres of fields and forests. Reservoir Rd, off Rt 106 (Exit 7, I-91), turn at the sign for North Springfield Lake. Free to the public. (802) 263-5321. www.weathersfieldvt.org.

STRATTON MOUNTAIN. Saturdays under the Stars. Live music every weekend! Scheduled acts: The Peach Eaters, Wyld Nightz, Rustic Overtones and Jam Stampede. Held in the base area. Free event for the entire family with food and beverage for purchase. Bring a blanket or lawn chair. Stratton Mountain Resort. (802) 297-4126. *Saturdays July 10 through Sept 5.*

WALLINGFORD. Lunch at the First Congregational Church of Wallingford. Come alone or bring a friend or neighbor. Free. Thursdays 11:30 am - 1 pm. (802) 446-2817. wallingfordvt.com.

WARREN. Yestermorrow Summer Lecture Series. Inspirational designers, builders, craftspeople and environmental leaders. Free. Wednesdays at 7 pm. Yestermorrow Design/Build School, Rt. 100. (888) 496-5541. www.yestermorrow.org. *Through August 18.*

WEATHERSFIELD. Weathersfield Trail, Cascade Falls Rd. Of four hiking trails that go to the summit of Mt. Ascutney, the Weathersfield Trail is probably the most scenic. Highlights include Little Cascade Falls (.04 miles), Crystal Cascade Falls (an 84 foot high waterfall at 1.1 miles), Gus's Lookout and the West Peak Vista where hang gliders launch from in the summer. Observation platform on the summit. VT Dept. of Forest, Parks and Recreation (802) 886-2215. www.weathersfieldvt.org.

WEST NEWBURY. Eastern Square Dance. Traditional singing squares, waltzes, polkas, foxtrots, two-steps, Virginia Reel, Portland Fancy, Paul Jones, others. With Adam Boyce, fiddler/caller. 8 pm at the Community Hall on Tyler Farm Rd. (802) 484-7719 or adamrboyce@juno.com. *Fourth Saturdays.*

WEST RUTLAND. Free Financial Fitness Classes by NeighborWorks® of Western Vermont. Topics covered include: Basic Budgeting, Using a Checkbook, Saving and Investing, Borrowing Basics, Credit, and Renting in Vermont. Call to find out the dates of topics that interest you. 3-5 pm Thursdays at the NeighborWorks office at 110 Marble St. (802) 438-2303 x 216.

WEST RUTLAND. Reiki Experience. Classes at 11 am with Sylvie Lio and open-share healings at 3 pm. All are welcome. Vermont Herbal General Store, 518 Main St. (802) 438-2766. info@vermonthherbal.com. www.vermonthherbal.com. *The last Sunday of each month.*

WESTMINSTER. Homemade Soup and Bread. Every Wednesday noon to 2 pm at the First Congregational Church on Route 5 in Westminster. The simple meal is free, with donations accepted. (802) 722-4148.

WHITE RIVER JUNCTION. Public Sitting & Walking Meditation. Free meditation instruction is available at most of these times. Sun 9 am - 12 noon, Mon 6-6:30 pm (ages 18-35), Tues 5:30-6:30 pm, Wed 5:30-6:30 pm. Thurs 12-1 pm. Shambhala Meditation Center of White River, 158 S. Main St. (802) 785-4304. whiteriver.shambhala.org.

WHITE RIVER JUNCTION. Listen Community Dinner. Free nutritious meals served 5:15-5:45 pm every Monday and Wednesday. St. Paul's Episcopal Church, 749 Hartford Ave. (603) 448-4553.

WILMINGTON. Adams Farm. Tour the livestock barn, see the animals, and visit the farm store. Special events and farm activities. Call for rates and reservations. Adams Farm, Higley Hill Rd. (802) 464-3762. www.adamsfamilyfarm.com.

WINDSOR. Cider Hill Gardens & Gallery. Potted herbs and unusual perennials in addition to very large collections of primroses, wildflowers & woodlanders, peonies, daylilies and hostas. Meander through well-established display gardens nestled within our wild apple orchard, woodlands and fields. Open 10 am – 6 pm daily. At 1747 Hunt Rd., off State St. (800) 232-4337. flowers@ciderhillgardens.com. www.garymilk.com. ciderhillgardens.com.

WINDSOR. Old Constitution House State Historic Site. The restored Old Constitution House looks as it did more than 200 years ago. See an exhibit recounting the writing of the most progressive constitution of its time. Open 11 am – 5 pm, Sat–Sun. Admission: adults \$2.50, children 14 & under are free. 16 N. Main St. (802) 672-3773. www.historicvermont.org. *Through October 11.*

WINDSOR. American Precision Museum. Peruse many historical and interesting exhibits and collections. Admission. Open daily 10 am – 5 pm. 196 Main St. (802) 674-5781. www.americanprecision.org. *Through October 31.*



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www.solarfest.org

Vermont Country Calendar

(Ongoing events continued)

WOODSTOCK. First Run Movies at the Woodstock Town Hall Theatre. Old-fashioned movie-going experience with state-of-the-art Dolby Digital sound system and the largest movie screen in the Upper Valley! Fri-Mon, 7:30 pm. Adults \$8, seniors \$7, under 12, \$6. (802) 457-3981. www.pentanglearts.org.

WOODSTOCK. Billings Farm & Museum. Premiere Jersey dairy farm and museum. Tour the barns, the 1890 Farm House, and exhibits! Special family programs and events, horse-drawn wagon rides. 10 am - 5 pm. Admission: Adults \$11; over 62 \$10; children 5-15 \$6; 3-4 \$3; 2 & under free. Located 1/2 mile north of the Woodstock village green on Rt. 12. (802) 457-2355. info@billingsfarm.org. www.billingsfarm.org.

WOODSTOCK. Hand-in-Hand Community Meal. All are welcome. Free, donations accepted. Thursdays, 5-7 pm in the Social Hall of the Unitarian Church, 7 Church St. (802) 457-9272.

SATURDAY, JUNE 19

BENSON. Benson Car Show. A fun-filled day for the whole family, not only classic cars but a barbeque, scavenger hunt, kid's games, and even baked bean tasting. Entry fee for cars \$10. 9 am - 3 pm. Community Hall, Stage Rd. (802) 353-7044. jpwaccounting@shoreham.net.

BRANDON. Marching Through Brandon—One Vermont Village and the War Against Slavery: Brandon's Anti-Slavery Movement Reenacted, Revisited, Remembered. Civil War reenactors will bring an encampment to life. 10 am - 10 pm. (802) 247-6401. info@brandon.org. www.brandon.org. Also June 20.

WOODSTOCK. Draft Horse Days. Watch the Percheron draft horse teams work in the farm fields. Go on a horse-drawn wagon rides. Admission: adults \$12; 62 & over \$11; children 5-15 \$6; 3-4 \$3; 2 & under free. 10 am - 5 pm. Billings Farm & Museum, Rt. 12 N. and River Rd. (802) 457-2355. www.billingsfarm.org. Also June 20.

SUNDAY, JUNE 20

WOODSTOCK. Draft Horse Days. Demonstrations using Percheron draft horses, including traditional fieldwork (plowing, planting, cultivating, and mowing) horse shoeing, horse-drawn wagon rides, and more. Admission: adults \$12; 62 & over \$11; children 5-15 \$6; 3-4 \$3; 2 & under free. 10 am - 5 pm. Billings Farm & Museum, Rt. 12 N. and River Rd. (802) 457-2355. www.billingsfarm.org.

FRIDAY, JUNE 25

ESSEX JUNCTION. Vermont Quilt Festival. Visit New England's oldest and largest quilt event. 9 am - 6 pm. Admission. Champlain Valley Expo, 105 Pearl St. (802) 872-0034. www.vqf.org. Through June 27.

ROCHESTER. Concert: The Johannes String Quartet. Presented by The Rochester Chamber Music Society. Donation. Concert at 7 pm, pre-concert talk by Larry Hamberlin at 6:30 pm. Federated Church of Rochester, 15 N. Main St. (802) 767-9234. www.rcmsvt.org.

RUTLAND. Concert: Pat Benatar & REO Speedwagon. Gates open at 4:30, concert starts at 7:30 pm. Vermont State Fairgrounds, 175 South Main St. Admission. For tickets call (802) 775-5200. vtstfair@comcast.net. www.vermontstatefair.net.

SATURDAY, JUNE 26

CHESTER. Chester's Big Little Wedding. A community celebration. Matt, the Bear and Myra, the Doll, will be married on Saturday, June 26, at 1 pm with festivities through June 27. Highlight is the wedding in the daisy gardens of Bonnie's Bundles Dolls at 250 North St. Rehearsal party at the Stone Hearth Inn Friday night, reception at the Fullerton Inn after the wedding, and party back at Stone Hearth, honeymoon at Inn Victoria, and a silent auction of wedding gifts on Sunday at the Hugging Bear Inn to benefit Chester-Andover Family Center. Reservations required. (802) 875-2114. doll_maker@vermontel.net. www.bonniebundlesdolls.com. www.huggingbear.com

COLCHESTER. Sam Mazza's 15th Annual Strawberry Festival. Enjoy Strawberry Shortcake on biscuits, Strawberry Milkshakes, Strawberry Fudge, Strawberry Jam & Chocolate-Dipped Strawberries. Pony rides, kid's games, petting zoo, face painting. U-pick strawberries, farm store, and bakery. 11 am - 4 pm. At Sam Mazza's Farm Market, 277 Lavigne Rd. (802) 655-3440. smazzafarms@comcast.net. www.sammazzafarms.com.

DUMMERSTON CENTER. Old-Fashioned Strawberry Supper. Ham, baked beans, assorted salads, homemade breads, old-fashioned double layered strawberry shortcake made with fresh local strawberries and real whipped cream. Served family style, no reservations needed, 5-7 pm. Evening Star Grange Hall, 1088 East West Rd. (802) 254-9158. www.dummerston.com.

FAIRLEE. Annual Library Book Sale—many donated books as well as library discards—prices \$.25 and up. Free. 9 am - 2 pm. Fairlee Public Library, Rt. 5 N. (802) 333-4716. Debra Edmands. fairlee_pub@vals.state.vt.us.

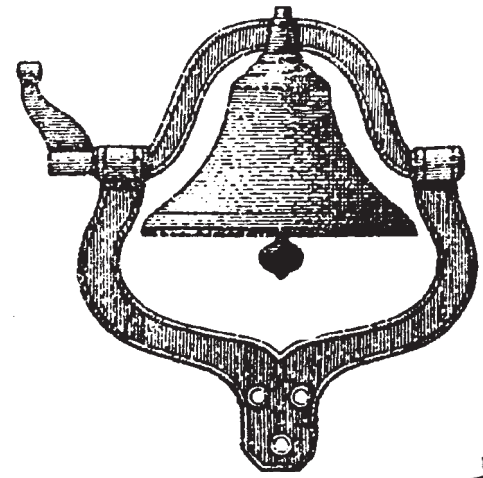
SPRINGFIELD. Garden/Gallery Open House. Wooden sculptures and contemporary paintings by local artist Toni Streeter, set among beautiful perennial gardens in an enchanted pine forest. Light refreshments. Free admission. Sat 11 am - 3 pm, Sun 10 am - noon. Tree Farm Campground, 53 Skitchewaug Trail (Rt. 143, east of town). (802) 885-2889.

TUNBRIDGE. Vermont History Expo 2010 "History's County Fair." A two-day summer festival. Exhibits from 150 local historical societies, museums and heritage attractions. History-on-Parade Saturday and Sunday at 1 pm. Genealogy booth, experts on Vermont history. Food, Clara's Games for children, Live entertainment - 13 groups. Ed Larkin Contra Dancers. Living History Encampments. Auction, author's tent. Admission. 10 am - 5 pm. Tunbridge Fairgrounds, Main St., Rt. 110. www.vermonthistory.org. (802) 479-8502. Also June 27.

SUNDAY, JUNE 27

HARTLAND. Harmony Farm Peony Festival. Food, live music, crafts, workshops, locally grown plants, crafts by local artists, workshops, storytelling, games. Harmony Farm is a non-profit educational center with over 8,000 Peonies. Admission. 10 am - 3 pm. Harmony Farm, 28 Bowers Rd. (802) 436-3300. www.harmonyfarmpeonyfestival.com.

SHELburne. Morning Birdwalk. Enjoy the dawn chorus with coffee afterwards. Fee: \$6. 7-9 am. Shelburne Farms, 1611 Harbor Rd. (802) 985-8686. www.shelburnefarms.org.



16th Annual Basin Bluegrass Festival

July 8-11, 2010 • Brandon, Vermont

Field Picking & Camping All Week.

Gate Opens Sunday July 4th at 8 am.

Karaoke Wed, July 7, 7-10 pm

Beautiful Level Location in the Green Mountains. Good Reasonably Priced Food On-Site

Bristol Guitar Raffle By Blueridge. Hardshell case courtesy of Dave Nichols Custom Pearl Inlay.



Show Times:
Fri 10:00 am - 10:15 pm
Sat 10:00 am - 10:15 pm
Sun 9:15 am - 4:00 pm

Open Stage:
Friday, July 9, 3:15 pm

Spaghetti Supper:
Thurs, July 7, 5:00 pm,
Followed by a concert with Cannonball Express.

Potluck Supper:
Sunday, July 11, 6 pm.
In the food tent.
Bring a dish to share.

Workshops: Banjo, Bass, Mandolin, Rhythm Guitar

Featuring: Remington Ryde (PA) F, S • Cannonball Express (MA) Th • Redstone Ridge (CT) S, S
Spinney Bros. (NS) S, S • Dave Nichols & Spare Change (NY) F • Digger Davis & Tombstone (TX) F, S
Steel Rail (VT) F • Acoustic Blue (MA) S, S • Breakin' Strings (ME) F • Bluegrass Revisited (VT) F
Smokey Greene (NY) S, S • Cabin Fever (NY) F, S, S • Blistered Fingers (ME) S, S
MCs: Clyde Proch and Mike Robinson • Sound by Blistered Fingers

The festival is held at the end of Basin Road, about 3 miles east of Brandon off McConnell Rd. Tickets: three-day advance tickets sold until June 28th, \$40 (\$45 at the gate). Day ticket prices: Friday \$23, Saturday \$23 (after 5:00 pm \$12), Sunday \$15. Children 15 and under free with an adult. Free Rough Camping Thurs thru Sun only with a weekend ticket (Early birds \$10 per unit if you come Sun, Mon, Tues, or Wed). Early bird camping fee to be paid at gate, do not send with ticket request. For advance weekend tickets, send a self-addressed stamped envelope with a check or money order to: Basin Bluegrass Festival, 91 Charberry Lane, Brandon, VT 05733. Requests must be postmarked by June 28, 2010.

Cover for rain or shine. Bring your lawn chairs. Security and medical services, water to fill your tank, hot shower, dump station, tents welcome. Pets are welcome but must be on a leash and are NOT allowed in the concert or concession areas. NO open display of alcohol in the concert area. Anyone appearing intoxicated or abusive will be removed from the grounds without refund.

For more info call (802) 247-3275, visit www.brandon.org/bluegrass.htm or e-mail basinbluegrass@yahoo.com

After July 3, 2010, call (802) 236-1096 (festival grounds). Emergency Number for you to be contacted during the festival: (802) 247-5723 (Brandon Police)



Vermont Country Calendar

TUNBRIDGE. Vermont History Expo 2010—"History's County Fair." Exhibits from 150 local historical societies, museums and heritage attractions, genealogy booth, experts on Vermont history. History-on-Parade at 1 pm. Admission \$10 adults, \$5 students, 5 and under free, family pass \$29. 10 am - 5 pm. Tunbridge Fair Grounds, Main St., Rt. 110. (802) 479-8502. vermonthistory.org.

MONDAY, JUNE 28

SHELBURNE. Special Event: Restoring the Historic Breeding Barn. Join Architectural Conservator Doug Porter for a guided tour of the restoration underway in the Farm's Breeding Barn, a 120-year-old structure on the National Park Service's Historic American Buildings Survey. Fee: \$10. 4-6 pm. Shelburne Farms, 1611 Harbor Rd. off Rt. 7. Call to register. (802) 985-8686.

TUESDAY, JUNE 29

BURLINGTON. ECHO Storytime with a Twist. Have some firefly fun and learn some firefly facts, like how these light-up bugs find their friends amongst the frenzy of flashes. Admission: \$10.50 adults 18-59, \$9.50 seniors 60+, \$8.50 children 3-17, free for 2 and younger. 11 am at ECHO Lake Aquarium and Science Center/Leahy Center for Lake Champlain, One College St. (802) 864-1848.

WEDNESDAY, JUNE 30

BURLINGTON. Green Mountain Chamber Music Festival Concert: French Delights. The artist faculty of this annual summer conservatory will offer the music of Poulenc, Ravel, Honegger and Boris. Tickets \$18 general, \$15 seniors, \$6 students. 7:30-9:30 pm. UVM Recital Hall, Redstone Campus, 384 South Prospect St. (802) 735-8097.

SHELBURNE. Book Talk. Join author and former curator of collections Erica Donniss for a talk about Shelburne Farms' latest publication, *The History of Shelburne Farms: A Changing Landscape, An Evolving Vision*, co-published by Shelburne Farms and the Vermont Historical Society. Free. 4-6 pm. Shelburne Farms, 1611 Harbor Rd. off Rt. 7. (802) 985-8686. www.shelburnefarms.org.

THURSDAY, JULY 1

MIDDLEBURY. Vermont Symphony Orchestra Summer Festival Tour. Concert and fireworks. Gates open at 5:30 pm, concert at 7:30 pm. At Mahaney Center for the Arts, Middlebury College, 131 S. Main St. Admission \$22/\$10/free. For tickets call (802) 863-5966. www.vso.org.

SOUTH ROYALTON. Outdoor Summer Band Concert. South Royalton Town Band performs in the gazebo on the Green. 7:30 pm. Free. Rain site is the SRHS Gymnasium. For more info: Ellis Music Co., (802) 234-6400.

FRIDAY, JULY 2

BRANDON. Second Annual Brandon Street Dance. Food and craft vendors will be set up at 5 pm and street dance starts at 6 pm. Free. Central Park & Center St. (802) 247-3275. ldberry@myfairpoint.net. brandon.org.

BURLINGTON. Green Mountain Chamber Music Festival Concert: Three Centuries of American Music. Tickets \$18 general, \$15 seniors, \$6 students with ID, available at the door. 7:30-9:30 pm. UVM Recital Hall, Redstone Campus, 384 S. Prospect St. (802) 735-8097. tickets@gmcmf.org. www.gmcmf.org.

EAST BURKE. Northeast Kingdom Vermont Fourth Festival. Fireworks on the Mountain at Sherburne Base Lodge at Burke Mt. Ski Area - \$10 per carload, gates open at 5 pm; BBQ/beer tent 5-8 pm; live entertainment; sunset chairlift rides at 5 pm, \$5 per person; fireworks at 9 pm; concert at Tamarack Grill following fireworks, tickets \$15 call (802) 626-7300. For info call (802) 626-9697. www.vermontfourth.org. www.skiburke.com.

EAST BURKE. Strawberry Shortcake Festival and Church Supper. 5-7 pm at Burke Club House. (802) 626-9697. www.vermontfourth.org.

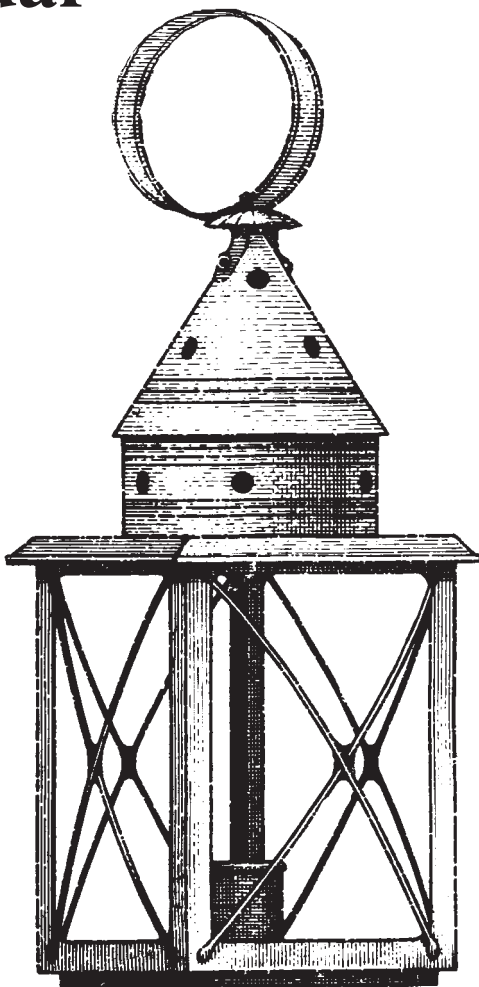
GRANVILLE. Michael Egan's 9th Annual Seconds Sale! Seconds, overruns, uniques, demonstrations and refreshments. Free. 9 am - 6 pm. At Michael Egan's Glassblowing Studio & Gallery, 5523 Rt. 100. (802) 767-4547. www.eganglass.com. Through July 6.

MANCHESTER. Vermont Symphony Orchestra Summer Festival Tour. Concert and fireworks. Cost: \$29 in advance; \$32 at the gate; kids under age 18 and under free with ticket in advance or \$10 at the gate. Gates open at 5 pm, concert at 7 pm. At Hildene Meadowlands. For tickets call (802) 863-5966. www.vso.org.

SATURDAY, JULY 3

BARNET. Community-Wide Art and Bake Sale. Children's crafts and music too! To benefit the Barnet Library and Good Neighbor Fund. Donation. 10 am - 2 pm. Barnet Public Library, 147 Church St. (802) 633-4436. barnetpl@hotmail.com.

BRANDON. Brandon Independence Day Celebration. Vermont's largest parade kicks off at 1 pm followed by a Bluegrass band. Central Park opens at 9 am with entertainment, food and craft vendors, and silent auction. Activities move one mile north at 6 pm with music, food and craft vendors and fireworks at dusk. Donation. 9 am - 10 pm. Central Park and Park Village, Center St. (802) 247-3275. ldberry@myfairpoint.net. brandon.org.



BURLINGTON. Independence Day Fireworks Celebration. Come see the fireworks! Entertainment, food vendors, and kids activities. Free. 4-11 pm. Burlington Waterfront Parks. (802) 864-0123. enjoyburlington.com.

GRAFTON. 20th Annual Music & Fireworks Under the Stars. Superb music performed by the Vermont Symphony Orchestra, followed by dazzling fireworks under the stars at idyllic Grafton Ponds. Bring a picnic and blanket. 7:30 pm. At Grafton Ponds. Admission: adults \$25, kids 4-14 \$10, under 4 free. Tickets on sale at BMAC, www.brattleborotix.com. (802) 257-0124.

GREENSBORO. Northeast Kingdom Art & Crafts Showcase. Miller's Thumb hosts a display and artist-led discussions organized by the Kingdom Craft Alliance of the living heritage of rural traditional crafts and the growth of the studio craft movement in Northeast Kingdom towns and communities since the 1960s. At Miller's Thumb. (802) 533-2647.

ISLAND POND. Antique Cars of Yesteryear. Hot rods, antique cars and trucks. Open to the general public. Free. 4-7 pm. Clyde River Hotel, 5 Cross St. (802) 723-5663. marciahrn@yahoo.com. www.clydeverhotel.com.

ISLAND POND. July 4th Celebration. Parade, and entertainment, vendors, and food in Gazebo Park. Fireworks at dusk. Free. (802) 723-6194. Also July 4.

LUDLOW. 60th Annual Fletcher Farm Arts & Crafts Festival. Over 50 artisans' work for sale. Unique Vermont & New England hand-made items. Food—kettle corn, BBQ and more, plus live music! Free admission. 10 am - 4 pm. Fletcher Farm School for the Arts & Crafts, 611 Rt. 103 South. (802) 228-8770. www.fletcherfarm.org.

LYNDONVILLE. Northeast Kingdom Vermont Fourth Festival. Vermont State Fiddle Championship, admission \$1, under 10 free, 1-9 pm at Burke Mt. and Bandstand Park. 39th Annual Burklyn Craft Fair, 9 am - 4 pm, rain or shine, Bandstand Park. New England Sanctioned Volleyball Competition, 4 pm at Burke Mt. in East Burke. (802) 626-9696. www.VermontFourth.org.

MONTPELIER. Independence Day Celebration A full day of fun in the Capital City starts at 8 am with a community pancake breakfast, a lawn party at the library, free family day at the public pool, plus live theater, films, live music, a road race, and street parties. The gigantic hour-long parade filled with music, floats and fun starts 6 pm and ends at the State House, which is the best spot for evening fireworks viewing. (802) 238-6888.

NORTH POMFRET. Craft, Plant and Bake Sale. 3 pm at the Pomfret Town Hall. Sponsored by Pomfret Ladies Circle. Strawberry Supper at 5, 6, 7 and 8 pm at the Town Hall; \$12 adults, \$5 ages 10 and under - sponsored by North Pomfret Congregational Church. (802) 457-3629.

PEACHAM. Old Fashion Pig Roast. 5 pm at the Peacham Congregational Church. \$10 adults, \$5 children 3-12, under 3 are free. Take outs available. A benefit for the Peacham Congregational Church. (802) 592-3330.

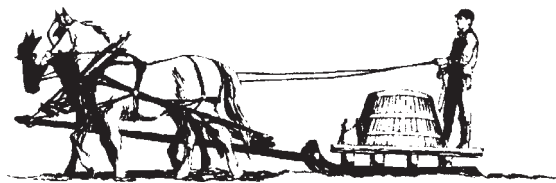
STRATTON MOUNTAIN. Mountain Friends and Freedom Festival. Live performances from Brother Josephus and the Love Revival Revolution Orchestra and the Wayne Canney Trio. Fireworks, village vendors, and activities a-plenty as we throw America a birthday party! At the Village at Stratton Mountain. (802) 297-4126. Also July 4.

WHEN HE COMES

Thou shalt know him when he comes,
Not by any din of drums.
Nor the vantage of his airs,
Nor by anything he wears,
Neither by his crown,
Nor by his gown,
For his presence Known,
Shall be by the Holy Harmony
That his coming makes in thee.



—ANON. 15TH CENTURY



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Vermont Country Calendar

(July 3 continued)

WARDSBORO. 61st Annual 4th of July Street Fair & Parade. Parade at 10 am, chicken BBQ 11 am, bingo at noon, auction 1 pm. Homemade strawberry shortcake in the Vestry, quilt show in church, hamburger/hotdog booth. Musicians, children's games, homemade pies and bake shop in town hall, book sale on library lawn, art show in library barn. Free admission. (802) 896-6141.

WILMINGTON. 33rd Annual Mount Snow Area 4th of July Fireworks. Party, live entertainment, vendors starts at 6 pm followed by fireworks at dusk. On Baker Field (behind Twin Valley High School). Rain date: July 5. For information call (802) 464-8092 or visit visitvermont.com.

SUNDAY, JULY 4

BENNINGTON. Reading of the Declaration of Independence by local actor Willy Jones at 1 pm, followed by discussion and games for children. At Bennington Battle Monument, 15 Monument Circle. Band music and fireworks at dusk at Willow Park on North St. (802) 447-0550.

BRATTLEBORO. Fourth of July Parade and Celebration of Community. Parade at 1 pm from the parking lot at Brattleboro Union High School. Free family fun at Living Memorial Park, with great eats, baseball and other athletics, comedy and music entertainment, and, of course, an evening concert and fireworks spectacular. (802) 254-4541.

ISLE LA MOTTE. Performance: Madrigal Choir. The Madrigal Choir, under the direction of George Schnob, will provide music at the 10:30 am Mass. All welcome. Free. St. Anne's Shrine, 92 St. Anne's Rd. (802) 928-3362.

ISLAND POND. July 4th Celebration. Rubber duck race and boat parade. Free. (802) 723-6194.

JEFFERSONVILLE. July 4th Celebration. A week of fun and games! On July 4th, there will be a parade and country fair followed by festivities on The Village Green at Smugglers' Notch. The 40th Army Band Concert and an old-fashioned Firemen's Barbeque in the evening. Spectacular fireworks. (800) 419-4615. *July 2-11.*

KILLINGTON. July 4th Parade and Barbeque. A Parade from the Killington Events Hall (formerly the Grange) down River Road to the Rec Center begins at 10 am. The Johnson Recreation Pool will open for all at 11 am. Firemen's barbecue begins serving at 11 am, and will serve all day. Silent auction and field games throughout the afternoon. Live music begins at 7 pm and fireworks follow at 9:30 pm. (802) 422-3241.

NORWICH. Craft Fair. Original, diverse, and handcrafted, and always made by local craftspeople. The Bushwackers perform blues, bluegrass, folk and funk music. Wonderful prepared foods. Free admission. 10 am - 3 pm. Rain or shine. Norwich Farmers' Market grounds on Rt. 5, one mile south of Exit 13 off I-91. (802) 356-2082. www.norwichcrafts.org.

PLYMOUTH. President Calvin Coolidge Birthday Parade. Commemorate the birthday of the only president born on Independence Day. March from the village green to the cemetery where a wreath from the White House is laid at the President's gravesite. Chicken barbecue at the Wilder House Restaurant. Parade at 12 noon led by the Vermont National Guard. President Calvin Coolidge State Historic Site, 3780 Rt. 100A. (802) 672-3773. HistoricVermont.org/Coolidge.

POULTNEY. Fourth of July Celebration. Parade at 1 pm. Family activities at the Poultney Elementary School. Fireworks at dusk at the school. Free. On East Main Street to School Street. (802) 287-2010. www.poultneyvt.com.

RANDOLPH. Fourth of July Parade and Celebration. South Royalton Town Band will play. Street festival afterwards on Merchants Row. Vendors, family activities. 12-4 pm. On Main Street. (802) 728-9027. www.randolph-chamber.com.

READING. Old Home Day Celebration. 35th Annual Parade starts at 11 am, road closes—get here early! Chicken BBQ after parade. Ox pull at 1 pm at the school. Duck derby, food booths, vendors, family activities. Book sale 10 am - 2 pm at the Universalist Church on Rt. 106. (802) 484-7250.

RUTLAND. Summer Smash Demolition Derby. Fireworks. Gates open at 4 pm. Show starts at 6:30 pm. Admission. Vermont State Fairgrounds, 175 S. Main St. (802) 775-5200.

SHELburne. Vermont Symphony Orchestra Summer Concert. Gates open for picnicking at 5:30, concert at 7:30. Fireworks follow. On the inn lawn at Shelburne Farms, 1611 Harbor Rd. off Rt. 7. (Rain location Flynn Center in Burlington.) Tickets \$35/\$19 (Flynn tickets): (802) 863-5966; information: (802) 864-5741 x 10; (800) VSO-9293 x 10. (802) 985-8686. www.shelburnefarms.org.

WOODSTOCK. An Old Vermont 4th at Billings Farm & Museum. A family celebration featuring the reading of the Declaration of Independence at noon. A traditional observance, featuring patriotic speeches, debates at 11 am and 1:30 pm, traditional music, making "1890" flags, wagon rides, a spelling bee at 2:30 pm, ice cream making, and historic games. Admission: adults \$12; 62 & over \$11; children 5-15 \$6; 3-4 \$3; 2 & under free. 10 am - 5 pm. Billings Farm and Museum, Route 12 North and River Road. (802) 457-2355. www.billingsfarm.org.

MONDAY, JULY 5

QUECHEE. Vermont Symphony Orchestra Summer Festival Tour: The Birds and the Bees. Anthony Princiotti, conductor. Concert and fireworks. Gates open at 5 pm, concert at 7:30 pm. At the Quechee Polo Grounds (Rain Site: Woodstock Union High School). Admission \$32/\$10. For tickets call (802) 863-5966. www.vso.org.

TUESDAY, JULY 6

SOUTH ROYALTON. Concert: The PanHandlers—Steel Drums. Brown Bag Concert Series. 12 noon on the Village Green; rain site is the South Royalton High School Gym. Free admission. (802) 763-7207.

THETFORD. Thetford Hill Community Market and Concert. Local vendors with produce, milk, baked goods, sweets and more. 4 to 6:30 pm on Thetford Hill, Rt. 113. (802) 785-4404. thetfordfarmersmarket.org.

WOODSTOCK. Family Program: Billings Farm & Museum Time Travel Tuesdays. Discover 19th century chores and pastimes in the restored and furnished farm house. July 6 through August 24 on Tuesday from 10 am - 5 pm. Admission: adults \$12; 62 & over \$11; children 5-15 \$6; 3-4 \$3; 2 & under free. No registration necessary. 10 am - 5 pm. Billings Farm and Museum, Route 12 N. and River Rd. (802) 457-2355. bfmdairy@billingsfarm.org. www.billingsfarm.org.

WEDNESDAY, JULY 7

BURLINGTON. Green Mountain Chamber Music Festival Concert: Uncommon Brilliance—The music of Beethoven, Waxman and Taneyev. Tickets \$18 general, \$15 seniors, \$6 students 7:30-9:30 pm. UVM Recital Hall, Redstone Campus. tickets@gmcmf.org. www.gmcmf.org.

MANCHESTER. Lecture: "Capture the Flag—A Political History of American Patriotism." Author Woden Teachout examines politics and the American flag. A Vermont Humanities Council Program. Free. 7 pm. First Congregational Church, 3624 Main St. (802) 362-2607. www.vermonthumanities.org.

WOODSTOCK. Horse-drawn Wagon Rides. Each Wednesday beginning on July 7th through September 29, from 11 am - 2 pm. Admission includes all programs and activities, plus the operating dairy farm, farm life exhibits, and the restored and furnished 1890 Farm House. Adults \$12; 62 & over \$11; children 5-15 \$6; 3-4 \$3; 2 & under free. Billings Farm and Museum, Rt. 12 North and River Rd. (802) 457-2355. info@billingsfarm.org. www.billingsfarm.org.

Right-Sided Cicadas And a Return to the Bicameral Mind

The inner voices of the body want to speak to us, to inform us of the truths beneath the fixed surface of our external lives.

—John O'Donohue

I have had a buzzing in my ears for the past decade or so. Most of the time, I pay no attention to the sound, but when I am alone or sit in silence, the buzzing becomes quite pronounced.

I went to a specialist and had my hearing checked. "You just have tinnitus," he said. "Not much you can do about that. Clean out your ears. Cut back on your caffeine. Try herbs."

I cleaned my ears and drank less tea. I took herbs. The doctor was right. There wasn't much I could do.

I don't care all that much about the buzzing until the middle of summer when I am trying to hear the first cicadas. The problem is that what I hear internally is very similar to a "real" cicada sound. In fact, I have to depend on my wife to tell me when she hears the first cicada. Once she points it out to me, I can distinguish the external cicada from the internal.

Now, tinnitus is a term used to describe the sensation of noise without any stimulus for that noise outside of the body. So I am hearing internal noises. But are my inner cicadas, I wonder, actual inner voices?

I think back to 1976 and to the theory presented by Julian Jaynes in *The Origin of Consciousness in the Breakdown of*

the Bicameral Mind. According to Jaynes, inner voices were, thousands of years ago, the result of the brain's right side functioning independently of the left in a quasi-schizophrenic fashion. Jaynes tried to demonstrate that messages from supposedly divine sources (and recorded in works such as the Bible) were actually produced by this renegade right side. Within the past couple of millennia, however, the brain's dichotomy evolved to the point that both sides ended up working together as they do today. In 2010, almost no one suffers from a completely divided brain.

Still, what if the cicadas in my head are actually resonance from the ancient bicameral brain, something like far-off echoes from the Big Bang that astronomers claim to perceive? More importantly, is there a deeper message here? Are my cicadas really celestial preachers, telling me that their parallel universe is more alive than I had thought? Do they tell me that Nature is deep within me rather than tied to leaves and bugs and wind and sky?

"If a man does not keep pace with his companions," wrote Henry David Thoreau, "perhaps it is because he hears a different drummer. Let him step to the music which he hears, however measured, or far away." Are my cicadas my different drummer, and do I ignore their beat at the peril of my true self?

"You really need one of those new digital hearing aids," my wife has said so many times.

Indeed I have a hearing problem.


But should I give in to modern technology and suffer the loss of my soul? After all, what device could augment and clarify my private cicada revelation? What machine would translate the distant cosmic words and guide my pace to the rhythm within?

—Bill Felker

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Vermont Country Calendar

THURSDAY, JULY 8

BRANDON. 16th Annual Basin Bluegrass Festival. Family oriented bluegrass. Field pickin' day and night. Classic country concert with Cannonball Express and spaghetti supper 5 pm. Bluegrass bands Friday through Sunday. Food and craft vendors. (Gates open July 4. \$10 extra to camp all week.) Thurs 7-9 pm, Fri & Sat 9 am -10:15 pm, Sun 9:15 am - 4 pm. Wyman's fields, 114 Wyman Rd. There are day, weekend, and advance tickets. Go to web page or call for ticket prices and more info: Linda Berry. (802) 247-3275. basinbluegrass@yahoo.com. brandon.org/bluegrass. *Through July 11.*

CHARLOTTE. Program: Sprightly Steps: Vermont's Contra & Square Dancing Tradition. Adam Boyce, local musician and historian, will discuss Vermont's musical heritage and illustrate with music of the era. Free. 2 pm. Chittenden County Historical Society, 70 Van Patten Parkway. (802) 863-5155.

ESSEX JUNCTION. United Sidcar Association National Rally. Donation. 9 am - 5 pm. Champlain Valley Exposition, 105 Pearl St. (802) 4523234. ehadams@gmavt.net. *Through July 11.*

MANCHESTER CENTER. Circus Smirkus 2010 Big Top Tour. This year's theme is "Wilderness Wonders: Outdoor Adventures Under the Big Top." Performers ages 11 to 18 will dazzle you with astounding aerials, clever clowning, mind-boggling juggling and amazing acrobatics. 2 & 7 pm. Dorr Farm, Rt. 30. (877) 764-7587. info@smirkus.org. www.smirkus.org. *Also July 9.*

SOUTH ROYALTON. Outdoor Summer Band Concert. South Royalton Town Band performs in the gazebo on the Green. 7:30 pm. Free. Rain site is the SRHS Gymnasium. For more info: Ellis Music Co., (802) 234-6400.

STOWE. Stowe Free Library Annual Giant Book Sale. Sponsored by the Friends of the Library. Thousands of books for all interests and ages sorted into over 15 categories. Fiction, travel, cooking, history, biography, art, antiques, crafts, animals, plants and more. CDs and DVDs. Prices range from .50 - \$2.00. Free admission. Opening day starts at 9 am, thereafter dawn to dusk daily. Stowe Free Library front porch, 90 Pond St. (802) 253-6145. info@stowelibrary.org. www.stowelibrary.org. *Also July 12, 20, 28.*

FRIDAY, JULY 9

BRANDON. 16th Annual Basin Bluegrass Festival. Family oriented bluegrass. Field pickin' day and night. Food and craft vendors. Workshops. Open stage Fri 3:15 pm. Bluegrass bands Fri & Sat 9 am -10:15 pm, Sun 9:15 am - 4 pm. Wyman's fields, 114 Wyman Rd. Tickets \$23/\$12. Go to web page or call for more info: Linda Berry. (802) 247-3275. basinbluegrass@yahoo.com. brandon.org/bluegrass. *Through July 11.*

BURLINGTON. Green Mountain Chamber Music Festival Concert Celebrating Composer Anniversaries. Music of Barber, Bernstein, Chopin and Schumann. Tickets \$18 general, \$15 seniors, \$6 students. 7:30-9:30 pm. UVM Recital Hall, Redstone Campus. To reserve or for further information call (802) 735-8097. tickets@gmcmf.org. www.gmcmf.org.

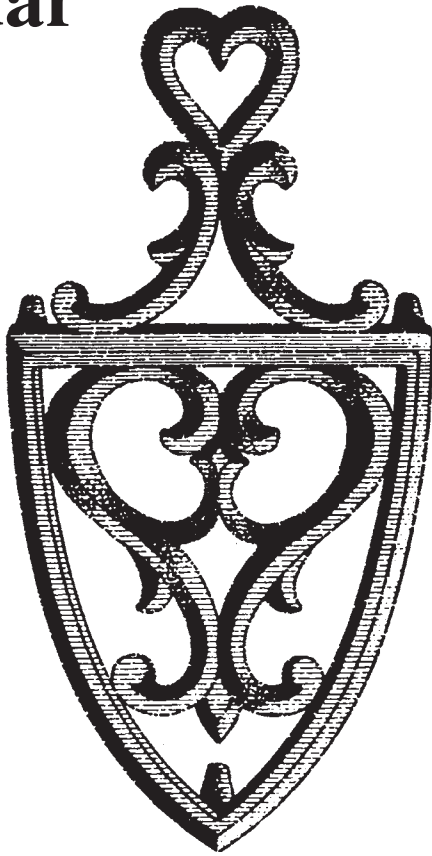
CHITTENDEN. Vermont Symphony Orchestra Summer Festival Tour. Concert and fireworks. Gates open at 5 pm, concert at 7:30 pm. At Mountain Top Inn, Mountain Top Rd. Admission \$32/\$10. For tickets call (802) 863-5966. www.vso.org.

STOWE. Stoweflake Hot Air Balloon Festival. Live band, great food, beer and wine garden, children's corner, balloon launches and tethers! Twenty-five of the country's most prominent balloon experts will launch Friday at 6:30 pm, Saturday at 6:30 am and 6:30 pm and Sunday at 6:30 am and 6:30 pm. Stoweflake Mountain Resort, 1746 Mountain Rd. (802) 253-2232. www.stoweflake.com/balloon. *Through July 11.*

VERGENNES. Fifth Annual French Heritage Days. Educational, cultural, fun-filled family days in Vergennes City Park & Otter Creek Basin. "Veillee" in Vergennes Opera House, 6-9 pm., with traditional French Canadian supper served 6-7 pm. Music & dancing from 7-9 pm by Pete & Karen Sutherland & Jeremiah McLane July 10, 7:30 am - 9:00 pm. Fiddling, step-dancing, clogging, re-enactors, French food, and much more. Friday 6-9 pm, Saturday 7:30 am - 9:00 pm. Main St and Vergennes Opera House, 120 Main St. (802) 388-7941. marguerite@addisoncounty.com. www.frenchheritageday.com. www.addisoncounty.com.

WESTMORE. Program: Ferns of Willoughby State Forest. Retired Lyndon State professor and fern specialist Dave Conant will lead this exploration of the Willoughby Forest. 9 am - 1 pm. For directions and registration contact the North Woods Stewardship Center at (802) 723-6551 x 115. www.northwoodscenter.org.

WINDSOR. Hosta Days at Cider Hill Gardens & Gallery. 10:30-11:30 am daily talk: learn how to grow Hostas; guided tour of our Hosta collection to see over 100 varieties and shapes. Hosta specials change daily. Enjoy light refreshments and pick up Growing Hostas tip sheets. The Gallery: Gary Milek. Open 10-6. Cider Hill Gardens & Gallery, 1747 Hunt Rd. (off State St.). (800) 232-4337. www.garymilek.com. www.ciderhillgardens.com. *Through July 11.*



WOODSTOCK. Outdoor Summer Band Concert. South Royalton Town Band performs at the Woodstock Historical Society. 7 pm. Free. For more info: Ellis Music Co., (802) 234-6400.

SATURDAY, JULY 10

BRANDON. Exhibit: Artists with Tools Revitalize a Small Vermont Town. Explore the interaction between a group of energized artists and the community at large that sparked the revitalization of a small Vermont village. Brandon Town Hall, Main St. (802) 247-5343. www.brandonartistsguild.org. *Through July 17.*

BRANDON. 16th Annual Basin Bluegrass Festival. Family oriented bluegrass. Field pickin' day and night. Food and craft vendors. Workshops. Bluegrass bands Sat 9 am -10:15 pm, Sun 9:15 am - 4 pm. Wyman's fields, 114 Wyman Rd. Tickets \$23/\$12. Go to web page or call for more info: Linda Berry. (802) 247-3275. basinbluegrass@yahoo.com. brandon.org/bluegrass. *Also July 11.*

CHELSEA. Annual Chelsea Flea Market. The state's largest flea market! 125 dealers, chicken BBQ at noon, book sale at library, antiques, tools, crafts, food and more. Free admission, parking fee. 8 am - 3 pm at Chelsea Twin Commons, Rt. 110. (802) 685-4452. spinella@together.net.

CHESTER. 8th Annual Music in the Meadow Benefit Concert. An afternoon of music to benefit the Race for the Cure with lots of music, food, games, crafts. Admission by donation. 1-7 pm. Motel in the Meadow, 936 Rt. 11 West. (802) 875-2626. motelinthemeadow.com. *Also July 11.*

CORINTH. Mixed Media Exhibit and Open Studio Weekend. Works by Elizabeth Nelson and Kathy Stark. Sat 10 am - 6 pm with a reception from 4-6 pm; Sun 12 pm - 3 pm. Free. Towle Hill Studio, 28 Center Road. (802) 439-3730. www.towlehillstudio.com. *Also July 11.*

CRAFTSBURY COMMON. 40th Annual Antiques & Uniques. Meander among over 100 craftspeople, artisans, and vendors of antiques, collectibles, jewelry. Visit the bake sale tent and the grill, listen to great live music. \$5 parking benefits the Craftsbury Fire Department. 10 am - 4 pm. On Craftsbury Common. (802) 586-7596. karenbartlett@gaw.com. www.townofcraftsbury.com.

EAST DORSET. Vermont Summer Festival Horse Show. Six weeks of top show jumping equestrian competition. Spectators welcome. Watch the amazing horses and athletes, shop the boutiques, and have lunch and refreshments. Admission. Grand Prix. Hours: Wed-Sun, 8 am - 4 pm. At the Harold Beebe Farm on Rt. 7. (802) 496-4878. www.vt-summerfestival.com. *July 7 through Aug 15.*

GRAND ISLE. Open Farm and Studio Tour. Visit over thirty small farms and art and craft studios in Grand Isle County. Pick up a map at any local business or Vermont visitor center and take a leisurely self-guided tour of one of Vermont's uniquely beautiful areas. Enjoy the hospitality of dozens of islanders. Free. 10 am - 5 pm. (802) 372-8400. Info@OpenFarmAndStudio.com. www.OpenFarmAndStudio.com. *Also July 11.*

HUBBARDTON. 232nd Anniversary of the Battle of Hubbardton—A Revolutionary War Encampment. Commemorate the Only Revolutionary War battle fought in Vermont. Activities for the whole family—re-enactors, tactical military demonstrations, drilling lessons, guided camp and battlefield tours, courts martial, camp life activities, Mistress Davenport's Schoolroom, history scavenger hunt, and colonial games. Afternoon: performance by Seth Warner Mount Independence Fife & Drum Corps, shopping on sutler's row, and memorial service. Food stand. Admission. 9:30 am - 5 pm. Hubbardton Battlefield State Historic Site, 5696 Monument Hill Rd. (802) 273-2282. Elsa.Gilbertson@state.vt.us. www.HistoricVermont.org.



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And climb and teeter, and if something's lost
From hand or leg in jumping, say that skin
Is a minor penalty for that bright sin
Of trespassing. Another way's to spread
The wire, bend double, get your graceless head
Through first. The rest of you will follow after,
Severely scratched and panicky with laughter.
In search of stargrass and blackberry plunder,
I always drop to earth, roll quickly under,
And come up sandy, grass-stained, nearly whole.
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Find his own devilish and delightful knack
For crossing fences—and for getting back.

—FRANCES M. FROST

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Vermont Country Calendar

(July 10 continued)

RANDOLPH. Vermont Symphony Orchestra Summer Festival Tour. Concert and fireworks. Gates open at 5 pm, concert at 7:30 pm. At Three Stallion Inn, 665 Stock Farm Rd. Admission \$32/\$10. For tickets call (802) 863-5966. www.vso.org.

ROCHESTER. Twelfth Annual Bach Bash. Presented by the Rochester Chamber Music Society with conductor Larry Hamberlin. Professional and amateur string and wind players celebrate the music of Bach and others. Donation. Informal concert at 7 pm. Pierce Hall Community Center, 38 So. Main St., Route 100. (802) 767-9234. lesley@rcmsvt.org. www.rcmsvt.org.

RUPERT. Annual Sheepdog Trial & Farm Festival. Witness some of the region's best-trained sheepdogs in action as they help move flocks from pasture to pasture. Also a kid's fishing derby, sheep shearing, draft horse demonstrations, food concessions, wagon rides, and children's fun and educational activities. Admission \$10/household, \$5 adults, \$3 children, under 6 free. 8 am - 4 pm. Merck Forest and Farmland, Rt. 315. (802) 394-7836. info@merckforest.org. www.merckforest.org. Also July 11.

RUTLAND. A Broadway Cabaret. A group of choral singers and soloists will perform music from Mamma Mia, Miss Saigon and Showboat, directed by Rip Jackson. 7:30 pm. Grace Church Sanctuary, 8 Court St. Free-will offering. (802) 353-0962. dchart6010@aol.com. www.gracechurchvt.org.

RUTLAND. 31st Annual RAVE Car Show & Flea Market. Open to all years, makes and models. food drive at show, large automotive flea market. Admission. Sat 9 am - 5 pm, Sun 9 am - 3 pm at Vermont State Fairgrounds, Rt. 7. (802) 265-8026. hemmings.com. Also July 11.

SHELBURNE. Workshop: Shore Explore. Wade along some of Shelburne Farms' two miles of shoreline with naturalist Walter Poleman and Marshall Webb of Shelburne Farms. Learn the geological history of the Champlain Valley and find out why white lines run through all the beach rocks! Fee: \$60 includes lunch (for adults.) Please pre-register. 9 am - 4 pm. Shelburne Farms, 1611 Harbor Rd. off Rt. 7. (802) 985-8686. www.shelburnefarms.org.

WASHINGTON. Natural Dye Workshop. An introduction to using locally growing plants and herbs as natural dyes. Bring a bag lunch. Fee: \$65. 10 am - 3 pm. VT Grand View Farm, 1638 Scales Hill Rd. (802) 685-4693. kinggoodling@yahoo.com. www.grandviewfarmvt.net.

SUNDAY, JULY 11

BRANDON. 16th Annual Basin Bluegrass Festival. Family oriented bluegrass. Field pickin' all day. Gospel sing-along 9:15 am. Food and craft vendors. Bluegrass bands 9:15 am - 4 pm. Potluck at 6 pm—bring a dish to share. Sunday tickets \$15. Wyman's fields, 114 Wyman Rd. Go to web page or call for more information: Linda Berry. (802) 247-3275. basinbluegrass@yahoo.com. brandon.org/bluegrass.

CHITTENDEN. Horse Schooling Trials. Riders prepare their horses for future competition at this spectacular riding location in the heart of the Green Mountains. 8 am start. At The Mountain Top Inn & Resort Equestrian Center, 195 Mountain Top Rd. (802) 483-2311. mountaintopinn.com.

HUBBARDTON. 232nd Anniversary of the Battle of Hubbardton—A Revolutionary War Encampment. The Only Revolutionary War battle fought in Vermont. Activities for the whole family. Re-enactors, tactical military demonstrations, and more. Morning demonstration of Revolutionary War tactical maneuvers, followed by a symbolic Revolutionary War relay to send news about the battle to the Old Constitution House in Windsor, VT. Food stand. Admission. 8 am - 5 pm. Hubbardton Battlefield State Historic Site, 5696 Monument Hill Rd. (802) 273-2282. Elsa.Gilbertson@state.vt.us. www.HistoricVermont.org.

MIDDLEBURY. 32nd Annual Middlebury Summer Festival on-the-Green. Family-friendly performing arts. Opening act on Sunday evening: Kinobe and Soul Beat Africa. Week-long events held rain or shine. All events are free! Sun., 7-8:30 pm. Tent on the Village Green, 3 Main Street. (802) 462-3555. www.festivalonthegreen.org. Through July 17.

STOWE. Vermont Symphony Orchestra Summer Festival Tour. Concert and fireworks. Gates open at 5 pm, concert at 7:30 pm. At Trapp Family Lodge Concert Meadow, 700 Trapp Hill Rd. Admission \$32/\$10. For tickets call (802) 863-5966. www.vso.org.

MONDAY, JULY 12

BURLINGTON. Rock Camp—Session 1. For students 11-17. Work closely with area professionals on the fundamentals of rock music performance. Mon-Thu., 9-3 pm. Fri., 9-6 pm. Memorial Auditorium, 250 Main St. (802) 878-7005. www.rockmusiccamp.com. Through July 16.

MIDDLEBURY. 32nd Annual Middlebury Summer Festival on-the-Green. "Brown Bag Special" family-friendly programs from noon - 1 pm., and evening musical performances from 7-10 pm., Monday thru Friday. Rain or shine. All events are free! Under the tent on the Village Green, 3 Main Street. (802) 462-3555. festivalonthegreen.org. Through July 17.

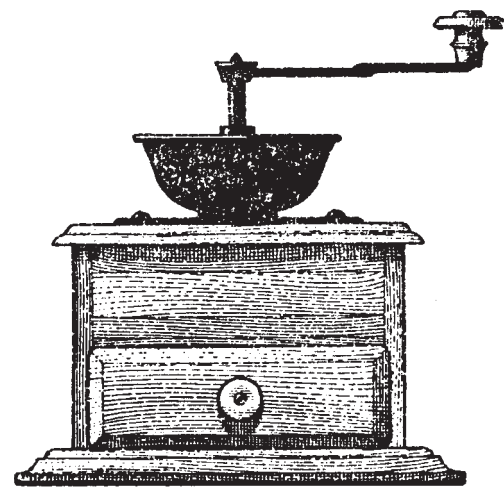
STOWE. Stowe Free Library Annual Giant Book Sale. Dawn to dusk daily. Stowe Free Library front porch, 90 Pond St. (802) 253-6145. info@stowelibrary.org. www.stowelibrary.org. Also July 20, 28.

TUESDAY, JULY 13

BURLINGTON. Green Mountain Chamber Music Festival. Songstress Joan Morris will offer a recital of American song, accompanied by her husband, the noted composer William Bolcom, whose cabaret songs have delighted audiences. Tickets \$18 general, \$15 seniors, \$6 students, at the door or call John Horsman at (802) 735-8097 to reserve. 7:30-9:30 pm. UVM Recital Hall, Redstone Campus, 384 South Prospect St. (802) 735-8097. tickets@gmcmf.org. www.gmcmf.org.

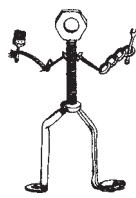
MIDDLEBURY. 32nd Annual Middlebury Summer Festival on-the-Green. Family-friendly performing arts. "Brown Bag Special" family-friendly programs from noon - 1 pm. Evening music 7-10 pm., Monday thru Friday. Rain or shine. Free! Under the tent on the Village Green, 3 Main St. (802) 462-3555. midfog@gmail.com. www.festivalonthegreen.org. Through July 17.

SOUTH ROYALTON. Concert: Children Gather Round—Native American Drumming. Brown Bag Concert Series. 12 noon on the Village Green; rain site is the South Royalton High School Gym. Free admission. (802) 763-7207.



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Vermont Castings

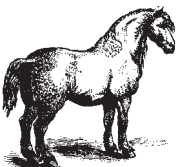
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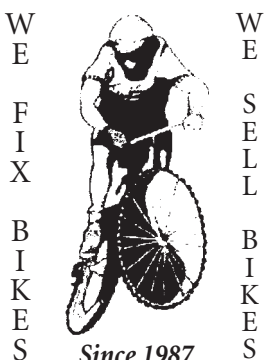
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Vermont Country Calendar

WEDNESDAY, JULY 14

BRATTLEBORO. Circus Smirkus 2010 Big Top Tour. The stars are kids—clowns, jugglers, acrobats, and aerialists, between the ages of 10 and 18. 2 & 7 pm. At the Vermont Agricultural Business Education Center, 8 University Way. (802) 533-7443. info@smirkus.org. www.smirkus.org. *Also July 15.*

GRANVILLE, NY. Workshop: Marketing Strategies for the Small Farm. 6:30-8:30 pm on the Kilpatrick Farm. Sponsored by the Rutland Area Farm and Food Link and the Northeast Organic Farming Association of Vermont. Call to register. (802) 417-7331. rutlandfarmandfood.org.

ISLE LA MOTTE. Shroud of Turin Exhibit and Presentation. Exhibit on display throughout the day. Mass at 11:15 am followed by lunch and presentation. Free. 10 am - 4 pm. St. Anne's Shrine, Boucher Building, 92 St. Anne's Rd. (802) 928-3362. www.saintannesshrine.org.

MIDDLEBURY. 32nd Annual Middlebury Summer Festival on-the-Green. Family-friendly performing arts. "Brown Bag Special" family-friendly programs from noon - 1 pm. Evening music from 7-10 pm. Rain or shine. Free! Under the tent on the Village Green, 3 Main St. (802) 462-3555. festivalonthegreen.org. *Through July 17.*

WOODSTOCK. Horse-drawn Wagon Rides. Each Wednesday beginning on July 7th through September 29, from 11 am - 2 pm. Admission includes all programs and activities, plus the operating dairy farm, farm life exhibits, and the restored and furnished 1890 Farm House. Adults \$12; 62 & over \$11; children 5-15 \$6; 3-4 \$3; 2 & under free. Billings Farm and Museum, Rt. 12 N. and River Rd. (802) 457-2355. info@billingsfarm.org. billingsfarm.org.

THURSDAY, JULY 15

BENNINGTON. Midnight Madness. Late night shopping where you'll find the biggest sales of the year! Free. 6 pm - 12 am. Downtown, all of Main St. (802) 442-5758. www.betterbennington.com.

BRADFORD. Annual Connecticut Valley Fair. Midway opens Thurs at 5 pm. Giant parade on Main Street at 6 pm. Evening youth oxen show, miniature horse pull, lawn tractor pull. Poppy Town Puppets at 8 pm. Free events included with admission. On Carson Lane. (802) 222-4053. cvf@charterinternet.com. www.connecticutvalleyfair.com. vtfairs.org. *Through July 18.*

HYDE PARK. Rodgers & Hammerstein's South Pacific. Presented by the Lamoille County Players. Pick your own seats, with no online ticket fees, by ordering tickets online at www.LCPlayers.com. Performances Thursdays - Saturdays 7 pm, Sundays 2 pm. Hyde Park Opera House, 85 Main St. (802) 888-4507. info@LCPlayers.com. www.LCPlayers.com. *Through July 18.*

MIDDLEBURY. 32nd Annual Middlebury Summer Festival on-the-Green. Family-friendly performing arts. "Brown Bag Special" family-friendly programs from noon - 1 pm, and evening musical performances from 7-10 pm. Rain or shine. Free! Under the tent on the Village Green, 3 Main St. (802) 462-3555. midfog@gmail.com. www.festivalonthegreen.org. *Through July 17.*

SHELburne. National Tree Farmers Convention: Forest Field Day. See Timber Tina's World Champion Lumber-Jills compete in log rolling, axe throwing and more! Tree felling, log skidding and lumber sawing, craft exhibits and forestry equipment in action. Free with admission to the property: adults, \$8; seniors \$6; children 3-17 \$5; free under 3. Pre-register for admission to workshops and lunch: www.treefarmers.org. 9 am - 3 pm. Shelburne Farms, 1611 Harbor Rd. off Rt. 7. (802) 985-8686. www.shelburnefarms.org.

SOUTH ROYALTON. Annual Old Home Days. Evening concert by the South Royalton Town Band, on the Green at 7:30 pm. Free. (802) 763-8326. *Through July 17.*

FRIDAY, JULY 16

BRADFORD. Annual Connecticut Valley Fair. Midway at 1 pm. Exhibits, Old McDonald's Farm, fair food and vendors. Antique tractor pulls at 10 am. Poppy Town Puppets at 5 pm. Mill Band at 5 pm. Cattle show at 6 pm. Oxen pulls at 11 am, 1 pm, 3 pm, and a free-for-all at 6 pm. Demo Derby at 7 pm. Free events included with admission, senior day \$8! Carson Lane. (802) 222-4053. connecticutvalleyfair.com. vtfairs.org. *Through July 18.*

MIDDLEBURY. 32nd Annual Middlebury Summer Festival on-the-Green. "Brown Bag Special" family-friendly music and performing arts programs from noon - 1 pm and evening music from 7-10 pm. Rain or shine. Free! Under the tent on the Village Green, 3 Main St. (802) 462-3555. www.festivalonthegreen.org. *Also July 17.*

SHELburne. Family Workshop: Bats in the Barn. Learn about the benefits of bats, then venture out with Barry the Bat Guy to watch the flight of the barn's bats as they leave for their evening hunt. \$12/parent & child, \$6/each additional child. 7-9 pm. Shelburne Farms, 1611 Harbor Rd. off Rt. 7. (802) 985-8686. shelburnefarms.org.

SOUTH ROYALTON. Annual Old Home Days. Evening concert from 8-11 pm by the Snakes of Ireland, performing Irish and rock 'n roll music. On the Green. Free. (802) 234-6400. *Also July 17.*

TINMOUTH. 16th Annual SolarFest: The New England Renewable Energy Festival. A renewable energy-powered celebration of the performing arts, sustainable living, and community. Six tents house over 100 workshops on renewable energy and sustainable living topics, plus world-class performers on two solar-powered stages. Theater-in-the-Woods, over 100 exhibitors inside and out, crafts, clothing, food, children's activities, bonfire art and much more. Fri 12-10 pm, Sat. 9 am - 11 pm, Sun. 9 am - 7 pm. Overnight camping available. For tickets and information call (802) 235-1513. www.solarfest.org. *Through July 18.*

SATURDAY, JULY 17

BRADFORD. Annual Connecticut Valley Fair. Gymkhana at 9 am. Pony pull, cattle show, farming/logging show, 4x4 truck pull. Pony pulls at 12, 2, 5 pm. Single horse pull at 3, 4, 6, 8 pm. Band at 5 pm. Midway at 12 pm. Poppy Town Puppets 1 pm. Exhibits, Old McDonald's Farm, fair food and vendors. Free events included with admission. On Carson Lane. (802) 222-4053. cvf@charterinternet.com. www.connecticutvalleyfair.com. vtfairs.org. *Also July 18.*

CHELSEA. Outdoor Summer Band Concert. South Royalton Town Band performs. 2 pm. Free. For more info call Ellis Music Co., (802) 234-6400.

EAST DORSET. Vermont Summer Festival Horse Show. Six weeks of top show jumping equestrian competition. Grand Prix. Spectators welcome. Watch the amazing horses and athletes, shop the boutiques, and have lunch and refreshments. Admission. Hours: Wed-Sun, 8 am - 4 pm. At the Harold Beebe Farm on Rt. 7. (802) 496-4878. www.vt-summerfestival.com. *July 7 through Aug 15.*

MIDDLEBURY. 32nd Annual Middlebury Summer Festival on-the-Green. Family-friendly performing arts. A Street Dance with the Vermont Jazz Ensemble 7-10 pm, rain or shine. Free. On Main Street. (802) 462-3555. midfog@gmail.com. www.festivalonthegreen.org.

NEWBURY. Sixth Annual Sacred Harp Sing. "Connexion" and A Jeremiah Ingalls Singing. Public invited to participate. Free admission. 10 am - 4 pm in the First Congregational Church on Main St. For information visit www.singingalls.org.

SHELburne. Family Workshop: Garden Delights. Fruits and vegetables are ripening in our Market Garden! Discover what's growing, help out with a harvest and taste some of the delicious fresh food. \$12/parent & child, \$6/each additional child. 9:30-11:30 am. Shelburne Farms, 1611 Harbor Rd. off Rt. 7. (802) 985-8686. www.shelburnefarms.org.

SOUTH ROYALTON. Annual Old Home Days. All-day family festivities. "Paradise in Vermont" parade at 10 am. Band concert with the South Royalton Town Band after the parade. Silent auction 11 am - 4 pm. Bean-Hole-Beans starting at 12 noon. Step-in-Time line dancers at 4 pm. Chicken BBQ at 5 pm. Live music from 8-11 pm with Automatic Rooster, classic rock. Rides by Amyland Amusements including two new ones. Two bicycle giveaways. Food booth and vendors. Free admission. On the Green. To benefit the S. Royalton Fire & Rescue. For information and vendor space call David Whitney at (802) 763-8326.

WALLINGFORD. Annual Wallingford Day. Volunteer Fire Department Family Fun Day with rides, games, refreshments, BBQ, & Street Dance at the Wallingford Fire Station, on Railroad St. from 10 am - 12 midnight. Multiple yard/tag sales, merchant & artisan retail sales. Friends of the Gilbert Hart Library book, audio & movie sale. Church bake sales. Fireworks at dusk. (802) 446-2336. www.wallingfordvt.com.

WOODSTOCK. 6th Annual St. James Church Fair. Bargains of all kinds. Books, jewelry, toys, rummage, fabrics, and lunch. Free admission. 10 am - 3 pm. On the Village Green, opposite Woodstock Town Hall. (802) 457-4839. stjames1@sover.net.

SUNDAY, JULY 18

BRADFORD. Annual Connecticut Valley Fair. Youth oxen show at 10 am. Veteran's Horseshoe Tournament at 11 am. Draft horse pull at 11 am and 12 noon. Vermonster 4x4 mud runs/rock crawl 12 noon. Midway open at noon. Junkyard Jackie performs at 2 pm. Poppy Town Puppets at 11 am and 3 pm. Free-for-all draft horse pull at 4 pm. Exhibits, Old McDonald's Farm, fair food and vendors. Free events with admission. On Carson Lane. (802) 222-4053. connecticutvalleyfair.com. vtfairs.org.

SHELburne. Vermont Mozart Festival: Mozart and Chopin. Grounds open for picnicing at 5:15 pm, dressage exhibition 6:30 pm, concert 7:30 pm. Onsite parking \$12. Tickets \$38/\$15: (802) 862-7352 or www.vtmozart.org. On the inn lawn at Shelburne Farms, 1611 Harbor Rd. off Rt. 7. Rain site Champlain Valley Expo. (802) 985-8686. www.shelburnefarms.org.

WOODSTOCK. Billings Farm Celebrates National Ice Cream Day Kicking Off Weekly Ice Cream Sundays. Make and taste hand-cranked ice cream while learning the history and science for the "great American dessert." Admission includes all activities, plus the operating dairy farm, farm life exhibits, and the restored and furnished 1890 Farm House. Adults \$12; 62 & over \$11; children 5-15 \$6; 3-4 \$3; 2 & under free. 10 am - 5 pm. Billings Farm and Museum, Rt. 12 N. and River Rd. (802) 457-2355. info@billingsfarm.org. www.billingsfarm.org. *Sundays through September 19.*

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Vermont Country Calendar

TUESDAY, JULY 20

MIDDLEBURY. Vermont Mozart Festival Concert. Jean-Claude Penner performs a piano recital of Chopin's works. Tickets are \$31 and \$15. Doors open at 7 pm, concert at 7:30 pm. Middlebury Town Hall Theater, 68 South Pleasant St. (802) 862-7352. boxoffice@vtmozart.org. www.vtmozart.org.

SHELBURNE. Workshop: Bats on the Farm. Learn about the benefits of bats, discuss commonly asked questions on rabies, white nose syndrome and how to have your own bat box. Then venture out with Barry the Bat Guy to see one of Vermont's biggest bat houses and watch the flight of the bats as they leave for their evening hunt. Fee: \$8, for adults. 7-9 pm. Shelburne Farms, 1611 Harbor Rd. off Rt. 7. (802) 985-8686. www.shelburnefarms.org.

SOUTH ROYALTON. Concert: Good Old Wagon—Blues, Rag, Old Time Music. Brown Bag Concert Series. 12 noon on the Village Green; rain site is the South Royalton High School Gym. Free admission. (802) 763-7207.

STOWE. Stowe Free Library Annual Giant Book Sale. Free admission. Open dawn to dusk daily. Stowe Free Library front porch, 90 Pond St. (802) 253-6145. info@stowelibrary.org. www.stowelibrary.org. Also July 28.

WEDNESDAY, JULY 21

BARRE. Barre Heritage Festival. A five-day festival and celebration for the whole family. Takes place up and down Main Street. (802) 476-0242. www.barreheritagefestival.com. Through July 25.

ESSEX. Vermont Mozart Festival Concert Presents Gilbert & Sullivan's Yeoman of the Guard. Jean-Claude Penner performs a piano recital of Chopin's works. Tickets \$55. Doors open at 7 pm, performance at 7:30 pm. The Essex, 70 Essex Way. (802) 862-7352. boxoffice@vtmozart.org. www.vtmozart.org.

THURSDAY, JULY 22

ROYALTON. Outdoor Summer Band Concert. South Royalton Town Band performs. 7:30 pm. Free. (802) 234-6400.

SHELBURNE. A Toast to the Season: Dinner in the Vineyard. Annual family-style dinner featuring ingredients produced on the Farm in a spectacular vineyard setting while you watch the sun setting over Lake Champlain. Fee: \$50, for adults. 6 pm. Shelburne Farms, 1611 Harbor Rd. off Rt. 7. Rain date July 29. (802) 985-8686. www.shelburnefarms.org.

FRIDAY, JULY 23

FERRISBURGH. Vermont Mozart Festival Concert. Tickets \$31/\$15. Doors open at 7 pm, performance at 7:30 pm. At Kingsland Bay State Park (rain location Middlebury Sports Arena). (802) 862-7352. boxoffice@vtmozart.org. www.vtmozart.org.

JOHNSON. 49th Annual Lamoille County Field Days. An old-time family fair! Arts & crafts, produce and agricultural exhibits, animal barn, horse, pony and ox pulling, lumberjack roundup, 4-H exhibits, draft horse show, gymkhana and pee-wee gymkhana. Midway, entertainment, antique tractor pull, Vermont pedal pull championship, street stock truck pull, maple center. Plenty of fair food. Camping available. One-price admission \$10, three-day pass \$25. On Rte. 100C. (802) 635-7113. www.lamoillefielddays.com. vtfairs.org. Through July 25.

NEWBURY. Cracker Barrel Bazaar Fiddlers' Contest. An evening of great music, good food & family fun awaits you. Bring your lawn chair. All fiddlers welcome. \$6. 7 pm at the Gazebo on the Newbury Common. (802) 866-5917. www.crackerbarrelbazaar.org.

NEWBURY. Cracker Barrel Bazaar Chicken Pie Supper. Enjoy Chicken pie, mashed potato, peas, coleslaw, gravy, cranberry sauce, homemade pie, milk, coffee, tea. Tickets: adults \$9, children under 10 \$4.50. 4:30 to 7 pm (continuous serving) at the Congregational Church Vestry. For information call: (802) 429-2204. www.crackerbarrelbazaar.org.

RUTLAND. French Choral Concert by Cantoria. A community chorus from the Indre-et-Loire region of France, performs in a musical and cultural exchange. Grace Church hosts this evening of French music and American contradancing. 7 pm. Grace Church Sanctuary and Fellowship Hall, 8 Court St. Free-will offering. (802) 775-4301. marylbarron@gmail.com. www.gracechurchvt.org.

WINDSOR. Daylily Days at Cider Hill Gardens & Gallery. 10:30-11:30 am daily talk: learn how to grow Daylilies. Guided tour of our Daylily fields and gardens to see over 100 varieties and shapes. Daylily specials change daily. Enjoy light refreshments and pick up Growing Daylilies tip sheets. Visit The Gary Milek Gallery. Open 10-6. Cider Hill Gardens & Gallery, 1747 Hunt Rd. (off State St.). (800) 232-4337. www.garymilek.com. www.ciderhillgardens.com. Through July 25.

WOODSTOCK. Family Program: Foodways Fridays. Discover how to use heirloom garden vegetables in historic recipes. Admission includes all activities, plus the operating dairy farm, farm life exhibits, and the restored and furnished 1890 Farm House. Adults \$12; 62 & over \$11; children 5-15 \$6; 3-4 \$3; 2 & under free. 10 am - 5 pm. Billings Farm and Museum, Rt. 12 N. and River Rd. (802) 457-2355. www.billingsfarm.org. Fridays through October 15.

SATURDAY, JULY 24

BARRE. Barre Heritage Festival. For the whole family. Parade 11:30 am. Live music, silent auction, 5K race, Rotary breakfast. Horseshoe tournament, spaghetti dinner, street dance, book sale, farmers market, wagon rides, art show, poetry slam, food and gift vendors, Lion's tow-down. Main St. (802) 476-0242. barreheritagefestival.com. Also July 25.

EAST DORSET. Vermont Summer Festival Horse Show. Six weeks of top show jumping equestrian competition. Spectators welcome. Watch the amazing horses and athletes, shop the boutiques, and have lunch and refreshments. Admission. Grand Prix. Hours: Wed-Sun, 8 am - 4 pm. At the Harold Beebe Farm on Rt. 7. (802) 496-4878. www.vt-summerfestival.com. July 7 through Aug 15.

JOHNSON. 49th Annual Lamoille County Field Days. An old-time family fair! Arts & crafts, produce and agricultural exhibits, animal barn, horse, pony and ox pulling, lumberjack roundup, 4-H exhibits, draft horse show, gymkhana and pee-wee gymkhana. Midway, entertainment, antique tractor pull, Vermont pedal pull championship, street stock truck pull, maple center. Plenty of fair food. Camping available. One-price admission \$10, three-day pass \$25. Rt. 100C. (802) 635-7113. Also July 25.

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- Vermont Technical College
- Local Farmers and Craft Markets, Saturdays May - October.
- Vermont Symphony Orchestra outdoor concert - Saturday, July 10th at the Three Stallion Inn.
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Vermont Symphony Orchestra Summer Festival Tour

The Vermont Symphony Orchestra celebrates the TD Bank Summer Festival Tour with concerts in eight special outdoor locations.

From Thursday, July 1 through Sunday, July 11, the state's premiere orchestra performs "The Birds and the Bees," a collection of music from the aviary to the apiary.

The orchestra will perform in beautiful mountain and lakeside settings, welcoming pre-concert picnicking and concluding each performance with Tchaikovsky's 1812 Overture and fireworks.

From Jurassic Park's pterodactyls to Tchaikovsky's swans, the orchestra soars in a salute to wingers and stingers. Rimsky-Korsakov's glorious Easter egg tale is paired with an unlikely bumblebee: the orchestra's principal tubist. The orchestra even found a march that fits the bill, since America's national emblem is the bald eagle.

Concert Schedule

Thursday, July 1: On the grounds behind the Mahaney Center for the Arts, Middlebury College, Middlebury,

VT (presented by the Henry Sheldon Museum).

Friday, July 2: Hildene Meadowlands, Manchester, VT.

Saturday, July 3: Grafton Ponds, Grafton, VT (presented by the Brattleboro Museum and Arts Center).

Sunday, July 4: Shelburne Farms, Shelburne, VT.

Monday, July 5: Quechee Polo Grounds, Quechee, VT Friday, July 9, Mountain Top Inn, Chittenden, VT.

Saturday, July 10: Three Stallion Inn, Randolph, VT

Sunday, July 11: Trapp Concert Meadow, Stowe, VT (co-presented with Stowe Performing Arts).

Concerts begin at 7:30 p.m. at all sites, with gates opening for picnicking at 5:00 or 5:30 p.m. depending on location. Tickets range from \$29-32 for adults; free to \$16 for children. All sites are wheelchair accessible.

For more information about the Summer Festival Tour, including a listing of local ticket outlets, or to order tickets, visit www.vso.org or call (802) 863-5966.

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Vermont Country Calendar

NEWBURY. 59th Annual Cracker Barrel Bazaar & Craft Fair. Family entertainment. Children's games, puppet shows, ballet, clown, sheep dog trials. VINS live reptiles & amphibians program, sheep dog demos. Craft show on the Common. Live music at the Gazebo all day. Cruises on the Connecticut River 10 am - 4 pm departing every half-hour, adults \$8, children under 10 \$5. Hay rides at the Common 10 am - 3 pm, \$3 adults, \$1 children under 10. Silent auction, DAR open house, museum tour, book sale, and more. Free admission. 9 am - 4 pm. On the common. (802) 866-5580. crackerbarrelbazaar.org.

SHELburne. Vermont Mozart Festival: Mozart and Beethoven. Grounds open for picnicing at 5 pm, concert 7:30 pm. Onsite parking \$12. Tickets \$31/\$15: (802) 862-7352 or www.vtmozart.org. On the inn lawn at Shelburne Farms, 1611 Harbor Rd. off Rt. 7. Rain site Champlain Valley Expo. (802) 985-8686. www.shelburnefarms.org.

SHELburne. Family Workshop: Raptor Scavenger Hunt. After the hunt, enjoy a live raptor presentation! For all ages. \$12/parent & child, \$6/each additional child. 10 am - 12 pm. Shelburne Farms, 1611 Harbor Rd. off Rt. 7. (802) 985-8686. www.shelburnefarms.org.

SUNDAY, JULY 25

JOHNSON. 49th Annual Lamoille County Field Days. Arts & crafts, produce and agricultural exhibits, animal barn, horse, pony and ox pulling, lumberjack roundup, 4-H exhibits, draft horse show, gymkhana. Midway, entertainment, antique tractor pull, Vermont pedal pull championship, street stock truck pull, maple center. One-price admission \$10, three-day pass \$25. On Rte. 100C. (802) 635-7113. www.lamoillefelddays.com. vtfairs.org.

SHELburne. Vermont Cheesemakers Festival. Spend a summer day along the shores of Lake Champlain at the historic Shelburne Farms Coach Barn sampling, buying, learning, and networking. Come celebrate cheese! Tickets: (Flynnix) (802) 863-5966. 10:30 am - 4:30 pm. At the Coach Barn at Shelburne Farms, 1611 Harbor Rd. off Rt. 7. (802) 985-8686. shelburnefarms.org. vtcheesefest.com.

SHELburne. Vermont Mozart Festival Family Series Concert: The Topsy-Turvy World of Gilbert & Sullivan. Tickets: adults \$7, children \$5. Grounds open at 10 am, concert at 11 am. At the Vermont Teddy Bear Factory, 6655 Shelburne Road. (802) 862-7352. vtmozart.org.

STOWE. Vermont Mozart Festival: Sunday Serenade. A program of Rossini, Mozart & Brahms. Tickets: \$31/\$15. Grounds open for picnicing at 5 pm, concert at 7 pm. At the Trapp Family Lodge, 700 Trapp Hill Rd. Rain site Jackson Arena. (802) 862-7352. www.vtmozart.org.

TINMOUTH. Program: The Civil War in Tinmouth and Middletown Springs. Sponsored by the Tinmouth Historical and Genealogical Society. 2 pm at the Old Firehouse. For more information contact Grant Reynolds at (802) 446-3457. grant62@vermontel.net. tinmouthvt.org.

TUESDAY, JULY 27

BOLTON VALLEY. Vermont Mozart Festival: Piano at the Ponds—Gil Shohat performs a recital of Chopin's works. Tickets: \$31/\$15. Grounds open for picnicing at 5 pm, concert at 7 pm. At The Ponds at Bolton Valley Resort, 4302 Bolton Access Rd. (802) 862-7352.

SOUTH ROYALTON. Performance. No Strings Marionette Company Presents: Treasure Hunt. 11:30 am on the Village Green; rain site is the South Royalton High School Gym. Free admission. (802) 763-7207.

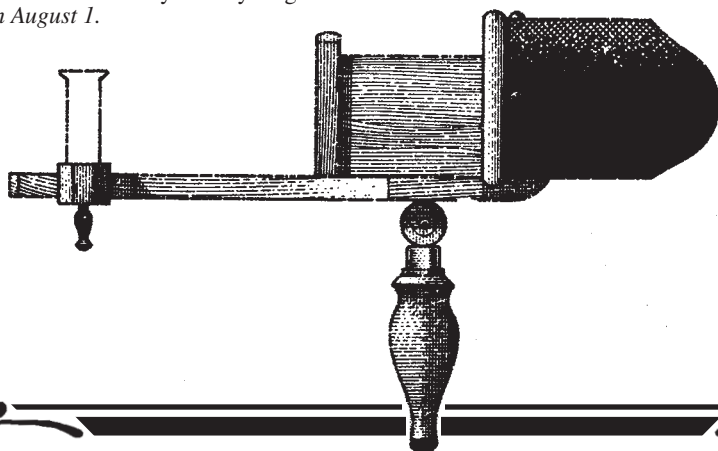
WEDNESDAY, JULY 28

GRAND ISLE. Vermont Mozart Festival: Sax on the Beach. A jazz concert with the Steve Wilson Trio. Tickets: \$31/\$15. Gates open for picnicing at 5:30 pm, concert at 7:30 pm. At Grand Isle Lake House, 34 E. Shore North. Rain site Champlain Valley Expo. (802) 862-7352.

STOWE. Stowe Free Library Annual Giant Book Sale. Thousands of books for all interests and ages. Free admission. Open dawn to dusk daily. Stowe Free Library front porch, 90 Pond St. (802) 253-6145.

THURSDAY, JULY 29

HIGHGATE. Franklin County Field Days. Agricultural and 4-H displays and cattle shows. Crafts, games, rides, music, live entertainment. Largest truck pull in Northern Vermont! ATV obstacle course. Garden tractor pull, pedal tractor pull, farm tractor pull, and antique tractor pull. Draft horse show, draft horse and oxen pulling. Demolition derby. One-price admission \$8 per day, parking \$5/\$1. Camping available. On Airport Rd., off I-89 exit 22. (802) 868-2514. www.franklincountyfelddays.org. vtfairs.org. *Through August 1.*



SOUTH ROYALTON. Outdoor Summer Band Concert. South Royalton Town Band performs in the gazebo on the Green. 7:30 pm. Free. Rain site is the South Royalton High School Gymnasium. (802) 234-6400.

FRIDAY, JULY 30

BARRE. Vermont Mozart Festival: Entremont on the Rocks. Philippe Entremont plays Chopin's solo piano works. Tickets: \$31/\$15. Doors open at 7 pm, concert at 7:30 pm. At the Barre Opera House, 6 N. Main St. (802) 862-7352. boxoffice@vtmozart.org. www.vtmozart.org.

HIGHGATE. Franklin County Field Days. Agricultural and 4-H displays and cattle shows. Crafts, games, rides, music, live entertainment. Largest truck pull in Northern Vermont! ATV obstacle course. Garden tractor pull, pedal tractor pull, farm tractor pull, and antique tractor pull. Draft horse show, draft horse and oxen pulling. Demolition derby. One-price admission \$8 per day, parking \$5/\$1. Camping available. On Airport Rd., off I-89 exit 22. (802) 868-2514. www.franklincountyfelddays.org. vtfairs.org. *Through August 1.*

WILMINGTON. 3rd Annual Deerfield Valley Blueberry Festival. Blueberries, vintage cars, music, food in the Mount Snow area. Children's activities, jam making, blueberry themed specials in the local eateries, blue music events, a blue car auto show, blueberry bake sales, blue beer, and pick your own blueberries. Blueberry Quest! (802) 464-5618. www.vermontblueberry.com. vtfairs.org. *Through August 7.*

SATURDAY, JULY 31

EAST DORSET. Vermont Summer Festival Horse Show. Six weeks of top show jumping equestrian competition. Spectators welcome. Watch the amazing horses and athletes, shop the boutiques, and have lunch and refreshments. Admission. Grand Prix. Hours: Wed-Sun, 8 am - 4 pm. At the Harold Beebe Farm on Rt. 7. (802) 496-4878. www.vt-summerfestival.com. *July 7 through August 15.*

HIGHGATE. Franklin County Field Days. Agricultural and 4-H displays and cattle shows. Crafts, games, rides, music, live entertainment. Tractor pulls. Draft horse show, draft horse and oxen pulling. Demolition derby. One-price admission \$8. Parking \$5/\$1. On Airport Road, off I-89 exit 22. (802) 868-2514. www.franklincountyfelddays.org. vtfairs.org. *Also August 1.*

POWNA. Annual Pownal Community Fair. Help us celebrate our Bicenquinguanary as the gateway to southwest Vermont. Ongoing activities all day long capped off by a great fireworks display at 9:30 pm. Free admission. Rte. 346 and Church St. at the Pownal Fire Department. (802) 823-5258. vtfairs.org.

SHELburne. Green Mountain Draft Horse Field Day. Demonstrations of traditional farming methods presented by the Green Mountain Draft Horse Association—plowing, mowing, and reaping. Hay rides! Free with admission to the property: adults, \$8; seniors \$6; children 3-17 \$5; free under 3. 11 am - 2 pm. At the Coach Barn at Shelburne Farms, 1611 Harbor Rd. off Rt. 7. (802) 985-8686. www.shelburnefarms.org. www.vtcheesefest.com.

SHELburne. Vermont Mozart Festival: Vivaldi's Four Seasons. Grounds open for picnicing at 5 pm, concert 7 pm. Onsite parking \$12. Tickets \$31/\$15: (802) 862-7352 or www.vtmozart.org. On the inn lawn at Shelburne Farms, 1611 Harbor Rd. off Rt. 7. Rain site Champlain Valley Expo. (802) 985-8686. www.shelburnefarms.org. www.vtmozart.org.

WILMINGTON. 3rd Annual Deerfield Valley Blueberry Festival. Mount Snow Area. Blueberries, vintage cars, music, food in the Mount Snow area towns of Wilmington, Whitingham and Dover. Children's activities, jam making, blueberry themed specials in the local eateries, blue music events, a blue car auto show, blueberry bake sales, blue beer, and pick your own blueberries. Blueberry Quest! (802) 464-5618. www.vermontblueberry.com. vtfairs.org. *Through August 7.*

SUNDAY, AUGUST 1

HIGHGATE. Franklin County Field Days. Agricultural and 4-H displays and cattle shows. Crafts, games, rides, music, live entertainment. Truck and tractor pulls. Draft horse show, draft horse and oxen pulling. Demolition derby. One-price admission \$8 per day, parking \$5/\$1. Camping available. On Airport Rd., off I-89 exit 22. (802) 868-2514. www.franklincountyfelddays.org. www.vtfairs.org.

REMEMBRANCE

Across the valley, gray with summer haze,
There comes the scent of grass all freshly mown.
Cicadas scream the heat of July days,
A crow keeps constant guard where corn is grown.
One bird, low flying, dips the meadow green,
Cows idly lie on hills with pasture shade.
Paintbrush and daisies everywhere are seen
Along the swath the mower's scythe has made.

And on a rise of ground against the sky
The old home stays alone, located where
It sees the many precious things that I
Have treasured since the day I left them there.

—EDNA FAITH CONNELL
Rutland, VT, 1932

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A Family Camp in Vermont Is Revived After 100 Years

1911 was a time of exploration and excitement worldwide, and Vermont was a part of this adventure. Two New York science teachers made their way to Post Mills, Vermont to start a summer camp for the families of children who were attending the other 12 summer camps on Lake Fairlee. That same historic camp, originally called Shanty Shane, and now called Ohana Camp, has reopened its doors once again for family camping on Lake Fairlee.

The Aloha Foundation, 100 years old itself, recently purchased the property to keep it from being developed, and decided to build on the success of its other summer and winter family camps. Founded in 1903, Aloha is known for its excellence in the field of children's camps; Lanakila, Aloha Camp, Aloha Hive, Horizons Day Camp, Voyageurs Wilderness Trips and Hulbert Outdoor Center.

Families who have the desire to slow down, reconnect and enjoy each other in the natural world will find Ohana

Camp a unique and perfect vacation spot. The historic lodge has been restored, the quaint cabins with their fieldstone fireplaces have been renovated, but the magnificent views and the tranquil setting has not changed. The site still beckons those who are looking for a place to slow down and enjoy the serenity of Vermont.

Activities include swimming, sailing, canoeing, kayaking, tennis, biking, farm animals, hiking, music, crafts, sitting by the fire reading a book, or enjoying the view from your cabin's porch. Located in the Upper Connecticut River Valley, the camp is close to Dartmouth College, and one hour from Vermont's Green Mountains and one hour from New Hampshire's White Mountains.

For more information about staying at Ohana Camp in Fairlee, VT (July 3 through August 21, 2010) visit www.alohafoundation.org/ohana, call (802) 333-3405 or e-mail lynn_daly@alohafoundation.org.



photo courtesy of Aloha Foundation
The Main Lodge at Ohana Camp in Fairlee, VT.



Lilies in a profusion of summer blooms, Randolph, VT.

photo by Nancy Cassidy

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Strawberry Lore

By Lisa Halvorsen
Garden Editor
University of Vermont Extension

It's strawberry picking time in New England, and although the season is short, hundreds of people will visit pick-your-own operations and roadside stands in June for those ripe, red berries.

New varieties are being introduced each year, but it's interesting to note that strawberries have been popular throughout history.

The word "strawberry" is derived from the Old English word "strewberige" that refers to its pattern of growth—strewn or strawed over the grounds. The scientific name, "Fragaria," from the Latin "fragrare" (to smell fragrant) refers to the distinctive quality of the fruit. The It became "fraise" in French.

One of the earliest historical references to strawberry cultivation was in King Charles V's time. In 1368, the ruler ordered his gardener, Jean Dudoy, to plant 1,200 strawberry plants in the garden at the Louvre in Paris.

When it came to strawberries, even Shakespeare got into the act. In the play, "Richard III," the Duke of Gloucester asks the Bishop of Ely to send for some of the "good strawberries" he had seen in the Bishop's garden at Holborn.

Louis XIV had strawberries forced for his out-of-season pleasure. His grandson, Louis XV, set up a strawberry experiment station after he had been presented with a choice potted strawberry on July 6, 1764.

A.N. Duchesne, the young man who gave him the plant, was put in charge of research. Two years later, at age 19, Duchesne, amazingly, produced the most complete scholarly work ever written on the natural history of the strawberry, *Histoire Naturelle des Fraisières*.

Although decidedly good-tasting, strawberries were appreciated for more than their fruit.

In the Middle Ages, the plant was considered a cure for "depressive illness" and also was used "to take away redness of the face." The first, easing the depressive pressures of responsibility, may explain why strawberry leaves appear on the coronets of English earls, marquises, dukes, and the children of the Prince of Wales. The second was most likely the reason why Madame de Tallien, in Napoleon's time, added the juice of ten kilos (22 pounds) of strawberries to the water every time she took a bath!



Picking a basket of organic beautiful red strawberries at Cedar Circle Farm in E. Thetford, VT.

photo by Ian Clark Photography

THE LOWEST TREES HAVE TOPS

The lowest trees have tops, the ant her gall,
The fly her spleen, the little spark his heat,
And slender hairs cast shadows though but small,
And bees have stings although they be not great.
Seas have their source, and so have shallow springs,
And love is love in beggars and in kings.

Where waters smoothest run, deep are the fords,
The dial stirs, yet none perceives it move:
The firmest faith is in the fewest words,
The turtles cannot sing, and yet they love,
True hearts have eyes and ears no tongues to speak:
They hear, and see, and sigh, and then they break.

—SIR EDWARD DYER
England, 1543–1607



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~Abby, Ai, & John Metcalf~

Preserving Berries in the Sun

While sun-preserved fruits require time and patience, they are without doubt, much better than those cooked over the fire. This recipe will answer for raspberries or strawberries, and doubtless some of the other favorites.

In the country, where a hot-bed is at command, the work is easily done. Put the berries into a wire basket, which you plunge down in a pan of cold water. Drain thoroughly and stem carefully, if using strawberries, without bruising. Weigh the berries, and to each pound allow one pound of granulated sugar.

Select large, stoneware plates, make them very hot either on top of the stove or in the oven; sprinkle over

them a layer of the granulated sugar and cover this closely with the berries. Cover plates with glass and stand in the sun's hottest rays. Move the dish as the sun changes its position. At four o'clock bring them in, and stand aside in a closet or cool place.

Next day put them out again in the sun. By this time the fruits will no doubt have become clear, almost transparent, and thoroughly soft, but perfectly whole. Lift each berry carefully with a fork, and put into a tumbler or bottle.

Boil the syrup remaining over the fire for a few minutes until it thickens; strain, cool, and pour it over the fruit.

—Sara Tyson Rohrer, 1902

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GROWING FOR A SUSTAINABLE FUTURE
Vermont Country Sampler, June–July 2010 Page 27

North Country Book News

21st Annual Meetinghouse Readings Begin July 8

The Meetinghouse Readings, Canaan, NH's long-running grassroots literary reading series, starts its 21st season of presenting outstanding and emerging voices in fiction, poetry and nonfiction on Thursday July 8, 2010.

The series' four-week schedule provides superb entertainment by some of the nation's finest writers. It includes appearances by novelist Brunonia Barry, author of publishing sensation *The Lace Reader*; historian and public broadcasting commentator Ellen Fitzpatrick, reading from *Letters to Jackie: Condolences From a Grieving Nation*; and bestselling nature writer Sy Montgomery.

July 8: Ellen Fitzpatrick—*Letters to Jackie: Condolences From a Grieving Nation*. **Ivy Pochoda**—*The Art of Disappearing*.

July 15: Brunonia Barry—*The Lace Reader, The Map of True Places*. **Pat Farnoli**—*Then, Something, Duties of the Spirit*.

July 22: Jay Atkinson—*Paradise Road: Jack Kerouac's Lost Highway*. **Gary Lenhart**—*Light Heart, Father and Son Night*.

July 29: PEN Northern New England "Speaking Out" Award Night: Sy Montgomery—*Birdology, The Good Good*

Pig, Spell of the Tiger. **Steve Almond**—*Rock and Roll Will Save Your Life*.

The series' first night features Lyme, NH's Ivy Pochoda, reading from her debut novel, *The Art of Disappearing*, and Ellen Fitzpatrick. A scholar specializing in modern American political and intellectual history, Fitzpatrick is the author and editor of six books and has appeared regularly on PBS's *The NewsHour with Jim Lehrer*. Her latest book, *Letters to Jackie: Condolences From a Grieving Nation*, collects heartfelt testimony from Americans responding to one of the most memorable events of the 20th century: the assassination of President John F. Kennedy.

The series' final night will honor bestselling Hancock, NH author Sy Montgomery's advocacy for the essential connection between biodiversity, environmental health and human dignity. Montgomery will be receiving the PEN Northern New England "Speaking Out" Award recognizing her achievement with her books: *The Good, Good Pig, The Spell of the Tiger* and *Birdology*. (PEN/NNE is the region's chapter of this international association of writers working to advance literature, defend free expression and foster global literary fellowship).

Over the years, the series has presented scores of authors, from great names—including Alice Munro, Grace Paley, Donald Hall and Charles Simic—to emerging talents such as Dave King and Jeffrey Lent. Offered in the spirit of barnstorming tours by Dickens and Twain, the Meetinghouse Readings promote reading as the best possible entertainment.

The Meetinghouse Readings are hosted by William Craig and take place in the 1793 Meetinghouse in Canaan's Historic District, opposite the beach on Canaan Street Lake.

Admission is free, books are on sale courtesy of the Norwich Bookstore, and homemade refreshments are offered by the Friends of the Library. All readings begin at 7:30 p.m. (Please no infants and toddlers).

Directions: Take Rt. 4 to the blinking light in Canaan, NH; go two miles up Canaan Street to the Old Meetinghouse.

For more information, visit meetinghouse.us or call William Craig at (802) 785-2030, (802) 461-6861, or e-mail williamcraig@yahoo.com. Call the Canaan Town Library at (603) 523-9650.



Book News

The Little Kitty With Big Dreams

Anyone who loves cats will love *Pitschi—The Kitten Who Always Wanted to Be Something Else: A Sad Story that Ends Well* by Hans Fischer. This classic children's storybook with magical illustrations of kitten and animal life was first published in Switzerland in 1947. It has been republished in 2010 by NorthSouth for a whole new generation.

Pitschi, the kitten, is disdainful of kitty life and yearns for larger dreams. But her dreams take her outside and away and she ends up cold and scared in the night till kindly old Lisette rescues her. The lesson of "start with who you are" is not lost on readers large and small.

Every page has colored drawings and there are some double-page illustrations that will keep the reader occupied for a long time with the enchanting details—see Lisette and the animals celebrate with just the fanciest garden party! Perfect inspiration for this time of year.

Swiss artist Hans Fischer (1909–1958) also wrote and illustrated two books as gifts for his own children, of which Pitschi is one. He loved cats and worked surrounded by them in his studio, making hundreds of cat sketches. We are all the richer for it.

Pitschi by Hans Fischer is \$16.95 hardcover. For more info visit northsouth.com.

Brown Dog Books & Gifts Hosts Nature Writer Elizabeth Bassett

Meet Author Elizabeth Bassett on Friday, July 23 at 7 pm at Brown Dog Books & Gifts at Firehouse Plaza in Hinesburg, VT. Barrett will be discussing the new revised edition of her guide, *Nature Walks in Northwest Vermont and the Champlain Valley*.

Whether you love deep woods, history, wildflowers, or watery places, Elizabeth Bassett's revised edition is an indispensable guide. With detailed maps, directions, and lots of photographs, Bassett describes the best aspects of forty-two special places to walk in her beloved state. In addition to point-to-point guidance, there is fascinating information: how animals stay warm in winter, plants and landscape that inspired

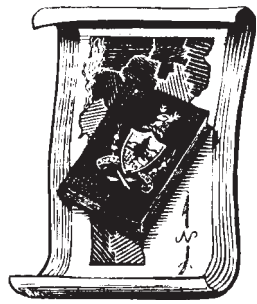
Robert Frost to write some of his most beloved poems, how to identify ferns, winter tracking and tree identification, and why (and where) whale bones and coral reef fossils can be found in the Champlain Valley.

Join us for the evening. Come in have a seat and enjoy complimentary refreshments. Let us know if you can't make it and we can have a book signed for you. This event is free and open to the public.

Brown Dog Books & Gifts is located at the Firehouse Plaza in Hinesburg, VT.

For more information please call (802) 482-5189. Visit www.browndogbook-sandgifts.com.

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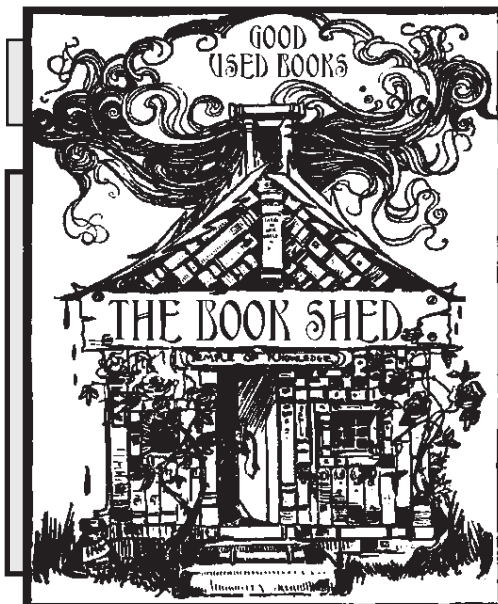
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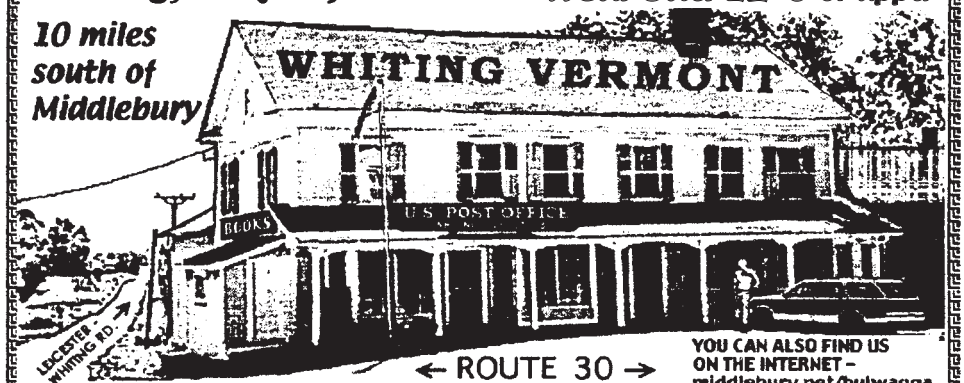
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The Frontlines of a Food Revolution

Ben Hewitt looks into the effects of the artisanal food movement on his Vermont community in *The Town That Food Saved*.

Reporting from Hardwick, Vt.—The sap is running on a crisp spring morning—sugar maples along the roads are festooned with every manner of container, from gallon milk jugs to shining buckets. Steam and smoke waft upward from jury-rigged sugar shacks and multiroom log sugar houses worthy of a spread in *Architectural Digest*. This variety is typical across the country—the small producer's next-door neighbor might be a multimillion-dollar producer.

But beneath the bucolic image, there are questions. The artisanal food movement has added delicious, high-quality food to the national palate, but how does it affect the communities in which it is produced? What happens when artisanal products become too expensive for regular folks, the people who have always enjoyed them?

Here are some more: What does it mean when much of the food is shipped far away to New York, Boston, San Francisco and Los Angeles? Artisanal food is regional, local food. How big can an artisanal company get before it is too big, expanding beyond the ability of the region to sustain it?

Ben Hewitt set out to answer those questions in his new book, *The Town That Food Saved*, using his hometown of Hardwick, VT, population 3,200, as his petri dish. Hardwick is home to several artisanal companies, one of the oldest food co-ops in Vermont and one of the region's finest gourmet organic restaurants, Claire's.

But where there is good food there is discussion, often argument. By asking these questions, Hewitt put himself, with little forethought and no malice, into the center of his community's—and the nation's—raging food debates.

When Hewitt was growing up in northern Vermont in the 1960s and '70s, Hardwick had a reputation as a depressed ghost town. It had enjoyed a brief heyday in the early 1900s when everyone wanted to build with the plentiful local granite. Bust followed boom and then in the 1960s and '70s came the back-to-the-landers, looking for inexpensive land to grow food and get off the grid. Some of these settlers started small companies that have become successful in the Artisanal Age.

Hewitt's book is more complicated than the title implies. In fact, Hewitt, who lost and made friends in the process of writing it, thinks the title doesn't really do justice to the complicated story he unearthed.

He wanted to write the happy story—the colorful characters, the successful small companies, the hopeful alternative to Big Food and Big Distribution. But he also wanted to describe a replicable model, to think through what the guiding principles for a decentralized food system might be.

He came up with four rules: It must be economically viable to small-scale producers. It must be based on sunshine,

i.e., not dependent on chemicals and petroleum. It must feed the locals as well as meet demand from other places. And it must be circular, meaning, for example, that the compost used to create healthy soil would come from the food eaten by people and animals in that community.

When Hewitt looked closely at his hometown, he saw some, but not all, of these principles in action.

Companies in and around Hardwick, such as High Mowing, which sells organic heirloom seeds; Vermont Soy, which makes soy milk and tofu; and cheese maker Jasper Hill Farm had created jobs, embraced organic food production, engaged in frequent trade and bartering (whey for compost, food for labor, meat for vegetables). They helped form a local food co-op (one of Vermont's first and most successful) and purchase 15 acres near the center of town for an eco-industrial park and year-round farmers market. In short, Hardwick was your ideal food community.

But there were also problems. The businesses followed the same old business models—the same draining of local resources to make expensive foods for people in New York and San Francisco.

Some locals were concerned that the media interest in these businesses would bring more outsiders, along with gentrification, higher taxes and increased regulatory interest in lives lived largely off the grid.

Some complained about artisanal producers capitalizing on the Vermont name and acting as if they'd discovered food-producing techniques that local families had been quietly using for more than a hundred years.

Some believe, like Hewitt, that the current food distribution system is unsustainable (due in part to rising fuel costs) and that any good solution will involve not just local food sources but, as medieval as it may sound, a barter economy—a neighbor-to-neighbor food exchange that is not dependant on infrastructure or credit.

"The bigger a food source is, the more vulnerable it is going to be to the vagaries of the market—the costs of transportation, the costs of fertility, and the salaries of all those middlemen," Hewitt says.

Hewitt says that it would be presumptuous of him to tell people to abandon the Big Food model, but he thinks we need a variety of choices and models for living and eating—from barter economy to Big Food.

He and his wife, Penny, and their sons—Fin, 8, and Rye, 5—grow and slaughter all their own food. Just outside Hardwick, on 40 acres purchased in 1997 for \$30,000, they raise pigs, sheep and a few cows, chickens, goats; tap trees for maple syrup; keep bees for honey; and have a greenhouse that gives them year-round vegetables.

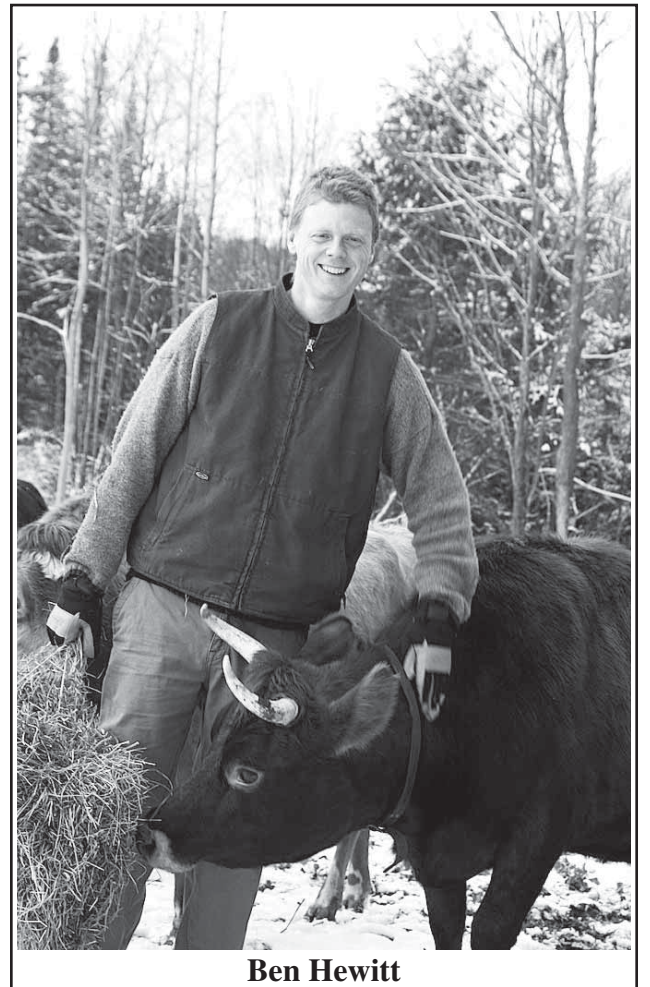
The Hewitts built their house with the help of friends and neighbors. Their energy comes from wind, solar and wood sources. There is no mortgage, no debt (goods they can't make themselves are traded for or paid for with cash).

Downtown Hardwick is colorful and lively. Claire's serves delicious food, most of which comes from within a 15-mile radius. The bookstore has many shelves dedicated to food-growing, soil-tending and time-honored methods for sugaring, bee-keeping, cheese-making and bread-baking.

Still, Hewitt argues that the artisanal movement that created this energy isn't sustainable. In fact, he dislikes that word, which he thinks has been co-opted by commercial interests. He prefers "resilient."

Hardwick may have been lifted out of economic depression

Book Review by Susan Salter Reynolds



Ben Hewitt

by the artisanal movement, but Hewitt feels that it has created income disparities and other problems in the community.

"It's ironic that Hardwick is being held up as a successful example of a local food economy, because it's not actually feeding the locals," he says.

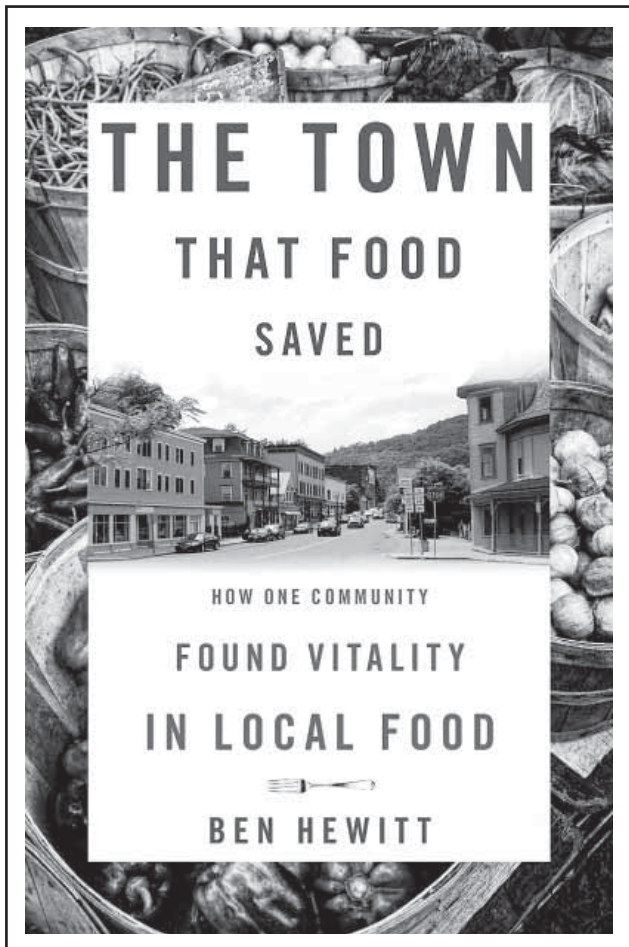
One of the problems is that the more successful these companies get, the bigger they get, and with that size comes greater income disparity. Right now, despite being fairly poor by most measures, Hardwick doesn't really have obvious upper-, middle- and lower-class distinctions, Hewitt says. "There's no 'other side of the tracks.'"

But as these artisanal companies expand, he sees that changing.

Hewitt is clearly proud of Hardwick. But he has come to see it warts and all, and he believes the debates are critical in the evolution of a healthier food economy.

"It's possible," he says with a grin, "that food didn't save this town. Maybe this town will help save food. And that means all of us, everyone. The world."

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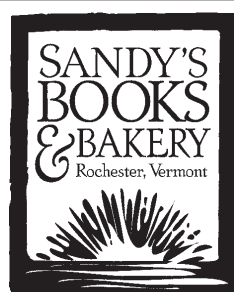
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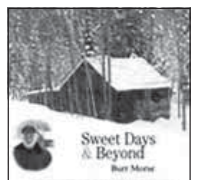
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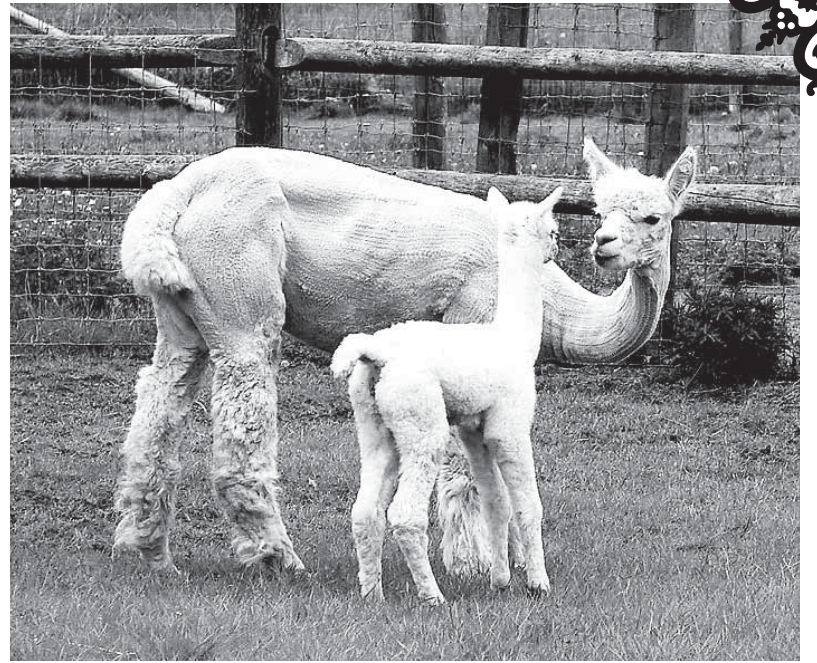


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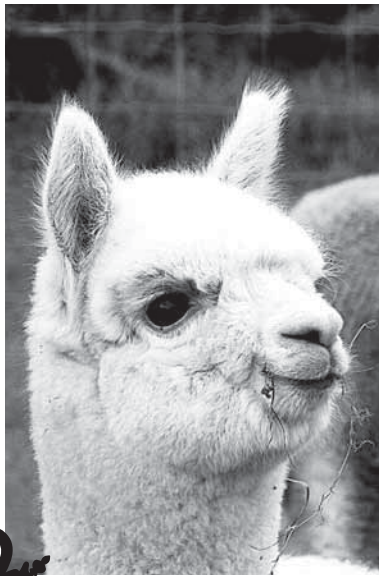
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