

Workshop Offerings 2010

Keynote Speaker:

- **Radical Simplicity: Small Footprints on a Finite Earth**

1:00 - 1:45 pm

Auditorium

Keynote Speaker: Jim Merkel, Author and Director, Global Living Project

Originally a military engineer trained in foreign military sales, Jim was prompted by the Exxon Valdez disaster and the invasion of Iraq to devote his life to sustainability and world peace. He founded the Global Living Project and initiated their Summer Institute where teams of researchers attempt to live on an equitable portion of the biosphere.

Hear how you can integrate 'radical simplicity' into your lifestyle, to live a more equitable and just life.

Track One: Energy Efficiency

10:00 - 10:45 am

- **Getting the Most Out of Your Pellet Stove**

Classroom A

Presented by: Chris Brooks, Principal, Vermont Wood Pellet Company, and Gary Barnett, experienced wood stove installer & Cornwall Energy Coordinator

Whether you're considering a pellet stove, or already have one at home, this workshop will be very useful. Learn about the different types of wood pellets and pellet stoves, how to maximize your stove's efficiency, how to select and store pellets, and how to use a wood pellet stove safely.

- **Making Your Home a Healthy and Enduring Place to Live**

10:00 - 12:00 (double session)

Classroom B

Presented by: Fred Lugano, Building Systems Contractor

Is your house making you sick and sucking the money out of your pocket? Take control of your home's building systems! Find out how your house functions and what you can do to make your home healthy, safe, comfortable and affordable to live in. Witness actual demonstrations of the simple, affordable ways that you can modify your home so it will last a lifetime and provide a healthy living space.

11:00 - 11:45 am

- **Green Home Design, Construction and Renovation**
Classroom A

Presented by: Jean Terwilliger, LEED Architect

Green your next home construction or renovation project. We'll look at how good design can help create an energy-efficient, comfortable home and a more sustainable lifestyle. Case studies including an award winning LEED home will explore site selection, building design and material choices for new construction, renovation and deep-energy retrofits.

2:00 - 2:45

- **Residential Energy Efficiency**
Classroom B

Presented by: Efficiency Vermont Representative

Find out how to save energy and reduce your electric bill from an expert at Efficiency Vermont. Switching to the newer compact fluorescent light bulbs (CFLs), using a programmable thermostat, buying Energy Star appliances, and eliminating "phantom loads" are simple ways to reduce your energy consumption - and the payback is quick. Find out how to implement these changes and how to take advantage of the incentives being offered. Improve the environment and your budget at the same time.

Creating an Energy Efficient Home - Understanding Air Infiltration
Classroom E

Presented by: Tom Perry Carpentry, Building & Design, LLC

No home will be comfortable or energy efficient without effective air-sealing. But very few people know how to approach this task properly. This workshop will give you a clear understanding of the nature of this problem, and how best to resolve it in your home.

2:00 - 4:00 pm (double session)

- **'Button Up Vermont' Workshop**
Classroom A

Presented by: Brad Cook, Certified Energy Auditor, Building Performance Services LLC

Learn the basics of how your home loses heat and what can be done about it, from simple measures that you could do, to things that a professional should do. See a blower door, infrared camera, foam gun, types of insulation, etc. Get information on additional resources and how to pay for improvements. Take home additional materials and a coupon towards an audit.

3:00 - 3:45

- **Living Off the Grid**
Classroom B

Presented by: Paul Kenyon

Learn from the long-term off-grid life experience of our presenter, who will guide you through the major decisions of building or turning your existing home into an off the grid, sustainable home.

Track Two: Renewable Energy

10:00 - 10:45 am

- **Generating Electricity with Photovoltaics**
Classroom C
Presented by: Nik Ponzio, Building Energy
Solar energy systems make it possible to effectively use the abundant energy the sun produces. In photovoltaics (PV), electrons freed by the interaction of sunlight with semiconductor materials in PV cells are captured in an electrical current. Find out how photovoltaics work and how they can be incorporated into your renewable energy system.
- **Green Energy from Healthy Forests**
Classroom D
Presented by: David Brynn, Vermont Family Forests
Gain a deeper understanding of the ecological functions and values of healthy Vermont forests. Explore the forest management practices that conserve forest health and enhance forest productivity for energy and timber production.

11:00 - 11:45 am

- **Geo-thermal Power-It's Right Under Your Feet!**
Classroom C
Presented by: Jeff Williams, Spafford & Sons
This workshop will get you started assessing your site, sizing a system, navigating the permit process and tapping incentives for residential group source heating and cooling.
- **Introduction to Transition Towns**
Classroom E
Presented by: Ruah Swennerfelt and Louis Cox, Transition Town Charlotte
Developed in Cornwall, England and spreading rapidly around the world, the Transition Town movement is about helping communities relocalize their economies and increase their resilience to the inevitable shocks from climate change and peak oil. Get a brief history of Transition Towns and come away with a basic blueprint for starting a Transition initiative in your community.

2:00 - 2:45 pm

- **Heating Your Home with Biofuel Boilers**
Classroom C
Presented by: Roger Wallace, Addison Biomass Energy
Considering a modern biofuel boiler to heat your home? Using a gasification process, intelligently designed and engineered wood, grain, pellet and corn heating systems burn without smoke and produce overall efficiencies of up to 91%. These bio-fuel boilers use renewable, CO₂ neutral fuels in place of fossil fuels and run for days on a single load of fuel. Learn how to evaluate the true efficiency of boilers and determine the right type and size of boiler for your needs.

3:00 - 3:45 pm

- **Solar Hot Water and Wind with Backup Systems**

Classroom C

Presented by: John Blittersdorf, Owner, Central Vermont Solar & Wind

One of the best paybacks in renewable energy is solar hot water, and individual wind towers are becoming cost-effective for generating electrical power. This workshop will get you started in assessing your site, sizing solar, wind, and backup systems, navigating the permit process and tapping incentives for business or residential solar and wind technologies.

- **Video Screenings**

Auditorium

9:00 - 10:00

Kilowatt Ours: A Plan to Re-Energize America

10:00 - 11:00

Solar Energy: Saved by the Sun

11:00 - 12:00

Renewable Energy

12:00 - 1:00

Environmental Tech: Using Innovative Technologies to Preserve Our Planet

3:00 - 4:00

Environmental Tech 2: More Innovative Technologies

Track Three: Local Agriculture

- **Farm Stories: Meet Our Future Farmers**

All Day

Little Commons Area

Coordinated by: Janice Bosworth, Agriculture Instruction, Hannaford Career Center

Presented by: Hannaford Career Center Agriculture Students

Our agriculture is faced with tremendous change. How we react to and create positive change in our agricultural community and economy will be decided by the next generation of farmers in Addison County - the students who will take over the farms and develop new markets. Hear firsthand what future farmers value about farming in Addison County and their hopes for their future - and ours.

10:00 - 10:45 am

- **Cooking with Local Foods: Unusual Meats and Local Vegetables**

Cafeteria Kitchen

Presented by: Brad Koehler, Chef, Middlebury College General Manager of Residential Dining and Amy Trubek, Chef, Author and UVM Assistant Professor, Owners of Windfall Orchard in Cornwall

- **VISION 2020: What's Your Vision for Food and Farming in Addison County in the Year 2020?**

Classroom E

Presented by: Jonathan Corcoran, ACORN Localvores

We have entered a period of rapid change some call the "Great Disruption," some the "Transition" and others, "Our Moment of Grace." VISION 2020 is a vibrant vision of a cooperative, entrepreneurial and participatory culture, community-centered and ecologically sustainable, living close to the land on which it directly depends for many of its basic needs. Share your visions, brainstorm ideas, and collectively choose an action to take up as a group. This workshop will outline the steps to take to make your vision a reality.

11:00 - 11:45 am

- **Cooking with Local Foods: Crème Brulee**

Cafeteria Kitchen

Presented by: Kate Corrigan, Owner, North Branch Farm & Gardens

- **Growing Nutrient Dense, Carbon Negative Foods With Biochar**

Classroom D

Presented by: Jock Gill, Pellet Futures/Biochar NE and David Yarrow

Research is being done on how CSEs could convert locally sourced biomass into fuel for carbon negative heat for local buildings. The biochar produced by the heating systems would then be cycled back to the CSA to produce nutrient dense and carbon negative foods, and every ton of biochar sequestered in the soils of the CSA will also increase crop yields in a virtuous cycle. Nutrient-dense production is a careful, exact, pro-active approach that is precise and prescriptive. Nutrient-Dense foods have measurably more minerals and micro-nutrients, with full authentic flavor that naturally taste better, are more satisfying to eat, and dehydrate without rot. These production methods with their high-quality products were developed and proven in 30 years on three continents.

12:00 - 4:00 pm

- **Biochar: How to Make It and Apply It to Your Soil
Outdoors**

Presented by: John McLaughlin and Ron Slabaugh

Biochar is not a fertilizer; it is a soil additive that sequesters carbon, increases moisture retention, increases nutrient availability, promotes microbic growth and improves cation exchange capacity for higher food yields and healthier plantings. See a demonstrate on how to make biochar and an explanation on how to use it to improve your soil and crop yields.

2:00 - 2:45 pm

- **Cooking with Local Foods: Seasonal Crepes**
Cafeteria Kitchen
Presented by: Suzanne Young, Owner, Singing Cedars Farmstead
- **Author's Presentation: Lifting The Yoke: Local Solutions To America's Farm And Food Crisis**
Auditorium
Presenter: Ron Krupp, Author, Teacher, Entrepreneur and Community Organizer
Ron will present a slide show on his new book - *Lifting the Yoke/Local Solutions to America's Farm and Food Crisis*. He will make the connection between industrial agriculture and hunger and obesity and will focus on local farm and food solutions in Vermont. Farmers' Markets, CSA's, Local Restaurants, Diners, Co-ops, Farm to School Programs and more will be covered. Ron is a farm, food, and garden commentator on VPR. He also wrote *The Woodchuck's Guide to Gardening - the Vermont organic gardening book*.

3:00 - 3:45 pm

- **Root Cellars and Food Storage Structures: Sustainable Food Storage**
Classroom D
Presented by: Chris Chaisson, Whole Farm Services
Root Cellars have regained popularity for their energy free, natural cooling systems that preserve food for over six months. Farms and homeowners are both seeking ways to reduce energy use and support their local food systems. Root cellars and other super-insulated and thermal mass based spaces and structures are effective ways of addressing these issues in a holistic manner. In this presentation we will look at the classic root cellar, why it works, and the many different types of structures that are possible when we apply those principles to creating energy efficient spaces that retain optimum storage conditions for up to six months.

Children's Programs

- **Children's Hands-On Programs: Reduce, Reuse, and Recycle**
All Day
Choir Room (G112)
Presented by: Childcare Professionals
Learn more about sustainable living, renewable energy and recycling and create your own recycled craft masterpiece. Children of all ages are welcome; infants and toddlers must have parental supervision.