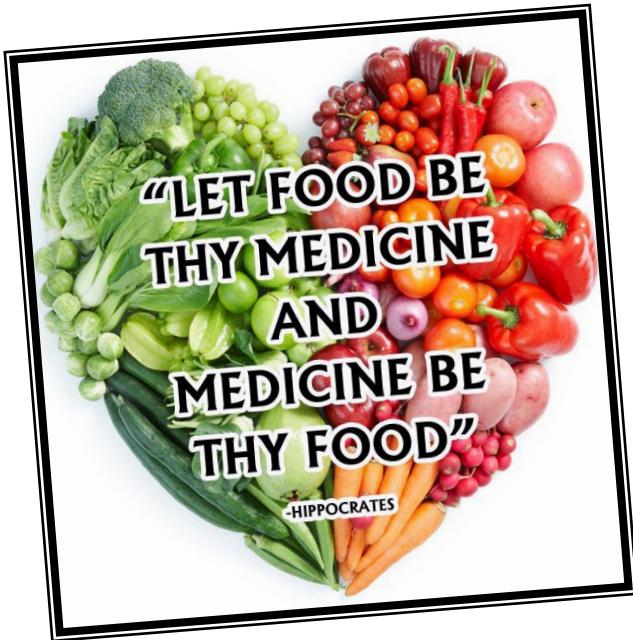


Inquire Fall 2017



The noblest pleasure is the joy of understanding.

~Leonardo da Vinci



THIS FALL'S INQUIRE OFFERINGS...

The Future of Food

Screening of VT-PBS Local Motive Series With Special Guests each week

Early in the last century people in this country knew where their food came from. Today, food is much more readily available and commonly delivered through a vast, global industrialized system. Seasonality is less a factor in our daily diets, and doesn't always affect availability or affordability.

While this miracle of industrialization allows for a more diversified diet and a great deal of cheap food, one cost of these innovations has been the lost connection between consumers and the people who produce their food. The Local Motive was created to change that. This food movement in Vermont is being modeled nationally. Learn more about it during this illuminating program right here at Wake Robin!



Wednesday Sept. 20 at 2PM (Meeting Room)

EPISODE 1 - PRODUCTION - WITH A LOCAL FARMER, TO BE ANNOUNCED

Wednesday September 27 at 2PM (Meeting Room)

EPISODE 2 - PROCESSING - WITH SARAH WARING, EXECUTIVE DIRECTOR, FOOD VENTURE CENTER



Wednesday October 4 at 2PM (Meeting Room)

EPISODE 4 - FARM TO INSTITUTION - WITH DIANE IMRIE, DIRECTOR OF FOOD SERVICES, UVM MEDICAL CENTER

Wednesday October 18 at 2PM (Meeting Room)

EPISODE 3 - DISTRIBUTION - WITH TEDDY GAMACHE, MANAGER, INTERVALE FOOD CENTER



*Tuesday October 24 at 2PM (Meeting Room) * note change in day of week

EPISODE 5 - CONSUMER - WITH CLEM NILAN, FORMER GENERAL MANAGER, CITY MARKET CO-OP

Wednesday November 1 at 2PM (Meeting Room)

EPISODE 6 - WASTE - WITH THERESA SNOW, EXECUTIVE DIRECTOR, SALVATION FARMS

Vermont International Film Festival

An Evening with Orly Yadin, Executive Director Festival Preview and a Behind the Scenes Perspective

October 11th 7:30PM Meeting Room

The Vermont International Film Festival is in its 32nd year. Its purpose is to bring to the community independent films from around the world that would not be shown here otherwise. Through these films, its aim is to foster dialog, diversity and a better understanding of the world we live in. Orly Yadin, Executive Director of VTIFF will talk about the process of selecting the films for this year's festival and show trailers of some of the films that will play in it.



Freshwater Research from the UVM Rubenstein Lab

The Rubenstein Ecosystem Science Laboratory, located on the shore of Lake Champlain, is a state-of-the-art research and teaching facility for the study of aquatic ecology and watershed sciences. The Lab uses a variety of approaches to improve our understanding of ecological processes. In this series three faculty from the Laboratory will discuss their current work and research. **In the Meeting Room.**



Tuesday October 3rd 7:30PM, Ellen Marsden, Ph.D., Professor of Fisheries

Obstacles and Successes in Lake Champlain Fisheries: From Causeways to Recovery

Management of Lake Champlain and its fisheries has evolved substantially since the 1800s, when some fish species were considered to be ‘vermin’, non-native species were deliberately introduced, and the lake was badly impacted by human activities on the landscape. This talk will offer lessons from the past and describe encouraging signs of improvement in fish populations and habitat management.

Tuesday October 10th 7:30PM, Jason Stockwell, Ph.D., Director of the Rubenstein Ecosystem Science Lab

From Shelburne Pond to China and Back: Do Fish Accumulate Cyanobacteria Toxins?

Cyanobacteria, or blue-green algae, can produce toxins that pose economic and health risks, including negative impacts to tourism, real estate, and drinking water, and linkages to liver damage and neurodegenerative diseases. Research on human exposure to blue-green algae typically focuses on direct pathways, through drinking or other contact with contaminated water. This talk reports on current efforts to understand how indirect pathways may expose humans to cyanotoxins.

***Wednesday October 25th 7:30PM, Kristine Stepenuk, Ph.D., Professor of Watershed Science Policy and Education**

The Power of the People There is a lot in the news these days about actions required on the part of farms and municipalities to help clean Lake Champlain, but there are many things that individuals can do to help improve and protect water quality too. This talk will cover such things as native plants to protect shorelines and promote pollinators, rain gardens and lawn care practices to reduce runoff, and practical tips for homeowners to limit salt from entering local waterways.

**note change in day of week*

Wellness/Stress Relief Day at Wake Robin

On November 15th, take a break! The Meeting Room will be dedicated to a unique day of workshops all designed for you to treat yourself to rejuvenation, self-care, and inspiration.

10-11:30 AM: Conscious Breathing for Whole-Body Well-Being and Stress Reduction - with Gardner Orton, Certified Holistic Health Coach, owner Sacred Mountain Studio. In this transformative class participants will learn practical tools to create a healthier balance in your everyday life. Gardner will offer strategies to ease chronic breathing problems and to assist you with stress reduction and improved sleep. The aim of this guided breathing session is to calm, energize, and enhance your overall sense of wellbeing.

1-2:30 PM: Tell Me About It... with Susanne Schmidt, regional producer for The Moth Storytelling Hour

Work with award-winning comedic storyteller Susanne Schmidt and learn the art of writing and telling your story. In this workshop Susanne will teach the art of first-person true storytelling in the style of The Moth Radio Hour. Learn how to take the powerful and funny events of your life and turn them into effective stories that can heal, inspire and entertain your listeners. Susanne creates a supportive environment where the only pre-requisite is the ability to laugh out loud!

3:30-4:30 PM: Soothing Sounds, Vibrations and Positive Energy to Relax Your Mind, Heal

Your Body and Free Your Spirit - with Tim Fox, Emeritus Professor UVM, An hour of powerful sounds, vibrations, and energy emitted from Tibetan singing bowls, gongs, bells, harmony harps, drums and voice. Warm your spirit, unburden yourself and go on a pleasant meditative journey. The sounds, smells, healing ritual and the healing touch of bowls on or near the body will guide you to a new level of relaxation.



SALVATION FARMS



SACRED MOUNTAIN
Studio



Wake Robin extends a very special thank you to all of its
community partners for the Fall 2017 semester.
Thank you!



Inquire at Wake Robin
200 Wake Robin Drive - Shelburne, VT 05482
www.wakerobin.com