

INQUIRE

Lifelong Learning at Wake Robin

Winter-Spring 2025



EVENING LECTURES

LAKE CHAMPLAIN MARITIME MUSEUM ARCHAEOLOGY SERIES PARTS 2, 3, & 4:

Underwater Archaeology of the American Revolution on Lake Champlain (a deeper dive and a precursor to the area covered in the Arnold's Bay talk in December of 2024).

Archaeologist Cher Gilligan - Wednesday, March 12th at 7:30 PM. Meeting Room.

Underwater Archaeology of Commerce: Steamboats and Canal Boat Wrecks of Lake Champlain. Archaeologist Taylor Picard - Wednesday, April 30th at 7:30 PM. Meeting Room.

History in Hot Water: Climate Change and its Affects on the Long Term Preservation of Shipwrecks in Lake Champlain. Executive Director Chris Sabick - Tuesday, May 13th at 7:30 PM. Meeting Room.

June 2025– day trip to Lake Champlain Maritime Museum - details TBD.

Registration for trip will open at a later date.

VERMONT CENTER FOR ECOSTUDIES:

Exploring Vermont's Wild Bees: Natural History and Conservation

Biologist Spencer Hardy. Monday, February 17th at 7:30 PM. Meeting Room.

Meadows, Mountains, and Moraines: The History (and Future) of Northeastern Grasslands

Biologist Kevin Tolan. Tuesday, March 18th at 7:30 PM. Meeting Room.

BEDROCK TO BIRDS -THE NATURAL HISTORY OF WAKE ROBIN:

Lecture by Walter Poleman, UVM Rubenstein School of Environment and Natural Resources Faculty. Friday, May 16th at 7:30 PM in the Meeting Room.

Followed by a *Field Walk* with Walter on our campus on Saturday, May 17th.(TBD details).

EXPAND YOUR WELLNESS JOURNEY

NUTRITION AND HEALTHY AGING

Eating With The Least Environmental Impact While Boosting Health Balance

with Registered Dietitian Susie Polgreen, from Whole Health Nutrition. Two-part series with presentation, food demo/tastings and a culinary medicine approach. Meeting Room.

4/11 from 11:45 AM - 12:45 PM Eating for Sustainability

4/25 from 11:45 AM - 12:45 PM Plant-based Eating

Registration required. FEE \$40

FIRST FRIDAY MONTHLY MIND/BODY CHECK IN: GRATITUDE 101

with Alex Hudson from the Creative Mindfulness School.

First Friday of the month. February - June from 1:30 - 2:30 PM. Meeting Room.

This workshop is for those seeking a consistent and uplifting approach to living mindfully, reducing stress, and finding positive connections to ourselves and the world around us.

Registration required.

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. March 17th, 24th, and April 7th. 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.

SPECIAL EVENTS

A CONVERSATION ON THE MEANING OF HOME

with Tana Paddock (Manifest Your Space). Wednesday, March 26th from 2-4 PM. Butternut 1

The words 'housing' and 'home' are often used interchangeably, but they actually mean very different things. If your dwelling has four walls and a roof, you have housing, but that doesn't mean you have a home. Housing is a structure. Home is an experience. Housing is something you build. Home is something you create. And the beauty of home is that you can create it almost anywhere, whether you live in a house or on a park bench. Join Tana and Jena for an intimate dialogue exploring the meaning of home in all of its dimensions - physical, mental, emotional, and spiritual. What do we mean when we say we "feel at home" in a space? What is needed to transform a living space into a home? How does our culture, age, and gender influence how we relate to home? Come ready to explore these questions and more, with deep curiosity and an open heart! Coffee, tea and light refreshments provided. **Registration required. Space is limited to 10 people.**

POETRY POWER

Tuesday, April 1st at 4 PM. Meeting Room.

Usher in spring and National Poetry Month by gathering together to celebrate the power of creativity! Poetry is play. Poetry is music in language. Poetry teaches us patience. Poetry helps us remember. Poetry helps us find our inner voice. Poetry helps us positively share our feelings. Poetry is exploration. **Registration required.** If you have a favorite poem, or a poem you have written, and you would like to read it, email Jena Necrason to reserve a slot. Two poem max per person. 5 minute max per person. *Coming to the event as an audience member does not require registration.*

SEE NEXT PAGE FOR MORE OFFERINGS AND HOW TO REGISTER

ARCHITECTURE + 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 Burlington City Arts to show the film series 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.

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. February 25th - May 6th. 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. Our first play is *August: Osage County* by Tracy Letts. **Registration required.**

FILM SCREENING

Legends of American Skiing Tuesday, March 3rd at 7:30 PM. Meeting Room.

with Filmmaker Rick Moulton and Producer Melinda Moulton. Run time: 80 minutes.

Legends of American Skiing follows the evolution of Alpine skiing from its rough-and-tumble days in the High Sierras in the mid-1800s to the 1936 winter Games when skiing first became an Olympic sport. Thrilling authentic footage and accounts by those who were there.

DAY TRIP TO MONTREAL

Visit the **Botanical Gardens** and the **Biosphere Environment Museum**. Details pending and will be announced soon. This will be a full day trip in May with coach bus transportation.

Registration for this trip is not open yet. Registration will open once details are announced.

ABOUT INQUIRE AND HOW TO REGISTER

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. To register for classes, trips etc. or if you have any questions, **email or call Program and Events Coordinator Jena Necrason: jnecrason@wakerobin.com or 802-264-5107.**

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