

# INQUIRE

## Lifelong Learning at Wake Robin Fall-Winter 2024



# EVENING LECTURES

## **MOUNTAINS**

**Ray Coish, Robert R. Churchill Professor Emeritus of Geosciences, Middlebury College**  
**Monday, November 18th at 7:30 PM. Meeting Room.**

In this illustrated talk, Ray will address Bob Dylan's existential question: "How many years must a mountain exist before it is washed to the sea"? Really! We'll explore different types of mountains, how they form and how they are modified and destroyed. Ray will emphasize our very own Green Mountains, and will touch on volcanoes, plate tectonics and glaciers. So, come with all your questions about our dynamic Earth!

## **VERMONT BECOMES A WAY OF LIFE**

**Dona Brown, Emerita Professor of History, University of Vermont**  
**Monday, December 2nd at 7:30 PM. Meeting Room.**

In the early part of the twentieth century, most Americans thought of Vermont as a conservative backwater. But in the years of the Great Depression Vermont began to get a different kind of reputation. The change was partly because of a wave of new migrants into the state: artists, writers, musicians, and back-to-the-landers who created their own version of Vermont.

## **LAKE CHAMPLAIN MARITIME MUSEUM**

**Cherilyn Gilligan, archaeologist -TBD date and topic. More info will be announced soon.**

# EXPAND YOUR WELLNESS JOURNEY

## **NUTRITION AND HEALTHY AGING**

**with Registered Dietitian Leslie Langevin, from Whole Health Nutrition.**

3-part nutrition series with presentation, food demo/tastings and a culinary medicine approach.

10/17 at 12:30 PM: Building Blocks for Eating Well and Healthy Aging

10/24 at 12:30 PM: Nutrition for a Strong Immune System

10/31 at 11:00 AM\* (different start time): Nutrition to Reduce Inflammation and for Healthy Cognition

**Registration required. FEE \$40**

## **INTRODUCTION TO EMOTIONAL FREEDOM TECHNIQUE (EFT) AND TAPPING**

**With Betty Moore-Hafter, Advanced Practitioner/Accredited Certified EFT Master Trainer .**

**3-part series on Mondays from 3-4:30 PM. October 28, November 4 and 11. Meeting Room.**

The Emotional Freedom Techniques aka EFT aka EFT Tapping, is a powerfully effective method that can be taught as a self-help modality and used as a therapeutic stress reduction approach for a wide variety of outcomes. Clinical trials repeatedly demonstrate EFT's effectiveness to rapidly reduce the impact of negative emotions and dysregulation. It has even been shown to influence physiology by decreasing cortisol levels and influence the effects of genetic expression that control immune factors and regulate inflammation in the body. Tapping can reduce chronic pain, balance hormones and body chemistry and improve brain activation. Tapping focuses on the meridian points — or energy hot spots — to restore balance to your body's energy. Join us to learn this technique that can be done easily, while sitting comfortably in a chair. **Registration Required.**

# WORKSHOP

## TALKING ABOUT RACE

with Ellen Bettmann, a nationally-recognized leader in the field of anti-bias education who spent 17 years as national director of Training and Resources at the Anti-Defamation League.

Tuesday, January 14th from 1:30 - 4:30. **Meeting Room.**

The workshop will explore the dynamics of racism from multiple perspectives. Using the graphic *Cycle of Socialization* participants will discuss their own life experiences. Participation in discussions will be encouraged, but no one will be pressured to speak. The workshop agenda will include opportunities for participants to reflect on and discuss their own early socialization and the ways that institutions have reinforced biased messages. A number of short videos and interactive exercises will provide participants with a variety of perspectives to analyze and discuss in pairs, small groups and in whole group discussions. At the conclusion of the workshop participants will be asked to reflect about ideas they will take away from the day, including next steps for continuing the learning process about race and racism. Breaks will be built in to the schedule and snacks/beverages will be provided. **Registration Required.**

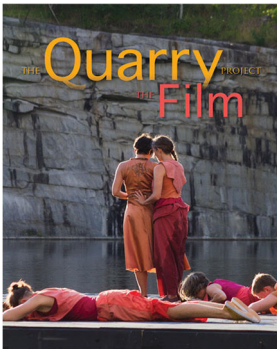
# FILM EVENTS

## THE QUARRY PROJECT FILM

Wednesday, September 25th at 1:30 PM. **Meeting Room.**

with award-winning dance-theatre choreographer Hannah Dennison, who joins us for a discussion after the film. Run time 38 minutes.

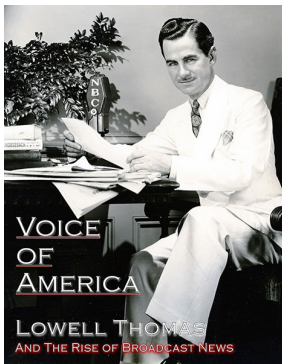
The Quarry Project was a site-specific dance/theatre piece created for the Wells Lamson quarry, one of the oldest, deepest granite quarries in the country, now flooded and in "reserve." 14 sold-out shows took place in August 2022. After screening the performance film around the state and into Canada, it is now available for public viewing. Hannah will join us to talk about the experience of spearheading and creating this monumental project.



## VOICE OF AMERICA: LOWELL THOMAS & THE RISE OF BROADCAST NEWS

Tuesday, October 29th at 7:30 PM. **Meeting Room.**

with Filmmaker Rick Moulton and Producer Melinda Moulton. Run time: 85 minutes. If you watch or listen to a newscast today you are benefiting from the work of Lowell Thomas. From his days as a newspaper reporter in Chicago, to his break through 1919 multi-media show in London creating the myth of "Lawrence of Arabia", Lowell Thomas used media to tell stories. In the 1930s as America's foremost newscaster, he set the standard for non-partisan broadcast news, forming the basis for main-stream TV news of the late 20th century.



**SEE NEXT PAGE FOR MORE OFFERINGS AND HOW TO REGISTER**

# FILM SERIES

## ARCHITECTURE AND DESIGN FILM SERIES

Once a month on Wednesdays in the Meeting Room from October 2024 - April 2025.

The Architecture & Design Film Series engages, provokes and inspires the community by exploring the impact and importance of design and beauty in our lives. We have partnered with the film series in Burlington to show this season's films at Wake Robin. Films will be shown at 3 PM in the Meeting Room. Details on each film will appear in written Cup the week before each screening.

10/16 - Dorothea Lange: Grab a Hunk of Lightning

11/13 - Land Artists

12/11 - With Peter Bradley

1/22 - Maestra

2/19 - The Power of Utopia: Living with Le Corbusier in Chandigarh

3/19 - Twyla Moves

4/16 - Fashion Reimagined



## FLIP THE SCRIPT

Tuesdays, 11 AM - 12 PM. October 1st- December 10th. Butternut Lounges.

In this weekly series we break into groups to read and discuss plays, with an opportunity to learn more about the art of acting and storytelling. A fun, casual format that encourages collaboration, community, and a deep dive into some of the world's greatest playwrights.

Jena will be announcing the play selections at our weekly Cup meeting on September 26th.

**Registration required.**

## ABOUT INQUIRE

INQUIRE is Wake Robin's lifelong learning program that selects a series of topics and explores them over a series of classes, lectures and events. We have collaborated with universities and colleges from all over the northeast, as well as area businesses, non-profits, and top notch regional arts organizations.

**HOW DO I REGISTER FOR INQUIRE?** To register for classes, or if you have any questions, email or call Program and Events Coordinator Jena Necrason: [jnecrason@wakerobin.com](mailto:jnecrason@wakerobin.com) or 802-264-5107.

**Fees, when applicable, are added to your Wake Robin monthly bill.**