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1127 U.S. Route 2, North Hero, VT



2023 CALENDAR OF CONCERTS & CLASSES in the Champlain Islands of Vermont

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OUR VISION:

We envision a vibrant county where the arts and culture thrive and are accessible to all.

OUR MISSION:

Foster diverse arts and creative opportunities for the youth and community of Vermont's Grand Isle County.



WHAT WE DO

- Support our local artists and artisans
- Bring professional artistic events and performances to the community
- Promote a strong Youth Agenda
- 18 Years and under can join all our events and concerts for FREE

HOW YOU CAN HELP

- By volunteering
- By sponsoring an event, child or program
- By donating to Island Arts (501(c)(3) organization) P.O. Box 108, North Hero, VT 05474
Donations may be made in “honor” or “in memory of.”
- By transferring stock to IA brokerage account. Call IA Treasurer, Carmine Centrella 860-982-9326.

WHERE TO PURCHASE TICKETS

- **ONLINE** - www.islandarts.org
- **AT THE DOOR**
- **THROUGH LOCAL OUTLETS**

Alburgh Library, Alburgh - T 802-796-6077

The Back Chamber, North Hero - T 802-372-5544

Emmon's Supermarket, Grand Isle - T 802-372-4531

Hackett's Orchard, South Hero - T 802-372-4848

The Isle la Motte Country Store - T 802-928-3033

Jeannie Peterson Lake Champlain Collection

COVER PHOTOS BY

Front Outside - Elaine Cloutier, Front Inside - Jeannie Peterson, Back Cover - Marco Ayala

ISLAND ARTS

1127 U.S. Route 2, P.O. Box 108, North Hero, VT 05474

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Katya Wilcox, IA President 802-233-1725 • Tony Pietricola, Dean of IA Academy (Classes) 802-372-5363



Concerts, Classes & Workshops

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OCTOBER

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* FREE EVENT/CLASS

** BY DONATION



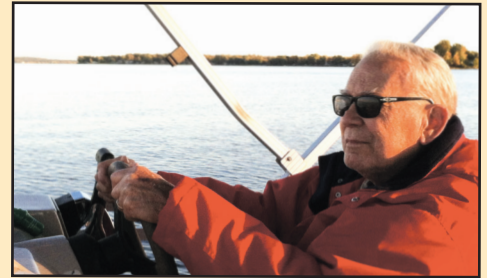
Dedication

The Island Arts 2023 Calendar of Concerts and Classes is dedicated to the memory of three unique and fabulous friends who passed in the last year.

We will long benefit from their example of community leadership and generosity as we enhance the Island Arts Center's activity space, acoustics, plumbing and roof.



Doug Tudhope was always interested in teaching and was an incredible devoted educator. He was appointed to the State Board of Education in 1987 by Governor Madeleine Kunin and was the founding president of the North Hero educational foundation. Doug was a savvy businessman and business owner. His contributions to government were innumerable. In 2014 Doug became chair of Island Arts capital fundraising for the Island Arts Center and was very effective in his position. He was awarded the title of honorary director and was proud to be part of Island Arts. We miss his presence and guidance.



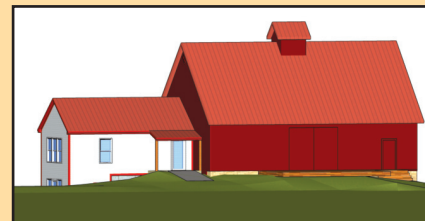
Robert Foley had a life long close tie to the Lake Champlain islands and brought his deep love of classical music to our fledgling organization here in Grand Isle county, by sponsoring a young pianist, Yang Bao in our early concerts. His support continued over the years to include the young violinist Kenneth Renshaw as well as South Korean violinist In Mo Yang who went on to win the Paganini Competition in Genoa in 2015. Bob created an endowed Talent Award to be given each year to a Grand Isle county youth in loving memory of his wife Priscilla. He was awarded the title of honorary director. Bob was also deeply involved with the restoration of the Homer Knight barn into our Island Arts Center. We miss his presence and his committed support of the Arts.

Dwayne Cormier, A North Hero resident and Entrepreneur Dwayne supported all of the efforts of Island Arts in words and deeds. "He Loved Fixing Things. He Loved Helping People". He consistently volunteered to help with all kinds of projects from planting tree hedges with his CAT machine and shovel to setting up a solar powered



electric barrier of four levels of wires around the trees "against hungry deer". His most recent gift to Island Arts is the stage lighting that he and his crew installed in the barn last season. Duane loved to dance

and it was a joy to watch. We miss his humor, his ability to figure things out and the smile that lit our IA Center.



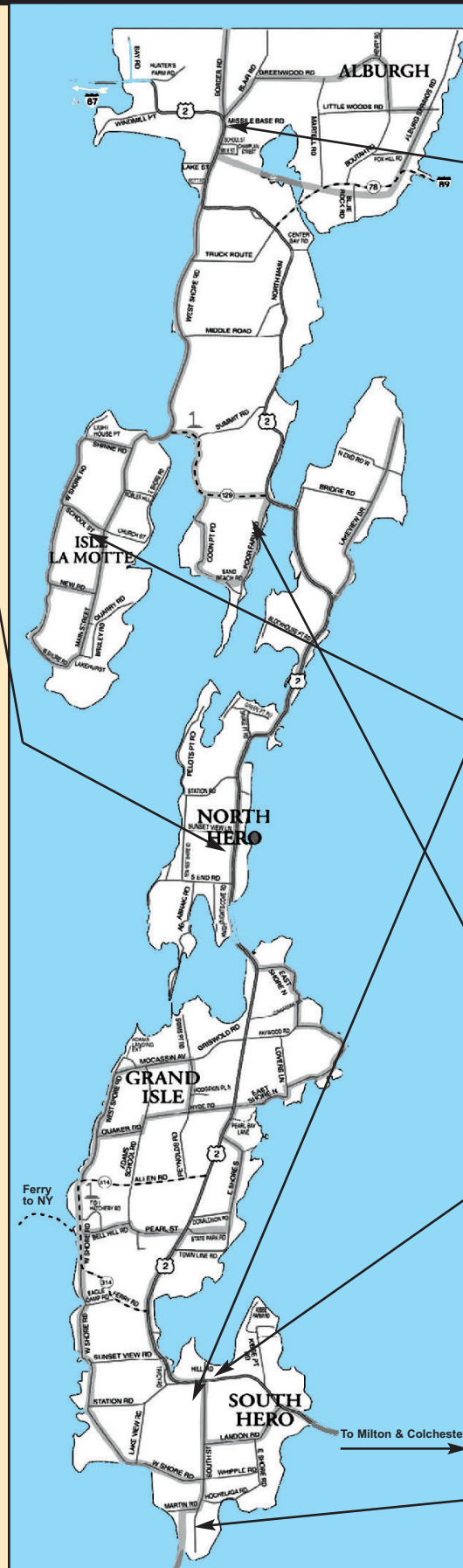
Doug Viehmann of GVV Architects Firm

ISLAND ARTS appreciates the support and engagement of our diverse community. To further enhance your enjoyment of the Island Arts Center, we are looking forward to developing indoors ADA bathrooms, year-round activity space, and improved performance acoustics. Contact info@islandarts.org for more details.

Location of Events & Classes



Island Arts Center
1127 US Route 2, North Hero
Shire town of Grand Isle County



Island Arts Display
at Alburgh Welcome Center
Main Street, Alburgh



Masonic Hall
South Hero



Isle La Motte Veterans Rec Park
School Street, Isle La Motte



Orchard Hill Observatory
70 Poor Farm Road, Alburgh



Island Arts Gallery
at Community Bank
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Event and Concerts



BOOK SALE BY DONATION

SATURDAY & SUNDAY JUNE 17, 18, 2023; 11 AM - 3 PM

(author, Stephen Russell Payne on the 17th)

ALSO SATURDAY & SUNDAY OCTOBER 7, 8, 2023; 10 AM - 4 PM

(included in Island Tour)

LOCATION: Island Arts Center, 1127 US Rt 2, North Hero, VT

TICKETS: FREE admission. Books by donation.

The 2023 book sale will feature more than 5,000 books to cater to every taste. All books are organized by subject for your easy discovery. There are paperbacks, hard-covers, and some beautiful books to display. The subjects are varied and include Fiction, Mysteries, History, Travel, Cooking, Psychology, True Stories, Biographies, and more.

Browse at your leisure in the airy space that is the Island Arts Center barn.

YANG BAO & KENNETH RENSHAW

THURSDAY, JUNE 22, 2023; 7 PM, no intermission

LOCATION: Island Arts Center, 1127 US Rt 2, North Hero, VT

TICKETS: FREE event in memory and honor of Bob Foley thanks to VT sponsors

Come enjoy a concert of piano favorites with Yang Bao, accompanied by renowned violinist Kenneth Renshaw. All are welcome to join us at this concert in celebration of the life of Bob Foley, long time Island Arts supporter. The program will include some of Bob Foley's favorites by Beethoven, Schumann, and Schubert.

Yang Bao's association with Island Arts began thanks to Robert and Priscilla Foley's generous sponsorship back in 2014 while he was still an undergraduate piano student at the New England Conservatory of Music. The Foley's hosted Yang and other musicians in North Hero for six summer seasons, while they performed for Island Arts, making superb classical music part of Island Arts. Yang Bao is now a cross-disciplinary artist, composer, and pianist based in New York CITY. He frequently performs at prestigious venues including Kimmel Center in Philadelphia, Lincoln Center in New York, Jordan Hall in Boston, and Forbidden City Concert Hall in Beijing. <https://www.yangbaostudio.com/>



MANGO JAM: FREE FAMILY BARN DANCE!

SUNDAY, JULY 2, 2023, 6:30 - 8:30 PM

LOCATION: Island Arts Center, 1127 US Rt 2, North Hero, VT

TICKETS: FREE event in loving memory of Dwayne Cormier thanks to two generous VT sponsors



Outside concert with the option to picnic on the green at 5:30, weather permitting; otherwise, concert will move inside the barn.



Dwayne Cormier and Trooper

All are welcome to join us at this event in celebration of the life of Dwayne Cormier, native of Southern Louisiana, a wonderful member of our Island's community and a good friend to Island Arts for many years.

Among Dwayne's recent gifts to Island Arts, we can count the stage lighting that he and his crew installed last season.

Mango Jam is a six-piece Burlington-based dance band playing straight-ahead Zydeco as well as New Orleans inspired funk, Reggae and Ska. Band members are Gus Ziesing, accordions, saxophones and vocals, Mimi Ryan, alto saxophone and vocals, Peter Riley, bass and vocals, Dennis Willmott, guitar and vocals, Bill Mullins, guitar and vocals, and Michael Bradshaw on drums. Full of energy and happy vibes, this band will have you up and dancing in no time in Dwayne's memory! Laissez le bon temps rouler!

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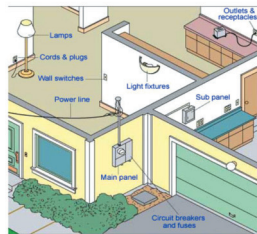
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July Concerts

LAKE SORBET POETRY, GUITAR & SONGS



Kathy
Fisher



Juliana
Just Costa

SATURDAY, JULY 8, 2023; 7 PM - 8:30 PM

LOCATION: Island Arts Center, 1127 US Rt 2, North Hero, VT

TICKETS: \$25; at local outlets \$20

Cleanse your creative palate! Come join Sorbet, poet Kathy Fisher and singer-song-writer Juliana Just Costa, for a transporting tender evening of words and song. With her smooth vocals and acoustic guitar, Juliana blends influences from pop, soul, and Latin rhythms in English, French, Spanish, and Brazilian Portuguese. Kathy will captivate you as she weaves her stories and poems with sound. As Sorbet, they mix it all up and bring it together. With special guest (pianist and singer).

A CAPPELLA LOLLAPALOOZA

SUNDAY JULY 9, 2023; 6:30 PM

LOCATION: Island Arts Center, 1127 US Rt 2, North Hero, VT

TICKETS: \$25; at local outlets \$20

Three ensembles of different styles will perform at this event. The Root 7 ensemble appears with the Green Mountain Chorus and the Chordination barbershop quartet.

Root 7 is a contemporary mixed a cappella group that features voices and vocal percussion. Their energetic renditions include songs by Pink, James Bay, Rusted Root, Lauren Daigle, Jason Mraz, and more.

The Green Mountain Chorus of men from Vermont and Quebec have sounded the chords of Barbershop harmony together for over 70 years. A unique form of a cappella singing, Barbershop employs close four-part harmony. This chorus liven's it up with a little comedy and audience participation to the delight of audiences of all ages. The Chordination quartet of unaccompanied singers delivers tunes from pop, folk, and Broadway traditions, arranged in the Barbershop Style.



SOHYUN AHN, PIANO SOLO & 4-HANDS

FRIDAY, JULY 14, 2023; 7 PM, no intermission

LOCATION: Island Arts Center, 1127 US Rt 2, North Hero, VT

TICKETS: \$25

New York-based Sohyun Ahn brings another wonderful piano program to the Islands community. Her well-attended concert last season elicited raves included "outstanding", "amazing delicacy", and "world class".



We welcome Dr. Ahn's return appearance this season. Once again, she will be joined by local Vermont pianist Eun Hee Park in a piano 4-hands selection, the Faure "Dolly Suite". It's always a special treat to hear and watch the interaction of the four hands sharing the keyboard.

The balance of the program features Sohyun Ahn playing solo piano works by Beethoven, Brahms, and others.

From the liner notes for Dr. Ahn's Bach Goldberg Variations: "Her playing exhibits a crystalline clarity, insightful nuance, and dynamic breadth." From Piano Music Magazine, Korea: "Such a gifted virtuoso, wonderful performing the emotional storm ... with the perfectly balanced elegance." From New York Concert Review, "an absolute master". Heralded as an "amazing pianist" in an "excellent and memorable performance" by the Classical New Jersey Society. <https://www.facebook.com/sohyunthepianist/>

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July Concerts

BELLA VOCA BAND & BARN DANCE

SATURDAY, JULY 15, 2023; 6:30 PM

LOCATION: Island Arts Center, 1127 U.S. Rt 2, North Hero, VT

TICKETS: FREE event thanks to two generous VT sponsors with Sylvia Barry Art Contest for Youth



Outside concert with option to picnic on the green at 5:30, weather permitting; otherwise, concert will move inside the barn.

A vocal powerhouse band of six musicians with three vocalists, Tracy DeCoste, Brigid Bushey, Mike Trudo, keyboard and vocals; Dan Rochester, drums; Eric McCaughan, lead guitar; Dale Derusha, bass guitar. They deliver great music from all genres. Dance your heart out! They play a great variety of music to please all, with songs from the Beatles, Adele, Fleetwood Mac, Elton John, Dua Lipa, just to name a few. The popular six-piece band performs in upstate NY and Vermont.

CITIZENS CONCERT BAND

WEDNESDAY, JULY 19, 2023; 6:30 PM

LOCATION: Island Arts Center, 1127 US Rt 2, North Hero, VT

TICKETS: \$10 at the door

The ever-popular Citizens Concert Band returns to the Islands, with a singer featured. Long a favorite of Island Arts' audiences, Citizens Concert Band offers a mix of toe-tapping music that includes traditional band favorites, jazzy numbers, and show and pop tunes cleverly adapted for its mix of musicians. A community band based in St. Albans, its 30 to 40 musicians range from high school age through adults.

The Band has a long history. Founded in 1946 under the American Legion umbrella by soldiers returning home from World War II, it has been going strong ever since. A single conductor, Edric Loomis, led the band from 1946 when he was 28 years old until his retirement after the 2001 season. Today, the Band is directed by Jeremy Berger.



Photo courtesy of Citizens Concert Band

HAIDUCK & HECKENDORN SING & PLAY THE GREAT AMERICAN SONGBOOK



SATURDAY, JULY 22, 2023; 7 PM - 9 PM, with an intermission

LOCATION: Island Arts Center, 1127 US Rt 2, North Hero, VT

CONCERT TICKETS: \$25 • **ONLINE TABLE RESERVATION:** \$14 / \$20

Enjoy an informal cabaret-style evening with a fine jazz trio of clarinet, grand piano, and double bass! Relax at your own table while Haiduck & Heckendorn perform all-time favorite music from the Great American Songbook. Haiduck & Heckendorn have performed and recorded together for many years in the New York City area. Clarinetist Haiduck has played jazz and classical music in New York City, Montréal, London, Europe, South America, and Japan. He now makes his home in Burlington, where he makes the lively jazz scene. Local favorite Art DeQuasie joins on double bass.

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For Information Contact:
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July Concerts

METALWERX TUBA EUPHONIUM QUARTET

SUNDAY, JULY 23, 2023; 6:30 PM

LOCATION: Island Arts Center, 1127 US Rt 2, North Hero, VT

TICKETS: \$25; at local outlets \$20



Outside concert with option to picnic on the green at 5:30, weather permitting; otherwise, concert will move inside the barn.

Prepare to be amazed! MetalWerx is a unique local quartet consisting of two euphoniums played by Dale Long of South Burlington and Jenna Schultz of Winooski, and two tubas played by Tim Foley of Burlington and Yutaka Kono of Shelburne.

The repertoire is an eclectic mix of fantasies, suites, marches, jazz, and pop music standards, and a few favorite classical transcriptions sure to please the ear of every music lover's taste. MetalWerx spreads the gospel of the lush and colorful sounds of the tuba and euphonium by performing works written or arranged for this specific instrumentation. Come hear the remarkable range of sounds and the wide array of musical styles presented by MetalWerx. It is a sound like no other!

ECLECTICA STRING QUARTET

SATURDAY, JULY 29, 2023; 7 PM, without intermission

LOCATION: Island Arts Center, 1127 US Rt 2, North Hero, VT

TICKETS: \$25; at local outlets \$20

This fine Vermont chamber ensemble is dedicated to exploring the boundaries of the string quartet repertoire. The concert will feature music of the Danish String Quartet. This is soulful lyrical music inspired by folk elements, arranged beautifully for classical string quartet. These pieces flow smoothly from one to the other, in a concert of approximately one hour of music, without intermission.

The members of Eclectica String Quartet are Sofia Hirsch, Laura Markowitz, Ana Ruesink, and John Dunlop. You can hear them playing with the Vermont Symphony Orchestra and moonlighting with other groups such as JukeBox, Turn Music and Cricket Blue. In the summertime, they take to the streets with their music, and perform at house (and barn) concerts.



GREEN MOUNTAIN BRASS BAND

SUNDAY, JULY 30, 2023; 6:30 PM

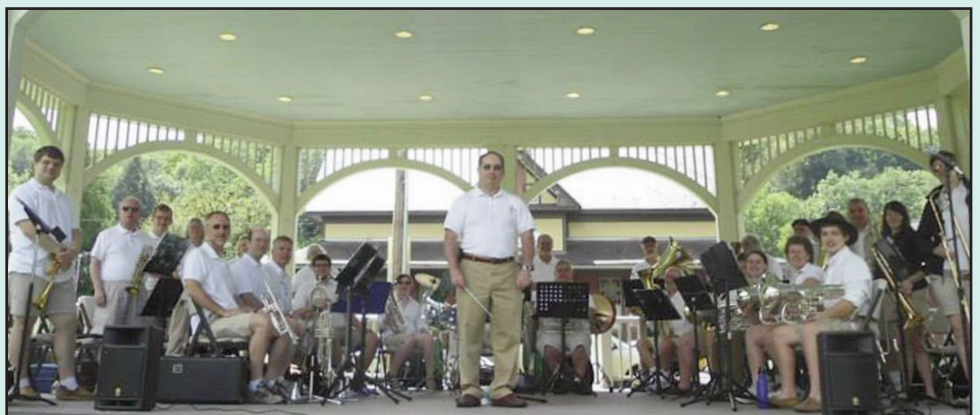
LOCATION: Island Arts Center, 1127 US Rt 2, North Hero, VT

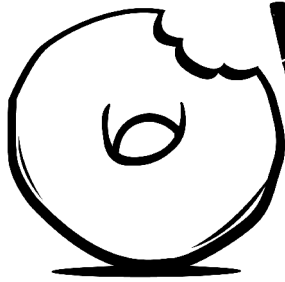
TICKETS: \$25; at local outlets \$20

Outside concert with option to picnic on the green at 5:30, weather permitting; otherwise, concert will move inside the barn.

25+ brass and percussion musicians who perform at various locations around Vermont will be here in the Islands for your listening pleasure. The band plays many types of music including marches, show tunes, novelties, classics, and it often features soloists.

A chair or blanket is suggested.





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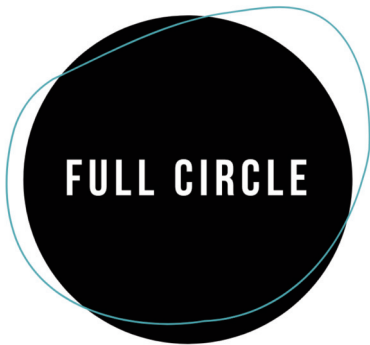


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August Concerts

JAMES AND THE GIANT PEACH JR

FRIDAY, AUGUST 4, 2023; 7 PM - 9 PM

SATURDAY, AUGUST 5, 2023; 2 PM and 7 PM

SUNDAY, AUGUST 6, 2023; 2 PM

LOCATION: Island Arts Center, 1127 US Rt 2, North Hero, VT

TICKETS: Sold by Full Circle Theater

A professionally run children's musical theater production with local Grand Isle County youth participating. Presented in partnership with the Full Circle Theater Collaborative who returns to the Island Arts Center for their third season.

This show is based on one of Ronald Dahl's most moving and quirky stories James and the Giant Peach is a brand-new take on this "masterpeach" of a tale. Featuring a wickedly tuneful score by Benj Pasek and Justin Paul (Dear Evan Hansen), and a witty and charming book by Timothy Allen McDonald, this adventurous musical about courage and self-discovery is destined to be a classic. More at <https://www.fullcircletheater.com/>



CERUTTI-REID DUO: A CHAMBER CONCERT OF PIANO & VIOLA

FRIDAY, AUGUST 11, 2023; 7 PM, without an intermission

LOCATION: Island Arts Center, 1127 US Rt 2, North Hero, VT

TICKETS: \$25

The Cerutti-Reid Duo appears in its first performance at the Island Arts Center. On this summer evening chamber concert, you will hear Brahms' F major Sonata, Canadian-American composer David Jaeger's Tristan and Isolde Sonata, and the "Long Parting" by Vermont composer Carol Wood.

As the Cerutti-Reid Duo over the last eighteen years, pianist Alison Bruce Cerutti and violist Elizabeth Reid have performed in Vermont at the Barre Opera House, Brandon Music, Norwich University, and Vermont Public Radio. They have also appeared in Canada numerous times. Alison and Elizabeth are founding members of the celebrated Vermont chamber groups, the Northern Third Piano Quartet and Arioso.



OUR ISLAND VOICES

SUNDAY, AUGUST 13, 2023; 7 PM, inside performance

LOCATION: Island Arts Center, 1127 US Rt 2, North Hero, VT

TICKETS: FREE event in memory and honor of Doug Tudhope

All are welcome to join us at this concert offered in celebration of the life of Doug and Billie Tudhope, long-time friends and supporters of Island Arts. Two local Grand Isle County ensembles will perform. The choral ensemble features family relatives of Doug - Sarah and Peter Bowley, and Tami Shearer. The second group, known as "Champlain Voices", is the South Hero-based vocal quartet of Gina Fearn, Linda Libby, Carl Frenning, and Chuck Hill. Sponsored by the Tudhope/Shearer family.

SPONTANEOUS EVENING UNDER THE STARS

DATE TO BE DETERMINED IN AUGUST 2023 STARTING AT DUSK - 8 PM

LOCATION: Orchard Hill Observatory, 70 Poor Farm Rd., Alburgh, VT

TICKETS: FREE event

The Sky is full of surprises, ready for you and your family to enjoy. As stargazing is weather-dependent, if uncertain about the weather conditions in late August call 802-238-1664, or email Joe Comeau (jkcomeau@hotmail.com) with the word "Stars" in the Subject line. When known the date will be posted at local grocery stores.

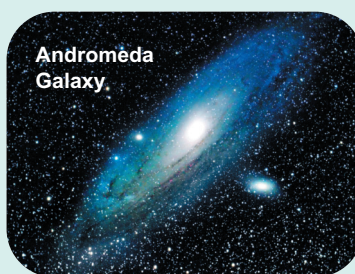
Sponsored by Island Arts and the Vermont Astronomical Society.



Dumbbell Nebula



Pelican Nebula



Andromeda Galaxy



Helix Nebula

GOULET FARM STAND

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467 ROUTE 2, SOUTH HERO, VT



FOOD
VENDORS ON
SITE
THROUGHOUT
THE SUMMER!

We have fruits, veggies, and much more!

August Concerts

JORGE GARCIA HERRANZ, PIANIST

FRIDAY, AUGUST 18, 2023; 7 PM, without an intermission

LOCATION: Island Arts Center, 1127 US Rt 2, North Hero, VT

TICKETS: \$25



The program will feature a work by Granados and other works to be announced.

Spanish-born pianist Jorge Garcia Herranz began his musical studies in Madrid, where he learned to love Spanish composers such as Albéniz, Granados, and Falla whose music he regularly includes in his concerts. For the last fifteen years, he has worked on various tango projects and recently released a CD featuring Astor Piazzolla's music.

Herranz' solo performance repertoire includes Bach, Beethoven, Chopin, Mozart, and Schubert among others. He also improvises and draws on diverse musical genres to accompany silent movies. In addition to his solo concerts, his experience

as an accompanist at the Conservatoire Darius Milhaud in Paris, France, makes him a frequent partner in chamber music performances.

He has appeared with Island Arts for many seasons, to the delight of both local and more distant audiences. We are delighted to welcome Jorge Garcia Herranz back to the Islands once again to play Enrique Granados, most important and colossal piece Goyescas.

VERMONT JAZZ ENSEMBLE

SUNDAY, AUGUST 20, 2023; 6:30 PM

LOCATION: Island Arts Center, 1127 US Rt 2, North Hero, VT

TICKETS: \$25; at local outlets \$20

Vermont's premier big-band swing/dance group. Swingin' for over 40 years! Their appearance is always a popular event in the hot venues across Vermont such as Nectar's in Burlington, The Stone Barn in Brattleboro, and the Zenbarn in Waterbury. Now appearing right here for you in the Islands.



CORNER JUNCTION BLUEGRASS

SUNDAY, AUGUST 27, 2023; 4 PM

LOCATION: Island Arts Center, 1127 US Rt 2, North Hero, VT

TICKETS: FREE event thanks to two generous VT sponsors



The Corner Junction Bluegrass Band is all about fast-paced bluegrass music. The sound of the band draws inspiration from the original bluegrass bands: Flatt and Scruggs, Jimmy Martin, Don Reno, and from the originator of bluegrass, Bill Monroe. This local Vermont band's combination of deep harmony, strong leads, and bluesy sound creates a musical experience like no other. Corner Junction was created by five guys with a true passion for bluegrass music: Neal Brown on bass, Allen Gratton on mandolin, George Seymour on banjo, Willy Dallas on fiddle, and Ernie Minetti on guitar. These band members previously played in bands such as Hidden Drive Band, Possum Livin, New Cross Country, Steel Rail, and Bluegrass Revisited. Since coming together in 2021, the band has shared its unique take on bluegrass with live

performances all across Vermont. Come early and listen to or participate in the Jam Session which starts at 2 PM. A chair or blanket is suggested. <https://www.cornerjunctionbluegrass.com/>

Weekly Free Classes

TAI CHI

WEDNESDAYS, MAY 24 - SEPTEMBER 6 (or longer); 4 PM - 5 PM

LOCATION: Island Arts Center, 1127 US Rt 2, North Hero, VT

INSTRUCTOR: Rob Rousseau - Call first to register

Cost: FREE Donations appreciated to benefit Island Arts

Join us in Tai Chi for health and relaxation. New students are always welcome.

Before taking a class please call Rob Rousseau to register at 802-373-0947.

Tai Chi is, literally, the connecting of individual energy to the universe energy through a series of movements. Moving simply and letting go of our own blocks allows Chi, or energy, to flow. QiGong is a method of movement from which Tai Chi and a plethora of other movements have evolved. Classes held outside unless the weather is inclement.



MEDITATION AND YIN YOGA WITH BOB



MONDAYS, JUNE 5, 12, 19, 26, 2023; 10 AM – 11:15 AM

LOCATION: Masonic Hall, 40 South Street, South Hero, VT

INSTRUCTOR: Bob Muncil

COST: By donation

Have you ever entered the “flow state” while doing an activity, maybe while being in nature, listening to music or just walking? This is the idea behind combining Yin Yoga and Meditation. Join Bob Muncil for a four-week series of Yin and Meditation, no prior experience necessary (either in yoga or meditation). Yin yoga is unlike almost all other kinds of yoga and is an essential balance to many of our “yang” lifestyle choices. Bob is both a certified Yin Yoga instructor as well as a certified meditation instructor. This series will be user-friendly and easy to do for ALL body types and fitness levels. Come to one or all classes. Bring your own yoga mat.

KUNDALINI YOGA CHAKRA SERIES WITH KIM

WEDNESDAYS, JULY 5 - AUGUST 16, 2023; 9 AM - 10:30 AM

LOCATIONS: Camp Ingalls, 1769 South End Road, North Hero, VT (July 5, 19, 26, August 2)

North Hero Community Hall, 3483 U.S. Rte 2, North Hero, VT (July 12, August 9, 16)

INSTRUCTOR: Kim Muncil

COST: By donation

Join Kim Muncil for a journey through the Chakras. This yoga series invites you to look more clearly, honestly, and non-judgmentally at your own inner experience as we move through yoga sets and meditations focusing on each of the 7 chakras or energy centers in the body. The chakras are used as a guide to move through the steps of self-actualization and exploration of the human psyche. Although each class will build on the classes prior, you can still glean much from participating in just some or even one class in the series. Bring your own yoga mat.



YIN YOGA WITH KIM



MONDAYS, JULY, 17, 24, 31, 2023; 6:30 PM - 7:30 PM

LOCATION: Camp Ingalls, 1769 South End Road, North Hero, VT

INSTRUCTOR: Kim Muncil

COST: By donation

Yin is more of a passive yoga similar to restorative yoga. However, in yin yoga we use gravity and props to guide us as we “creep” into poses in a deep and meditative way. The poses are held for 3-5 min as a way of targeting the joints and connective tissues. The by-product of holding the poses is that you become connected to the breath and experience a meditative stillness. It also opens up energy passages (meridians) in the body. This practice is great for athletes and the aging body. Just show up to one class or all three. You need to provide your own yoga mat.

Classes

BLUEGRASS JAM SESSIONS

SUNDAYS, JUNE 4, JULY 2, AUGUST 27, 2023; 2:00 PM - 4:00 PM

LOCATION: Island Arts Center, 1127 US Rt 2, North Hero, VT

TICKETS: FREE family and friends event

Outside, weather permitting; otherwise, jam session will move inside the barn. Join Willy Dallas and members of the Corner Junction Bluegrass Band for a series of fun and inclusive jamming sessions. It's the perfect introduction and all playing levels are welcome using the traditional bluegrass instruments: Acoustic Guitar, Banjo, Mandolin, Upright Bass, Fiddle, and Dobro. You'll learn 2 or 3 chord songs at a slow jam pace with CJBB to support you. Preview song sheets and jam info on the Island Arts page or email Willy Dallas for more info at MusicForYouth@IslandArts.org. Arrangements to try out instruments are possible.



BIRD WALK IN NORTH HERO STATE PARK



THURSDAY, JUNE 8, 2023; 8 AM

INSTRUCTOR: Maeve Kim

LOCATION: North Hero State Park, 3803 Lakeview Drive, North Hero, VT

TICKETS: \$15 or \$40 for series of 3 if purchased by June 8, 2023

Field trip to North Hero State Park to enjoy all the beautiful birds that are setting up housekeeping in the woods and wetlands and along the lake shore. We'll meet at the entrance, then drive slowly to the lake and back, with many stops and several short walks. The Champlain Islands are bursting with birds in June! Year-round birds are here, of course. Birds that nested and raised their young here have returned from their winter journey north. Participants age 8 and above is suggested. Anyone between 8 and 12 must be accompanied by a parent.

HANDCRAFTED GREETING CARD WORKSHOP

WEDNESDAY, JUNE 28, 2023, JULY 26, AUGUST 23, 2023; 10:30 AM - 12 PM

LOCATION: 275 South Street, South Hero, VT

TICKETS: \$10 Register online islandarts.org

Enjoy Card Workshops taught by Pat Brennan. An Islander since 1969, Pat has been giving card classes for five years. She will teach you basic card-making. At your first class, in addition to the class fee, you will be required to buy a tool kit (\$7) that includes a dispenser with double-sided tape, glue dots, sponge daubers, and a little bling. Please bring scissors if you have them. At each class, you will receive two kits. Each kit will create a beautiful one-of-kind card with envelope, a card likely to cost \$5 or \$6 in a store, if you could find one as nice! This is a great opportunity to have fun, learn card-making, and surprise friends and family with beautiful cards. Class fee includes 2 card kits per class.



GONG SOUND IMMERSION WITH KIM



FRIDAY, JUNE 30, 2023; 7 PM - 8 PM

LOCATION: Camp Ingalls, 769 South End Road, North Hero, VT

INSTRUCTOR: Kim Muncil

COST: By Donation

Join Kim Muncil for a Gong Sound Immersion at Camp Ingalls! Let the sound of the gong wash over you as you settle into deep relaxation on your mat. There will be some gentle breath work and movement to prepare the body for stillness. Bring your own yoga mat and blanket. No experience necessary.

Classes

BIRDS OF THE NIGHT AND ALMOST-NIGHT



THURSDAY, JULY 6, 2023; 10 AM

INSTRUCTOR: Maeve Kim

LOCATION: Zoom

TICKETS: \$15, or \$40 for series of 3 if purchased by June 8, 2023

Whoooooo Was That??? - Birds of the Night and Almost-Night - With photos, sounds and stories, spend an hour with some of the most elusive, wonderful and mysterious birds in Vermont. Participants age 8 and above is suggested. This is a virtual event a Zoom link will be sent to all registrants prior to the class.

Photo courtesy of audubon.org

FUN YOGA FOR KIDS WITH KIM

SATURDAY, July 8, 2023; 1:30 PM - 2 PM

INSTRUCTOR: Kim Muncil

LOCATION: Island Arts Center, 1127 US Rte 2 North Hero, VT

COST: FREE for kids with GISU vouchers

Come on kids, jump on the yoga train and let your imagination bring you into a world of animals, nature, movement, and sound. Join Kim Muncil for some fun yoga movements prior to drumming with the Burlington Taiko Group. Bring your own towel.



TAIKO DRUMMING

**SATURDAY, JULY 8, 2023; FROM 2:15 PM TO 3 PM
and FROM 3 PM TO 3:45 PM**

LOCATION: Island Arts Center, 1127 US Rte 2 North Hero, VT

COST: FREE for kids with GISU vouchers, Adults \$10

Join us for two 45 minute sessions of Taiko Drumming.



FUN HIP HOP/JAZZ CLASS FOR AGES 6 AND UP!

SATURDAY, JULY 15, 2023; 10 AM - 11 AM

LOCATION: Isle LaMotte Veterans Recreation Park, School St.

RAIN LOCATION: Elementary School; 534 School St., Isle la Motte, VT

TICKETS: FREE

Please come join Miss Liza, owner of Dance In The Isle, who will be offering a fun family dance class for all. Class will start with a fun warm up and stretch followed by learning some popular moves often seen in the dance world. Miss Liza will then teach an upbeat combo to some popular and age-appropriate music! This will be a great event for the individual or whole family, adults must accompany their child.

Dare to Love, Dare to Dream. Dare to Dance. This free event is brought to you through a collaboration of Island Arts and the Isle la Motte Rec Department. Donations appreciated to benefit Island Arts.



Classes

INTRODUCTION TO ALEXANDER TECHNIQUE

FRIDAY, JULY 21, 2023; 4 PM - 5 PM

LOCATION: Studio above garage at 34 Cardinal Lane, South Hero, VT

INSTRUCTOR: Sue Collinson

COST: \$15

The Alexander Technique, which is taught internationally, seeks to help students find ease of movement by releasing habit patterns that interfere with everyday functioning. It is very useful to musicians and anyone seeking improved mastery and presence.



THE ART OF CONSCIOUS COMMUNICATION WITH KIM AND BOB

MONDAYS, AUGUST 14, 17, 21, 2023; 6 PM - 7:15 PM

LOCATION: Island Arts Center, 1127 US Rte 2 North Hero, VT

INSTRUCTORS: Kim and Bob Muncil

COST: 3 Part Series \$45 or \$20 per class [Register online at islandarts.org](https://islandarts.org)

Minimum of 6 participants

Sign up on Island Arts website under classes and series

Announcing a three part series on Conscience Communication. We all communicate most of the day, everyday - but how effective and aware are we really? When you're around a good communicator you know it. They communicate in a clear and respectful way; and when they speak, people listen. And just as important, how do we communicate with ourselves and why is it so crucial to living a joyful life?



Join Kim and Bob Muncil for this interactive, fun, and practical series on Conscious Communication. The classes will be informative and educational and you'll leave with tools to help your communication skills as well as gain a deeper awareness of your relationships with others and yourself. Kim is a certified Kundalini Yoga and Meditation Instructor who is trained in Conscious communication. Bob is a Certified Recovery Coach, Meditation Instructor and Yin Yoga Instructor.



Photo courtesy of audubon.org

RAPTORS! LARGE AND SMALL

THURSDAY, AUGUST 24, 2023; 10 AM

INSTRUCTOR: Maeve Kim

LOCATION: Zoom

TICKETS: \$15, or \$40 for series of 3 if purchased by June 8, 2023

Raptors, birds that take live prey, have fascinated humans for millennia. They show up in ancient mythology and art, poetry, music, and modern fiction from all over the world. Birders and photographers from all over Vermont, and even a few from other states, have generously contributed gorgeous portraits of Vermont's hawks, owls and falcons for this program. Participants age 8 and above is suggested.

THIS IS A VIRTUAL EVENT Zoom link will be sent to all registrants prior to the class.

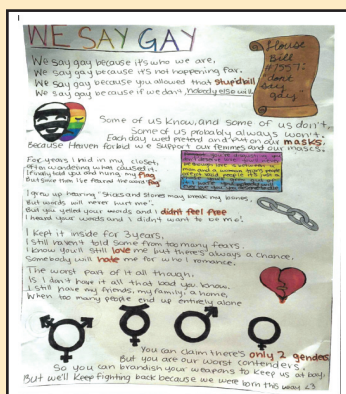
Crot Poetry Contest for Youth

CONGRATULATIONS ISLAND ARTS YOUTH CROT POETRY CONTEST WINNERS AND HONORABLE MENTIONS

Thank you Grand Isle County principals, teachers and parents for encouraging the youth from all four island schools to participate in the first Island Arts Youth Crot Poetry Contest. Marisa Dallas, Cathy Croteau and Mary Brennan-Centrella enjoyed the in-school writing workshops where, with scraps of magazines, watercolors, and other art supplies, students collaged and wrote fantastic crot poems. Thank you to all who participated!

Entries were blindly judged by Gina Lewis, the Alburgh Public Librarian, and Caroline Korejko, the North Hero Public Librarian.

OUT OF 75 ENTRIES, CONGRATULATIONS TO OUR TWO FIRST PLACE WINNERS!



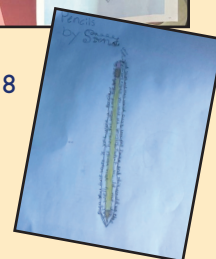
"WE SAY GAY"
by Madeline Mills, 15
Alburgh



Placing entries received a certificate to commemorate their achievement and a journal with their winning entry attached to the first page.



"PENCILS"
by Siena Rossi, 8
North Hero



CONGRATULATIONS TO OUR TWO SECOND PLACE WINNERS!

"Snakes are Great"
by Briley Trudell, 10, Alburgh

"Friends!"
by Cruz Perez, 9, Alburgh

A ROUND OF APPLAUSE TO OUR TWO THIRD PLACE WINNERS!

"Music"
by Melissa Shields, 11, Alburgh

"Be in Someone's Shoes!"
by Gabriela Almeida Perez, 10, Alburgh

HONORABLE MENTIONS

"Los Angeles Lakers"
by Lucas Collins, 10
Alburgh

"Trees"
by Hailey Prim, 8
North Hero

"Sunrise"
by Scarlett Noble, 7
North Hero

"Three Little Butterflies"
by Adelena Dion, 6
North Hero

"Drawing is the Best"
by Madelyn Meehan, 7
North Hero

"I Love Old Cars"
by Michael Lunn III, 8
North Hero



All winning entries will be available at www.islandarts.org

The Sylvia Barry Art Contest for Youth

The Sylvia Barry Art Contest for Youth is designed to encourage young artists to develop their creative talent. This contest is made possible through the generosity of Allan (Skip) Barry, Jr. in loving honor of his late wife Sylvia.

Skip and Sylvia Barry had a long history of residing in Grand Isle County. A talented painter, Sylvia Barry frequently painted the Homer Knight Barn, now the home of the Island Arts Center. Skip Barry's interest in encouraging youth to engage in artistic endeavors is palpable!

The 2023 contest deadline for submissions has passed. The contest theme was "These are a few of my favorite things..."

Entries that make it to final judging will be on display in two locations in Grand Isle County.

Community Bank in South Hero, Vermont (June 5-29) and Alburgh Public Library in Alburgh, Vermont (July 1-14) are providing gallery space. Please consider viewing the artwork during business hours.

Awards and recognition for winning entries will be the evening of July 15, 2023 at the Island Arts Center, 1127 US Route 2, North Hero, VT.

"Bella Voca Band & Dance Party" will be featured. Music begins at 6:30 PM. This is a free family event. Guests are encouraged to bring blankets, chairs and picnic on the grounds beginning one hour prior to the start of the concert.



Mary Brennan-Centrella, Art Project Coordinator



2022 Art Contest Winners



Painting by Sylvia Barry

Scholarship Recipients

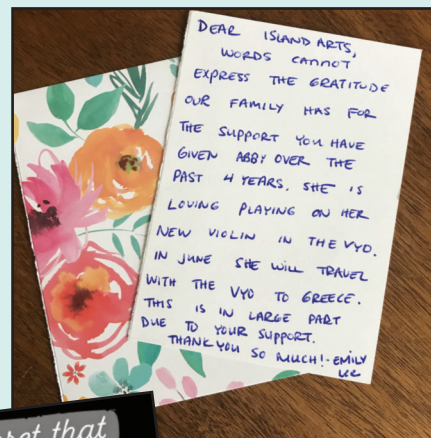
Parents, if you want a scholarship for your children go to www.islandarts.org and click on scholarship or go to your librarian and ask them for the form.

For instrument rentals and purchase, ask your school music teacher. When home schooled, librarian.



2020, 2021 and 2022 Priscilla Rose Award to Abby Lee. She was accepted at Luthier School in Boston.

9.23.22
Dear Kitya and members of
The Island Arts Board of
Directors,
On behalf of many yoga
students, my husband Bob,
and myself I would like
to thank you for the opportunity
of volunteering for IA this
summer. It was truly a
magical experience! The
people of North Hero are so
generous and as a result I
am able to offer to IA a total
of \$1,325.00 collected at our classes!
The expansive and creative energy
the IA organization brings to the
islands is a gift to so many!
My husband and I will certainly
be in contact before next summer
to share the future offerings we
have in mind. Thank you! Thank you!
Thank you! Kim Muncie



Dance in the Isle Studio

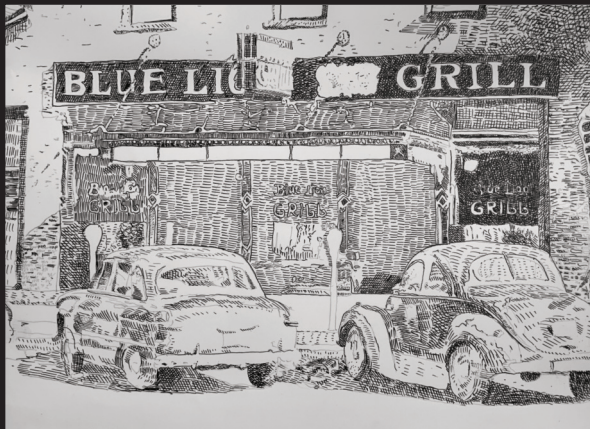


2023 Grand Isle County Music Festival at Folsom School with band and chorus. Island Arts sponsors the music fest and supports the rental of instruments in schools.



Gallery

ISLAND ARTS SPONSORS IA GALLERY AT COMMUNITY BANK, SOUTH HERO



PATRICK MURPHY

KENNEY BASSET



2023

IA Gallery Exhibits

THE WORK OF A NEW ARTIST
IS FEATURED EACH MONTH

STEPHEN SHARON - MAY

Acrylic Abstracts

SCHOOL KIDS - JUNE

Mixed Medium

KENNEY BASSETT - JULY

Architectural Boat Drawings and Photos

REBECCA ROWLEY - AUGUST

Watercolor

JANET BONNEAU - SEPTEMBER

Landscape Oils

PATRICK MURPHY - OCTOBER

Pen and Ink Sketches

End of Exhibition Season

Thank You Gifts



Carmine Centrella and his brother-in-law Tom Brennan built two wooden stair bannisters to required life safety code.



Bob Mandle and Charlie Bombard installed a new sign and post that Bob designed and built.



Mary Jane Healy donated her handmade note cards of Homer Knight Barn to use and sell.



Irene Clark gave a refinished bench.



Rob Rousseau fixing a leak on our water supply to the tree hedges with the help of Charlie Bombard.

Thank You Friends

JANUARY 2022 through MAY 2023

FRIENDS (up to \$99)

Babbitt, Bruce
Bannister, Gary M. & Ann A.
Brennan, Pat
Carter, David & Barbara
Centrella, Carmine & Brennan-
Centrella, Mary
Cloutier, Elaine
Collinson, Susan W.
Dickhaut, Elaine H. & Wendell
DiSabito, Doug
Duffy, Karl W.
Duval, Judith
Gayer, Diane
Gardner, Charlotte
Gordon, Kathy & Steve
Hauser, Diane
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Jensen, Sylvia
Joseph, Ben W.
Krebs, Sarah & Robert
Malone, Patti/info Product
Powerhouse
McGlenn Rev Living Trust
McGlenn, Jacqueline
O'Brien, Sandra & Katie
Poissant, Beverly & Martens, Lisa
Richards-Yarnell, Carol
Towle, Mary Anne & Mary Katherine
Tufano, Kathryn

SUSTAINERS (\$100 +)

Austin, Janet T.
Blanchard, Katherine C. & Cox, Daniel C.
Chaffee, Robert & Maryann
Coates, David & Connors, Katherine
Cooper, Robert
Dehner, Ann
Dupont, Larry & Mary
Durrell, Roderick
Frenning, Carl & Seavey, Linda
Forrer, Linda
Haiduck, Nancy & Neal
Holden, Margaret & Hyde, Doug
Kim, Maeve
Kinney, Kim & Linda
Giroux, Tracy
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Gordon, Stephen & Mary
Guerrieri, Josephine & Antonio
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Landry, Marc & Pamela
Lendway, Jane & Alan
Ludwig, Stephen
Mahlmann, Freddie
Mason, Ben & Ann
Middleton, Richard
Necrason, Joanne & Nick
Raymond, Giles & Pam
Roby, Thomas
Santerre, Gaston & Michele
Saylor, Patricia & Tom
Sherman, Roderic A.
Stewart, Kristen & Walden, Peter
Tinney, Donald
Tranby, Paul & Susan
Triendl, Christa
Valenti, Lynn C.
Wirsing, Mary Jane & Dolf
Zamore, Peter H. & Rosemary S.

CHAMPS (\$250 +)

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Harris, Michele
Hood, Virginia
King, John Edgar
Ludwig, Stephen
Page, Ann
Pietricola, Tony
Robins, Patrick & Schamberg, Lisa
Rosenberg, Roger & Adrienne
Shea, Melissa Siner
West, Gary

HEROES (\$500 +)

Dallas, Willy & Marisa
Peterson, Jeannie & Mark
Reese, Robert & Sandra
Steacy, Judy

ANGELS (\$1,000 +)

Anonymous (3)
Barry, Allen
Bensadoun, Aldo
The Border Press

Churchill, Natalie & Wanagaitis, Wally
Foley, Robert
Keyes, Jonathan
Muncil, Kim & Bob
Otter Creek Awnings
Parker, Ann
Parker, Charlie
Shearer/Tudhope Family
Simoneau, Danielle & Parker, Gene
Wilcox, Bart & Katya

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**A Special Thank You
to the Towns of
Grand Isle County
and the GISU Schools
for their Support
of Island Arts!**

ALBURGH
GRAND ISLE
NORTH HERO
SOUTH HERO
ISLE LA MOTTE

In Memory of Doug Tudhope

Donations gratefully received through 2023

Austin, Janet T.
Blanchard, Katharine & Cox, David
Centrella, Carmine & Brennan-
Centrella, Mary
Chaffee, Robert W. & Maryann M.
Coates, David R. & Connors, Katherine M.
Cooper, Robert
Durrell, Roderick
Gardner, Charlotte & Brad
Giroux, Tracy
Gordon, Kathy & Steve
Gordon, Stephen & Mary K.
King, John Edgar
Landry, Marc & Pamela
Lendway, Jane & Alan
McGlenn Rev Living Trust
McGlenn, Jacqueline
Necrason, Joanne
Page, Ann
Poissant, Beverly & Martens, Lisa
Raymond, Pam & Giles
Robins, Patrick & Schamberg, Lisa
Santerre, Gaston & Michele
Steacy, Judy
Towle, Mary Ann & Mary Katherine
Tranby, Paul & Susan
Tufano, Kathryn
Wilcox Bart & Katya

*We greatly appreciate the support of
all of our donors, but we occasionally
make an error. Please email
info@islandarts.org if you have not
been properly credited.
Thank you.*



Jeannie Peterson Lake Champlain Collection



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Island Arts Directors & Committees

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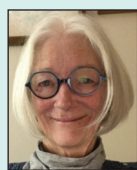
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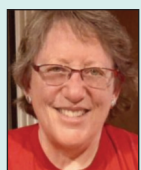
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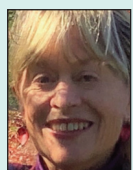
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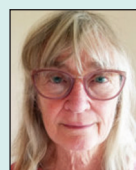
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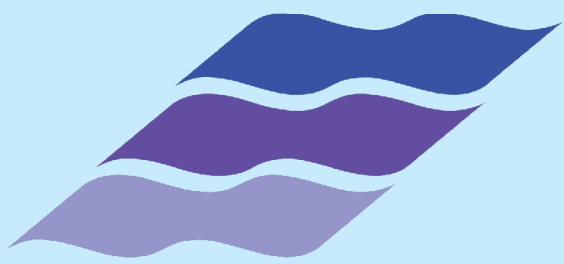
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Priscilla Rose & Robert Foley Talent Scholarship Fund



Senator Peter Welsh with IA President Katya Wilcox
at Hackett's Orchard in South Hero, VT



LCATV

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If you're interested in engaging with your region through community-based media or being part of shaping our future, LCATV would like to hear from you. We're currently looking for both volunteer producers to create programming and Board of Directors members. We serve the communities of South Hero, Grand Isle, North Hero, Colchester, Milton, Westford, Fairfax, and Georgia, and anyone who lives, works, or attends school in those towns is eligible to be a part of what we do. Get in touch to find out more!

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**Champlain Islanders Developing
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danceintheislevt.com

DC Energy North Hero
dcormier@dceivt.com

Full Circle Theater
fullcircletheater.com

Grand Isle County Farm Bureau
vtfb.org

Grand Isle County Schools
gisu.org

Island Arts Jazz Combo
tonyvje@gmail.com

**The Lake Champlain Access Television
(LCATV) in Colchester**
lcatv.org

**Liam Murphy
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North Hero Library
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North Hero Parks & Recreation
northherovt.com

Seven Days Vermont's Independent Voice
sevendaysvt.com

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