

Hartford Resilience Week 2017

Event Descriptions & Presenter Bios

How does Hartford measure up?

When: Friday, August 18, 2017 6PM to 9PM

Where: Bugbee Senior Center 262 N. Main St. WRJ, VT

The 2017 Hartford Resilience Week kick-off event is a community dinner! Who doesn't like free food and lively discussion!? This event will be a fun, participatory activity that will utilize the Community Resilience Organization's "Resilience Assessment Tool" to help Hartford gauge the community's preparedness and capacity to recover from a disaster or other distributive event, i.e. resilience. The assessment tool will help Hartford to identify its strengths, as well as opportunities for increasing community resilience by improving the social, environmental and economic wellbeing within our community.

In small groups, community members will be asked to rate and discuss crucial aspects of the town that relate to energy, food, the natural environment, commerce, emergency services, health care, infrastructure and sense of place (community cohesion). Using a live, keypad polling system, participants will be able to see how other community members rate the importance of these areas in improving Hartford's community resilience, as well as how individual think Hartford is doing in its work toward greater resilience. The community discussion and application of the Resilience Assessment Tool will be guided by Mindy Blank, Executive Director of Community Resilience Organization, and Rebecca Sanborn Stone, Principal of Community Workshop.

All are welcome! Food will be provided. Feel free to bring a dessert to share, but more importantly, bring yourself!

Mindy Blank is the Executive Director of the Community Resilience Organization and a Professor of Environmental Studies at Green Mountain College. In both roles, she facilitates projects that help to mitigate and adapt to climate change. She is passionate about increasing civic engagement by building the social fabric in communities. Her approach focuses on strategic and creative project design, implementation and evaluation. She earned a Masters degree in Environmental Law and Policy from the Vermont Law School where she concentrated on energy and climate change policy, as well as mediation. Formerly, she was an Energy Analyst at the International Energy Agency in Paris where she developed road mapping processes that accelerated deployment of renewable energy, energy efficiency and smart grid technologies. She works locally and internationally, tackling climate and social justice issues at multiple levels; her current focus of international work is in Cuba.

Rebecca Sanborn Stone is an independent consultant specializing in helping social and environmental change organizations build innovative programs and communicate their work to a broader audience. She has a diverse background in science, sustainability and communications. As a result of her work with the Orton Family Foundation, she is very familiar with the work and mission of PlaceMatters, which has given her an in-depth understanding of community engagement, planning, philanthropy, partnerships and network building. She has written for a variety of publications including TED Books, *E Magazine*, *Engaging Cities*, and *Northern Woodlands*. Rebecca lives in Vermont with her husband, two daughters, and a big garden.

Resilient Forest Walking Tour

When: Saturday, August 19, 2017 2PM to 4PM

Where: Hazen Trail – **Meet at the Dothan Brook School 2300 Christian St. Wilder, VT**

Join a guided walk from Wilder to Norwich along the Hazen Trail with Hartford Conservation Commissioners and Vermont licensed foresters Jon Bouton and Dana Hazen. We'll cross

Hartford's Maanawaka Conservation Area and Dana's family land. We'll explore ways our local forest ecosystems adapt to climate and other changes. We'll see some of Dana's work and discuss how managing forests for resilience is essential to our long-term health. An easy walk with some off-trail spurs. Sensible shoes, field clothes, protection from insects or ticks, water and a snack are highly recommended.

Jon Bouton is grateful to have worked for the Department of Forests, Parks and Recreation for 42 years. His training has included managing forests in light of climate change. His most rewarding job has been exploring the forest and helping woodlot owners learn about, and care for the forests that sustain us. He and Judi have lived between the White, Ottauquechee and Connecticut rivers for 15 years, about a half-hour walk, across-lots, from the Hartford Town Forest.

Dana Hazen is a Forester and Invasive Species Specialist with Redstart Natural Resources Management. In addition to his work at Redstart, Dana has done logging, implemented timber stand improvement plans and has completed the Game of Logging safety training. A true outdoors enthusiast, he is passionate about hunting, fishing, running and biking. Dana is the eighth generation to live on his family-owned farm in Hartford, VT.

Dinner and a Movie: Cooking using alternative methods

When: Saturday, August 19, 2017 Dinner at 5:30PM, Movie starts at 6:45PM

Where: Wilder Club 78 Norwich Ave., Wilder, VT

The food is on us as we demonstrate how to cook with less energy! From the rocket stove and dutch oven, to the very hot (pardon the pun) Instant Pot. Eat, learn and enjoy a session on energy efficient cooking.

Established in 2007, the **Hartford Energy Commission** (HEC) is a seven member commission appointed by the Hartford Selectboard to focus on energy issues within the town. The HEC strives to save our neighbors money, to advocate a path to a sustainable energy future and to reduce our collective impact on the environment by promoting public awareness of energy conservation techniques, efficient technologies, and renewable sources of generation. In addition to working with the public, the HEC also advises the Selectboard on energy planning and policy for municipal operations. Learn more by visiting the HEC website at <http://hartford-vt.org/HEC>.

In *How to Let Go of the World and Love All The Things Climate Can't Change*, Oscar Nominated director Josh Fox (GASLAND) continues in his deeply personal style, investigating climate change – the greatest threat our world has ever known. Traveling to 12 countries on 6 continents, the film acknowledges that it may be too late to stop some of the worst consequences and asks, what is it that climate change can't destroy? What is so deep within us that no calamity can take it away?

Showing of *How to Let Go of the World and Love All The Things Climate Can't Change*

When: Sunday, August 20, 2017 Movie starts at 7PM

Where: Vermont Institute of Natural Science (VINS) 6565 Woodstock Rd., Quechee, VT

Come to VINS to enjoy snacks and this thought-provoking movie in the newly winterized Pavillion. Oscar Nominated director Josh Fox (GASLAND) continues in his deeply personal style, investigating climate change – the greatest threat our world has ever known. Traveling to 12 countries on 6 continents, the film acknowledges that it may be too late to stop some of the worst consequences and asks, what is it that climate change can't destroy? What is so deep within us that no calamity can take it away?

“Hands-on” CPR Training

When: Monday, August 21, 2017 5:30PM to 6:30PM

Where: Bugbee Senior Center 262 N. Main St. WRJ, VT

This FREE training session will focus on recognizing the need for cardiopulmonary resuscitation (CPR), calling for help and providing care using HANDS ONLY chest compressions. This technique can keep a person alive by maintaining blood supply to vital organs such as the heart and brain until emergency services arrive. Be prepared to help save a life. This technique is simple and effective!

Assistant Fire Chief Alan Beebe has been teaching CPR, as well as other emergency medical and firefighting courses for over twenty years. He has been a career fire fighter for the Hartford Fire Department for 16 years. He has trained countless EMTs, Firefighters, Doctors and Nurses in Vermont and New Hampshire.

Resilience Panel Discussion: Video intro by Bill McKibben with responses from Lt. Governor David Zuckerman Rebecca Sandborn Stone & Andrew Winter

When: Monday, August 21, 2017 7PM to 9 PM

Where: Bugbee Senior Center 262 N. Main St. WRJ, VT

Bill McKibben is a founder of the grassroots climate campaign 350.org and the Schumann Distinguished Professor in Residence at Middlebury College in Vermont. He is a 2014 recipient of the Right Livelihood Prize, sometimes called the ‘alternative Nobel’ and is a founding fellow of the Sanders Institute. He has written a dozen books about the environment, including his first, *The End of Nature*, published 25 years ago, and his most recent, *Oil and Honey*.

Lt. Governor David Zuckerman is co-founder of Full Moon organic farm in Hinesburg, VT. Mr. Zuckerman first ran for the Vermont (VT) House of Representatives in 1994 while enrolled at the University of Vermont. He served fourteen years (1997 - 2010) in the VT House of Representatives and in the VT Senate from 2012 - 2016 on the Natural Resources, Energy, Agriculture Committee, as well as the Ways and Means Committee. Mr. Zuckerman is a UVM graduate (Class of 1995), with a degree in Environmental Studies. Some of Mr. Zuckerman’s priorities include supporting our rural economy, protecting the environment, boosting wages and improving working conditions, and easing property taxes.

Rebecca Sanborn Stone is an independent consultant specializing in helping social and environmental change organizations build innovative programs and communicate their work to a broader audience. She has a diverse background in science, sustainability and communications. As a result of her work with the Orton Family Foundation, she is very familiar with the work and mission of PlaceMatters, which has given her an in-depth understanding of community engagement, planning, philanthropy, partnerships and network building. She has written for a variety of publications including TED Books, *E Magazine*, *Engaging Cities*, and *Northern Woodlands*. Rebecca lives in Vermont with her husband, two daughters, and a big garden.

Andrew Winter became the Executive Director of Twin Pines Housing Trust in August of 2012. He has over twenty plus years of experience as a developer, funder and investor in affordable housing projects. He currently serves on the Board of Directors for the Two Rivers Ottaquechee Regional Commission and the chair of Upper Valley Strong. Andrew is a graduate of Bowdoin College and Northeastern University School of Law.

The Art of Vegetable Fermentation

When: Tuesday, August 22, 2017 5:30PM to 6:30PM

Where: Hartford Town Hall 171 Bridge St. WRJ, VT

Learn the simple, time-honored practice of preserving through fermentation. This short demonstration and discussion will focus on the basics of vegetable lactofermentation, the method behind sauerkraut, kimchi, real dill pickles, and more. We will discuss the health benefits and culinary uses of fermented foods, dispel myths and confusion, sample a few different vegetable ferments, and send you off with a booklet of recipes to try at home.

Alison Baker is an avid fermenter and local foods enthusiast. Formerly with Cedar Circle Farm, she now manages the dining program at the Mountain School in Vershire, Vermont.

From Plant to Medicine: Harvesting and Preserving Medicinal Herbs

When: Tuesday, August 22, 2017 7PM to 8:15PM

Where: Hartford Town Hall 171 Bridge St. WRJ, VT

In this class Duncan and Katie will start by identifying various common weeds that are well known for their therapeutic properties. They will go over how to recognize when plants are ready to be harvested and discuss important things to consider when harvesting. Most of the time will be spent focusing on how to process and preserve herbs. They will have a solar dehydrator on site for teaching purposes and will demonstrate how to make a herbal vinegar infusion.

Duncan Pogue is the owner of Wild Water Farm in Quechee, Vermont where he runs a greens production and diverse market garden for his CSA and Farmers Market table. He is passionate about re-wilding and resiliency building. As an expression of this passion he has built three solar dehydrators that he uses on the farm for food and herbal drying experiments.

Katie Williams works professionally as a Registered Nurse and Doula. She has been studying western herbalism for six years and, when her schedule allows, is learning the ropes of farming with Duncan. She is passionate about community health and social change, and encourages her daughter to participate in the experience.

Building Soil from the Ground Up

When: Wednesday August 23, 2017 5PM to 6PM

Where: Center for Transformational Practice 149 Latham Works Lane, WRJ, VT

Learn about building soil through enhancing photosynthesis, capturing water, applying “no till” methods and other systems for enabling the soil microbiome to flourish while vastly improving nutrient uptake in plants. Learn simple techniques for building up the soil carbon sponge in your lawn, vegetable and flower beds, as well as orchards. We’ll discuss the basics of techniques such as composting, incorporating cover crops and green manures, hugelkultur, mulching and using plant guilds to support ecosystem services and nutrient banks.

Cat Buxton works to connect, empower and support people to affect positive food system change in an effort to restore health to people and the planet through our daily actions. She offers all aspects of gardening, composting and farm-to-school consulting. She is an effective and enthusiastic teacher, presenter, community organizer and advocates for healthy food systems by implementing policies to support these systems from the ground up. She operates Grow More, Waste Less - Food Systems Consulting in Sharon, Vermont. www.growmorewasteless.com

Designing with Natural Patterns: Permaculture for holistic landscape design

When: Wednesday, August 23, 2017 7PM to 8:30PM

Where: Center for Transformational Practice - 149 Latham Works Lane WRJ, VT

This workshop will cover the fundamental design considerations used in permaculture, as well as how to work with your own inherent intuition to open up to the land, plant and herbal allies to create your own sanctuary garden.

Karen Ganey is the Co-founder of Transition 5 Villages, the Upper Valley Apple Corps and the UV Transformational Action Affinity Group (UVTAAG), local groups working to build a resilient culture by supporting renewable food and energy systems, re-skilling, planting fruit and nut trees for free and public picking and leading actions that are transformational in conception and implementation. She has recently founded Permaculture Solutions, LLC where she works to develop ecologically diverse and nutrient dense landscapes for humans and habitat. She has designed forest gardens and garden systems for families, schools, hospitals and communities. She is currently pursuing a Masters in Consciousness Studies and Transpersonal Psychology at Goddard College in Plainfield, Vermont and Alef University in the United Kingdom. Karen completed the Permaculture Design Course ('08), the Master Composter Course ('15) and The Permaculture Teacher Training ('16). She is also a lay herbalist and Reiki Master. She enjoys applying earth and energy based healing to her landscape methods. www.permaculturesolutions.org

Learn a Resilient Skill - Tool Sharpening

When: Thursday, August 24, 2017 5:30PM to 6:30PM

Where: Ratcliffe Park - Latham Works Lane WRJ, VT

In this workshop, Mark will describe the considerations involved in sharpening scissors, knives, scythes, sickles, twist drills, auger drills, hand planes, both English and Japanese handsaws and planes, buck saws and chainsaws. He will also demonstrate the sharpening of each, answer questions and demonstrate the cutting of a tenon.

Since dropping out in 1980, **Mark Grable** has worked with wood, steel, stone and clay, with wood being his main guru. Over this time, he has restored antique furniture, sharpened Japanese handsaws, and built using traditional Japanese carpentry tools and methods.

This Rots! Demystifying Compost

Sponsored by the Upper Valley Food Co-op

When: Thursday August 24, 2017 6:30M to 7:30PM

Where: Community Garden at Ratcliffe Park, WRJ, VT

Reduce your trash size and smell, feed the soil and save money by composting. Learn to integrate a compost system in to your home kitchen and garden without a lot of fuss. Learn about the spectrum of possible and practical compost pile ingredients and compost bins, the role of compost in soil management, and the conflicting lists of compost do's and don'ts. This class will cover the different management styles and recipes needed for backyard and community gardens. Compost consultant and community educator, Cat Buxton, has an enthusiastic and simple approach to composting that will surely activate your interest and demystify the process.

There is a small fee for this workshop. Registration is required.

Register online at <http://www.uppervalleyfood.coop/calendar-event/garden-workshop-this-rots-demystifying-compost/> or call the Coop at [802-295-5804](tel:802-295-5804).

Cat Buxton works to connect, empower, and support people to affect positive food system change and restore health to people and planet through our daily actions. She offers all aspects of gardening,

composting and farm-to-school consulting. She is an effective and enthusiastic teacher, presenter, community organizer, and an advocate for healthy food systems and building the policies to support that from the ground up. She operates Grow More, Waste Less - Food Systems Consulting, in Sharon, VT. www.growmorewasteless.com

Coming Together for Community Resilience

When: Friday, August 25, 2017 6PM to 9PM

Where: Bugbee Senior Center 262 N. Main St. WRJ, VT

The final event in Resilience Week will build on the discussions from the community dinner on the previous Friday (August 18th). This event will utilize the results from the Resilience Assessment Tool in a World Café Forum. Discussions during this event will focus on the top five priorities identified during the live, keypad polling. The development of tangible steps forward will be a priority. The conversation will be action-oriented and will seek to plan projects and make them come to life. The World Café Forum will be guided by Peg Elmer and Mindy Blank of the Community Resilience Organizations.

All are welcome! Food will be provided. Feel free to bring a dessert to share, but more importantly, bring yourself!

Peg Elmer Hough, AICP, is a veteran professional planner and environmental advocate. Prior to establishing Community-Resilience.org in 2012, she was Assistant Professor of Land Use Planning and Policy, as well as Associate Director of the Land Use Clinic at Vermont Law School. For the decade before, she served as the state Planning Director responsible for coordinating state housing, growth centers, infrastructure and planning policy goals to meet Vermont's unique smart growth strategies, as well as coordinating state response to major development applications in regulatory review. Part of her Division's responsibilities was to coordinate the first state hazard mitigation plan and to provide FEMA mitigation funds to municipalities after disasters. After Tropical Storm Irene sent the White River raging through the first floor of her historic home (NOT in the mapped flood hazard area) she focused the re-building as an educational demonstration project in flood resiliency. She serves on the Executive Committee of Vermont Planners Association, and as Board President of CROs. She has also served on many boards, such as the Governor's "smart growth" appointment on the VT Downtown Board, and as past-President of the Northern New England Chapter of the American Planning Association. She gained her Bachelor of Science in Natural Resource Management and Masters of Community Planning from the University of Rhode Island.

Mindy Blank is the Executive Director of the Community Resilience Organization and a Professor of Environmental Studies at Green Mountain College. In both roles, she facilitates projects that help to mitigate and adapt to climate change. She is passionate about increasing civic engagement by building the social fabric in communities. Her approach focuses on strategic and creative project design, implementation and evaluation. She earned a Masters degree in Environmental Law and Policy from the Vermont Law School where she concentrated on energy and climate change policy, as well as mediation. Formerly, she was an Energy Analyst at the International Energy Agency in Paris where she developed road mapping processes that accelerated deployment of renewable energy, energy efficiency and smart grid technologies. She works locally and internationally, tackling climate and social justice issues at multiple levels; her current focus of international work is in Cuba.