

Vermont Country Calendar

MILTON. Holiday Art Show. Affordable Fine Arts by local artists. Admission by donation. 9 am - 4 pm. Milton Grange Hall, River St. (802) 893-8260. jeannie@artsmart-creations.com. www.miltonartistsguild.org.

PAWLET. Workshop: Reiki I. Learn about Reiki and how it can help you heal and improve your life for yourself and those around you. 2-4 pm. Fee: \$120. Held at Heron Brook Haven, a spiritual, healing and teaching center at 432 Kelley Rd. To sign up or for more information contact Jana Mason at (802) 325-3880. heronbrookhaven@yahoo.com, heronbrookhaven.com.

RUTLAND. Brandon Town Players present *A Wedding to Die For*. A whodunnit at South Station. Cash bar 5:30 pm, buffet dinner 6 pm, show 7:30 pm. Dinner and show \$35. Reserve by Nov 11. Call Debbie at (802) 247-6660. info@brandon.org. brandon.org.

RUTLAND. Winter Farmer's Market. 42 vendors with local produce, meat, cheese, food products, and crafts. Entertainment. Every Saturday 10 am - 2 pm. At the Old Strand Theater (enter through the Rutland Natural Food Market at 77 Wales St.) Convenient parking in City Hall parking lot, on street, and at Wales St. parking lot. (802) 287-9311 www.rutlandfarmandfood.org.

WOODSTOCK. November Wagon Ride Weekends. Visit the dairy farm and farmhouse and take part in farm programs and activities. Admission: adults \$11; over 62 \$10; children 5-15 \$6; 3-4 \$3; 2 & under free. 10-4 pm. Billings Farm & Museum, Rt. 12N & River Rd. (802) 457-2355. info@billingsfarm.org. www.billingsfarm.org. Also Nov. 16, 22 & 23.

SUNDAY, NOVEMBER 16

DORSET. Author Event. Meet chef and cookbook author Suvir Saran. Sample treats created from Suvir's cookbook, *Indian Home Cooking and American Masala*. Free. 11 am - 1 pm. The Kitchen Store at J.K Adams, 1430 Rt. 30. (802) 362-4422.

HANOVER, NH. Performance: *Etiquette* by Rotozaza. Here's your chance to be the actor as well as the audience. No need to rehearse or memorize lines. Just sit down, put on the headphones, and follow the directions. Tickets \$15. Every half hour from 11 am - 5 pm at Dartmouth Bookstore. (603) 646-2422. hop.dartmouth.edu. Through Nov 16.

MANCHESTER CENTER. Book and Author Event. Michael Cohen presents his book, *Einstein's Rabbi*. Free. 2 pm at the Northshire Bookstore, 4869 Main St. (802) 362-2200. www.Northshire.com.

MIDDLEBURY. Fall Choral Concert. Middlebury College Choir, Jeffrey Buettner, director. 3 pm. Concert Hall, Mahaney Center for the Arts, Middlebury College, Rt. 30. For tickets call (802) 443-6433. boxoffice@middlebury.edu. www.middlebury.edu/arts.

PAWLET. Workshop: Meditation, Mindfulness, Imagery, Dreams & Visions. 1-4 pm. Fee: \$45. Heron Brook Haven, a spiritual, healing and teaching center at 432 Kelley Rd. To sign up or for more information contact Jana Mason at (802) 325-3880. heronbrookhaven@yahoo.com, heronbrookhaven.com.

ROCHESTER. Fall Outing at Great Hawk Colony. A safe road-walk for hunting season, partly paved and partly smooth dirt. An easy, 4.4 miles. Bring drinking water and a lunch. Wear sturdy footwear, dress appropriately for the weather, and be prepared for weather changes. Sponsored by the Killington and Breadloaf Sections of the Green Mountain Club. Free, non-members welcome. Leave at 9 am from Rutland's Main Street Park, near the east end of the fire station. Call leaders for meeting time and place: Gordon & Helen Cawood, (802) 352-4310. web.mac.com/gmckillington.

SOUTH BURLINGTON. Family Program: Music with Gary Dulabaum-parents, grandparents and children of all ages are invited to come and join the fun. Free. Everyone welcome. 2 pm. South Burlington Community Library, 550 Dorset St. (802) 652-7080. sbcl.sbschools.net.

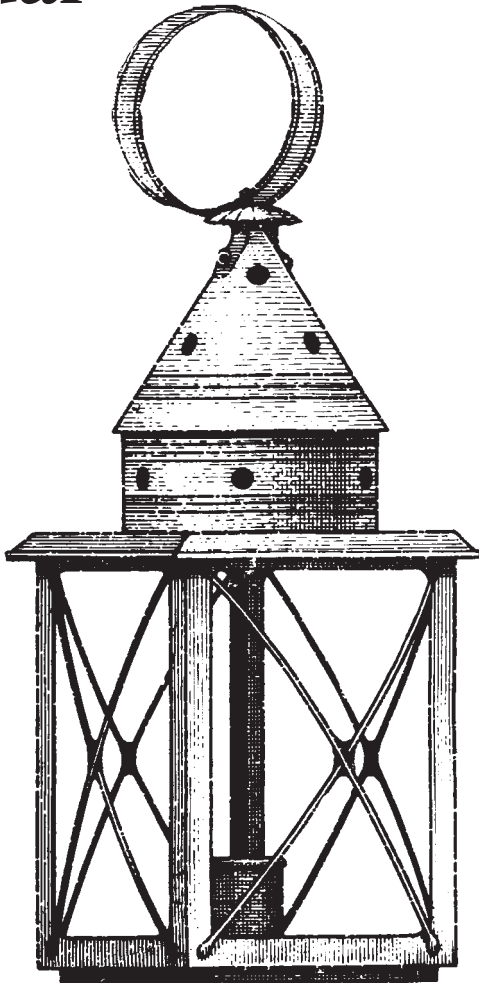
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TUESDAY, NOVEMBER 18

RUTLAND. Discussion: "Type 2 Diabetes Prevention and Treatment: Simple Approaches to Eating and Exercise That Work." Led by registered dietitian Virginia Campbell and Franklin S. Dorsky, Ph.D. All are invited to attend, especially those who have or are at risk for type 2 diabetes. Vermont Sport and Fitness Club, 40 Curtis Ave. 6:30-7:30 pm. Free. (802) 775-9916. info@vermontsportandfitness.com. www.vermontsportandfitness.com.

WEDNESDAY, NOVEMBER 19

BURLINGTON. Traditional Fiddle Classes with Pete Sutherland. Intermediate level. 7-8:15 pm in the Grace Coolidge Room (501), Waterman Building, University of Vermont. For registration and information call (802) 453-3795. epact@gmavt.net. Wednesdays through November December.



GRAFTON. Mighty Acorns Preschool Explorers Club—Wild Turkeys. Fee: \$7. At The Nature Museum, 186 Townshend Rd. For more info and to pre-register, contact Betsy Bennett Stacey at (802) 843-2111, betsy@nature-museum.org. www.nature-museum.org.

LEBANON, NH. Film: Warren Miller's *Children of Winter*. The largest action sports film on the planet! Tickets \$19. 8 pm. Lebanon Opera House, 51 North Park Street. (603) 448-0400. www.lebanonoperahouse.org. WarrenMiller.com. Also Nov 20.

MANCHESTER CENTER. Book and Author Event. Teresa Stores presents *Backslide*. Free. 7 pm at the Northshire Bookstore, 4869 Main St. (802) 362-2200.

WALLINGFORD. Culinary Mini-Workshop. Raw Vegan Cuisine & The Importance of Whole Foods, with instructor Phil Smith. Also pre-holiday trunk sale. Presented by Thrive Center of the Green Mountain. Fee: \$5. 6-9 pm at the Mason's Hall, Rt. 7. Call to reserve: (802) 446-2499. wellbeyond@vermontel.net.

THURSDAY, NOVEMBER 20

DANVILLE. Danville Methodist Game Supper. Oldest game supper in Vermont—since 1921. Menu includes moose, rabbit, bear, chicken, beaver and venison. Adults \$12, 12 and under \$8. 5, 6 & 7 pm. Danville Methodist Church, on the Green. (802) 684-3666.

SOUTH BURLINGTON. 56th Annual Vermont Handcrafters Holiday Craft Show. Vermont's oldest and largest juried craft organization. 135 crafters, demonstrations, meet the artists, raffles, handiwork. Admission \$7, under 12 free. Open Thurs noon-8 pm; Fri, 10 am - 8 pm; Sat, 10 am - 6 pm; Sun, 10 am - 5 pm. Sheraton Conference Center, 870 Williston Rd. (800) 373-5429. vermonthandcrafters.com. Through Nov 23.

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

FRIDAY, NOVEMBER 21

BARRE. Local Guest Chef Mexican Dinner. Starting at 6 pm at Farm Fresh Market & Cafe, 159 N. Main St. (802) 476-4276. czevon@gmail.com. www.lacevt.org.

BELLOWS FALLS. 3rd Friday Art Walk. Stroll through the art galleries, shops, and art venues of Bellows Falls, for art, music and literary events. Free, everyone welcome. 5-8 pm. Sponsored by the Village Square Booksellers & the Great Falls Regional Chamber of Commerce. Contact: Pat Fowler (802) 463-9404. info@villagesquarebooks.com.

BELLOWS FALLS. Holiday Market. Get ready for the holidays with fresh produce and other goods from the market's vendors as well as special guests. Sponsored by the Bellows Falls Farmer's Market. Held downtown at Boccelli's On The Canal. (802) 387-6128. bffarmersmarket.com. Also December 19.

HINESBURG. Contra and Square Dance. Music by Pete and Karen Sutherland and friends with caller Rachel Nevitt. Sponsored by the Monkton Recreation Committee with proceeds to benefit the moving and restoration of the Old Monkton Boro Schoolhouse. Adults \$8, students and seniors \$5. Refreshments. 7:30-10 pm at the Town Hall. (802) 453-3795. epact@gmavt.net. Third Fridays through April.



Plants For Wildlife

by Dr. Leonard Perry,
Extension Professor, University of Vermont

With fall clean-up well underway, most gardeners, myself included, are clearing out undergrowth and unwanted vegetation from around their garden and homes. However, what we may not want may be wanted, and even needed, during the winter months by wildlife.

For instance, cherries, whether wild or planted, provide food for about 70 different species of song and game birds. Crabapples supply food for birds, particularly the purple finch, blue jay, northern oriole, cedar waxwing, and robin.

White cedars, so prevalent in Vermont, are an excellent source of food and shelter for many birds. They eat the seeds, and in winter, the evergreen branches provide cover, a place to escape the fierce winter winds.

Brambles, especially blackberries and raspberries that are a good food source for birds and small animals in summer, also provide a protective haven for wildlife in the winter. Alders, one of the first trees to reappear on land that has been cleared and allowed to regrow, offer twigs and buds for munching by beavers and rabbits, and a protective cover.

Most people are familiar with the red-osier dogwood. This native twiggy shrub is found growing along streams and in abandoned fields and has brilliant scarlet stems in mid-winter. It provides browsing for deer, bear, beaver, and rabbit. Many species of birds enjoy its bluish-black fruit, found in clusters on the ends of the stems. Ruffed grouse, pheasant, and wild turkeys especially like it. Its low growing branches provide good cover for many of these birds.

The hophornbeam, another native tree, has fruits in the fall that are a secondary food for grouse. In winter, the tree buds are this bird's primary food. Squirrels and other game animals and mammals eat acorns, as well as the small red fruits of the low growing partridgeberry.

So, this fall as you clean up some of the brush around your yard, why not leave some for the wildlife this winter. They'll be glad you did.

Leonard P. Perry, Extension Professor, UVM Department of Plant and Soil Science, can be contacted at (802) 656-0479. Check out Perry's Perennial Pages at www.uvm.edu/~pass/perry/.

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