



**Green Mountain Club  
JULY Schedule**

**July 13, Tuesday. Bike Ride with Green Mountain Club.**

South Hero. Moderate. 20-25 miles. Scenic summer ride with frequent views of Lake Champlain. Possible swim at Sandbar. Helmet required. Bring lunch. Call Leaders: Reidun and Andrew Nuquist, 223-3550 for meeting time and place.  
Publicitylocal

**July 17, Saturday. Hike with Green Mountain Club.** Difficult.

Rain Date: July 18, Sunday. White Mtns., NH. Very Difficult. 12.6 miles. 9+ hrs. on trail. Summit Mt. Jefferson and Adams via Castle Trail, Edmunds Col to Gulfside, Israel Ridge, and Castle Trails. Must contact Leader: Paul DeLuca, 476-7987 or pdeluca420@msn.com

**July 18, Sunday. Hike with Green Mountain Club. Difficult.**

Duxbury. Longer option is 7.8 miles and the shorter is 6.6 miles. From Couching Lion parking lot, ascend the Monroe Trail to the Alpine Trail South past the B-24 wing to the LT. Scramble to the summit. When we reach the hut clearing, if all agree, we will descend .8 miles to the Alpine Trail and then 1.2 miles up to the Monroe Trail, back to the parking lot. Too strenuous for anyone, from the hut clearing, will take the Monroe Trail directly to parking lot. Call: Fred Jordan, 223-3935 or jordanfn29@gmail.com for meeting time and place.

**July 24, Saturday. Hike with Green Mountain Club.** Moderate.

Rain date: July 25, Sunday - Lake Region, NH. Moderate. 6 miles round trip. Mt. Cardigan via Manning and Mowglis Trails to stunning Rock Dome Summit. Meet 9:00 A.M. Call Leaders: Cynthia Martin and George Longenecker 426-3874 or marlong@fairpoint.net for meeting place.

**July 25, Sunday. Hike with Green Mountain Club. Easy.**

Jonesville. Easy. 3 mile round trip, 350' elevation gain. North on the LT to Duck Brook Shelter. Meet at MHS at 12:50 P.M. Leader: Ken Hertz, 229-4737 or kenneth.hertz@myfairpoint.net

**July 27, Tuesday. Paddle with Green Mountain Club.** Moderate.

Morristown. Moderate. Green River Reservoir. PFD required. Bring lunch. Call Leader: Joan Heller, 223-1874 for meeting time and place.

**July 31, Saturday. Hike with Green Mountain Club.** Difficult.

Rain Date: August 1, Sunday - White Mtns., NH. Very Difficult. Exposed ledges. 8.4 miles. 6,288' elevation gain. 8 hours. Summit Mt. Washington via Huntington Ravine Trail. Descend via Tuckerman Ravine Trail. Must call Leader: Paul DeLuca, 476-7987 or pdeluca420@msn.com

**LOST NATION THEATER, proudly presents the swinging musical The All Night Strut July 15-August 1, 2010 at City Hall Arts Center, in downtown Montpelier.**

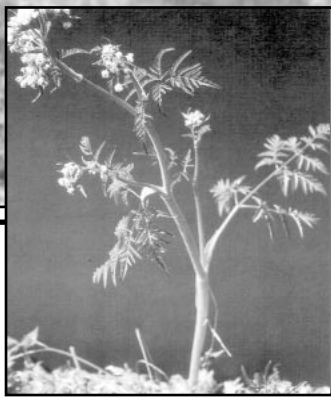
From coast to coast, in dance clubs, Broadway shows, and on "reality" TV dance competitions, young and old alike are rediscovering the Lindy, the Shag and the Tango. Yes, Swing's the Thing! And nowhere more than in this classy, sassy musical celebration of the music of the 1920s-40s. Lost Nation Theater is transformed into a dazzling deco night club for The All Night Strut, whose toe-tappin' tunes go from the Funky Jive of Harlem to the Lullaby of Broadway, bringing audiences to late-night jazz sessions and the elegance of The Savoy.

An anthology of swinging, slinky, sensuous songs, THE ALL NIGHT STRUT! covers the American experience of the Depression Era of the 1930s, the patriotic fervor of World War II and the post war boom of the late 1940s with great style and heady optimism. THE ALL NIGHT STRUT! features a score by such legendary songwriters as Johnny Mercer, Duke Ellington, Cab Calloway, Hoagy Carmichael, Frank Loesser and George and Ira Gershwin. It's flat-out fun, and Lost Nation is proud to have Broadway pianist and musical director Charles Lindberg leading the production with LNT's own Tim Tavcar.

Special Features: Opening Night Friday, July 16: Pre-show dialogue with the director & designers in the theater lobby: 7:15pm Saturday Matinee July 17: This performance will be Audio Described Thursday, July 21: Post-show discussion with the cast and production team (in theater)

**Curtain: 7pm Thursdays; 8pm Fridays  
8pm Saturdays - Additionally, there is a 2pm matinee Sat July 17.  
7pm Sundays - except the final Sunday June 13, which is at 2pm.**

**Tickets:  
\$25 Fri-Sun; \$20 Thu; Special \$15  
Preview Thu July 15 & 2pm Sat Mat July 17**



**Wild Chervil not good**  
by Anne Greensfelder  
<anne.greensfelder@gmail.com>

The pretty white flowers that lined many of Middlesex roads this May and June have now changed into seed heads...creating an even bigger threat to farmers, home gardeners, wildlife, and native plants. WILD CHERVIL is spreading like wildfire: along stream beds and roadsides; into pastures and gardens.

Wild chervil is a member of the carrot/parsley family and looks similar to Queen Ann's Lace, but blooms much earlier. The flower heads resemble gout weed flowers. It multiplies in two ways, by producing hundreds of seeds per plant and also vegetatively by producing off-set plants around the main root.

Control is difficult and once the seeds have formed, mowing actually spreads the plants. This is why we see it spreading down whole roads. Victoria Weber, chervil citizen-expert from Bethel recommends, " Ideally mow when flowers first begin, in mid-May & again at 2nd flowering, probably early July. Better yet, hand weed small patches or single plants so they don't become large patches. For larger patches cover with heavy plastic for at least 2 years and then re-plant with other plants, such as conservation mix, so that the disturbed soil doesn't invite more weeds." Mowing at these times will not kill the plant, but will prevent it from spreading to other areas.

For more information:

<http://www.uvm.edu/mastergardener/invasives/invasivesindex.html>



**July Programs  
at the  
North Branch  
Nature Center**

**Saturday, July 17**

**YOUTH BIRDING PROGRAM: Mountaintop Birding  
at Mt. Mansfield**

Montpelier - Witness the change in birds and plants with as we ascend Mt. Mansfield. After driving to the top, we'll explore the alpine tundra, breathtaking views, and high-elevation specialists like Swainson's Thrush, Bicknell's Thrush, and Blackpoll Warbler. Bring \$5 for the toll road and a bag lunch, 9:00 a.m. to 12:00 p.m., meeting at North Branch Nature Center, 713 Elm Street, 229-6206.

**Thursday, July 29**

**BUG WALK!**

**Montpelier -**

Grab a net and come join us for a walk filled with tiny discoveries. We'll search for dragonflies, butterflies and other flying, hopping six-legged creatures, \$5 per family, \$3 per individual, 3:30 - 5:00 p.m., North Branch Nature Center, 713 Elm Street, 229-6206.



(802) 229-0345 OFFICE  
(800) 696-1456 TOLL FREE  
(802) 223-6043 RESIDENCE  
ann.cummings@coldwellbanker.com

81 Main Street  
Montpelier, VT 05602  
www.heneyrealtors.com

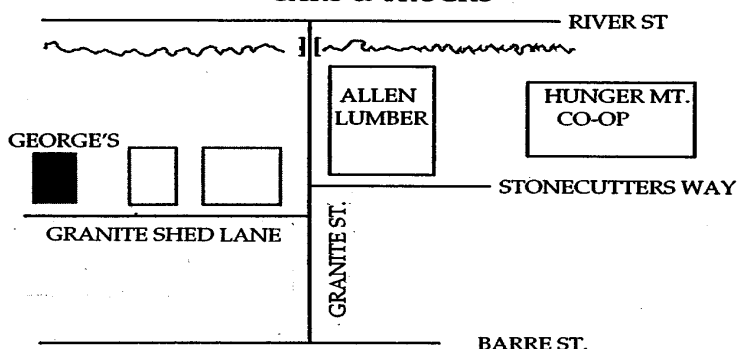
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