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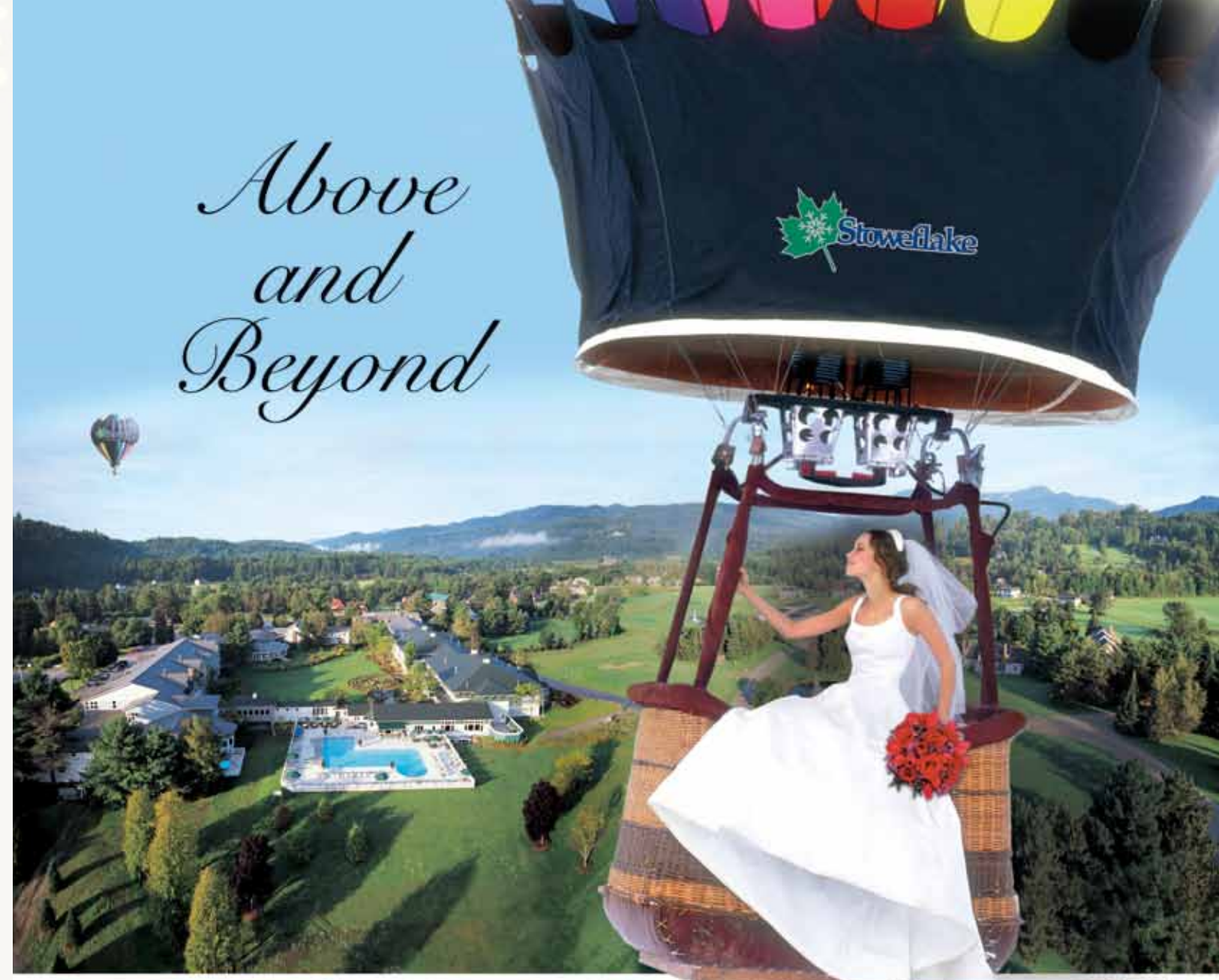
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# The Vermont Bride Magazine FALL 2010

Vermont's First & Foremost Wedding Publication

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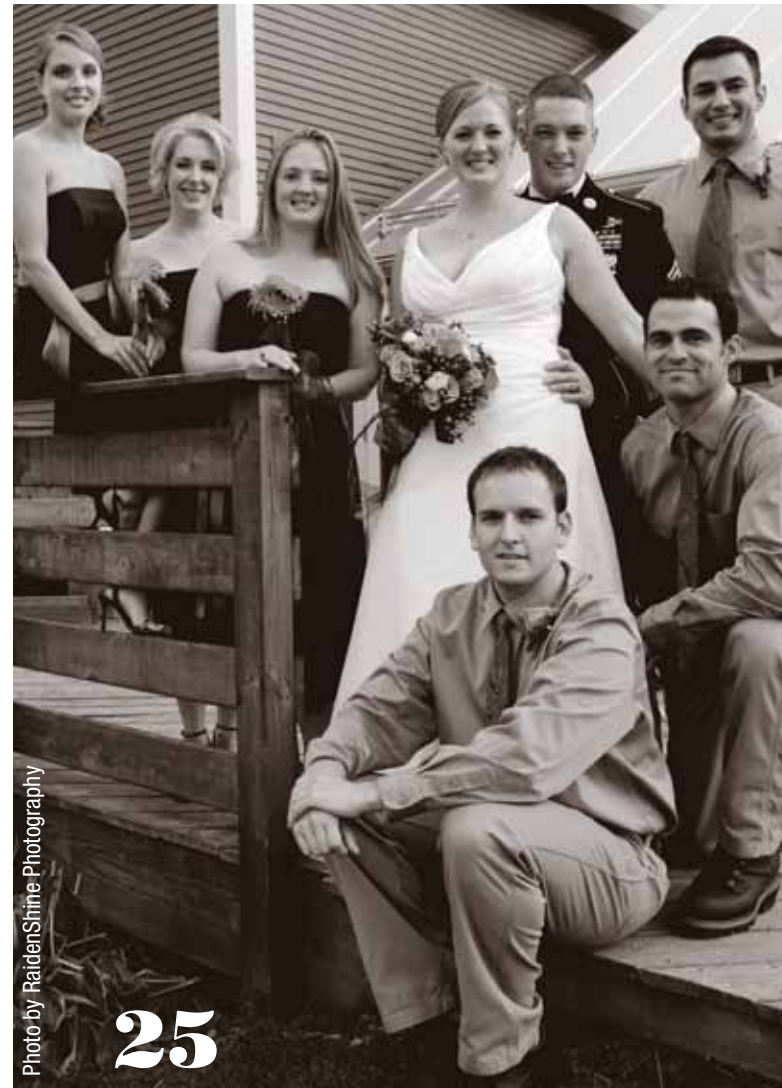


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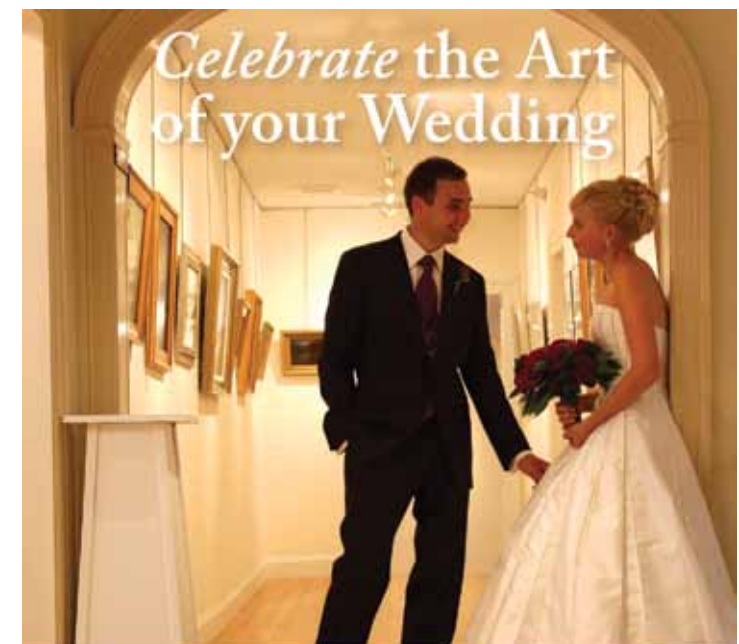
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# Inside Vermont Bride: Staff Notes

Summer is fast becoming a distant memory as cool days and crisp nights signal the arrival of autumn. This fall issue of *Vermont Bride* is jam-packed with views, opinions and advice from local folks — neighbors that live and breathe weddings.

**Pat Esden** (our local professional on everything flowers) knows a thing or two about gifts and shares ideas in “Double Duty Bridesmaids’ Gifts,” (page 66) while Spa Corner authority **Sara Daly** contributes ideas for scheduling spa time in “The Timing is Right” (page 99).

The right time to look and feel your best is now.

**Dr. Nancy Carlson Fisher** and her team at **Lumina** offer healthcare services and aesthetic treatments in a tranquil, calm surrounding. Read more about their offerings (page 21) and treat yourself.

Part of the marriage commitment package comes the responsibility of all topics grown up. **Patrick Cahoon** and **Benjamin Nostrand** bring us practical, no nonsense information on insurance and financial planning. **Gayle Oberg** and **Jeff Teplitz** continue our teachings with guidance and sensible steps to make home ownership attainable.

Regular contributors **Rabbi Howard Cohen** and **Rev. Dr. Michael Caldwell** return with advice for real-life situations. For couples wanting picture-

perfect settings with candelabras to crystal to a checkerboard dance floor, **Amy Weyer** from **Weddings, Tents & Events** can make it happen. Read her contribution in “Planning Your Dream Wedding in VT” (page 46).

Just some of the amenities that our neighbors in Stowe offer are covered bridges, antique shops, some of the finest leaf-peeping, and a country hotel styled in English Tudor tradition. Read about **Ye Olde England Inne** with a firsthand account from Sarah as she and Barry created their love story (page 34).

Be sure to read **Love Stories** in the words of brides Amelia (page 25) and Jaimie (page 58). Speaking of love, it’s said that there’s nothing like it, especially young love. Remember your first kiss and when hand holding made your heart skip? **Kayla Sturtevant** shares her perspective on love with “The Little Things are Everything” (page 95).

Traditions, like love, are timeless. Find out why brides carry handkerchiefs and wear veils with **Amanda Kuhnert’s** “Reviving Old Traditions for Festive Modern Day Celebrations” (page 56). Good food never goes out of tradition — especially comfort food. **Susanna Keefer** serves up “Food, Glorious Fall Food” with a smile (page 42).



With the scents of summer fading and fragrances of fall stronger each day, we are reminded that aromas play a significant role in our lives. **Karen Sturtevant** writes there is a scent for every season and mood in “Aromatherapy — Nature’s Helper.” Lavender, anyone? (page 70).

Another role player: music. Our friend and resident music expert, **Lisa Carlson**, shares her views in choosing the right sounds for your celebration in “Music for Your Wedding.” (page 74).

As the apple turnovers are baking, enjoy the aroma, play your favorite CD and get out your planner. From all the staff, enjoy the majestic autumn season and this issue of *Vermont Bride*.

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### Services at Lumina

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**On-Site Make-Up Application** – LUMINA features Jane Iredale Mineral Cosmetics, the most technically advanced make-up in the world. This flawless natural mineral make-up is silky, light and free of dyes, chemical preservatives and fragrance. The staff at LUMINA provides on-site make-up application for weddings, photo-shoots and television.

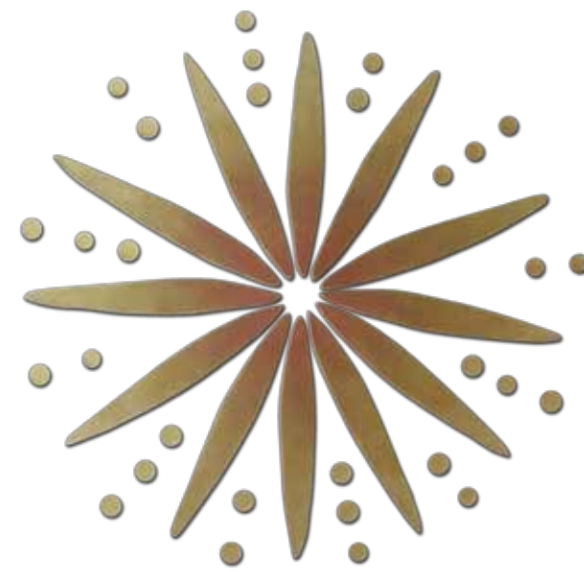
**Laser Hair Removal** – Dr. Fisher utilizes the Cutera CoolGlide™ Laser, FDA approved for permanent hair reduction. This YAG laser is safe for patients of all skin tones including tanned and naturally dark skin.

**Laser Vein Removal** – Dr. Fisher uses the Cool-Glide™ Laser for the treatment of facial and leg spider veins, as well as other vascular abnormalities. This non ablative and non invasive procedure removes unsightly veins quickly and with very little to no downtime.

**Sun Spot Removal** – The XEO IPL utilizes gentle light pulses to remove sun spots and pigmented lesions on the face, hands, chest, arms and legs. This treatment targets only pigmented imperfections, leaving normal skin unaffected.

**VelaSmooth/VelaShape** – This system is the only proven device with breakthrough results as it treats both the deeper tissue and the upper layers of the skin. A measurable reduction in fat layers, circumference and the appearance of cellulite occurs after a series of 6 treatments. VelaShape™ offers a non-surgical, no downtime and virtually painless treatment for the body reshaping and cellulite treatment.

**CoolLipo** – CoolLipo is a minimally invasive laser based procedure that breaks up and removes fat cells in small areas such as under the chin, along the bra line, in the "love handle" area or in areas with loose skin such as the arms. In addition, the unique wavelength of the CoolLipo laser system



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# Lumina For Beauty & Health

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Photos by Raven Ledge Studio

directly contracts collagen and tightens the skin from the inside out, an effect not seen with standard liposuction.

**Facials & Chemical Peels** – LUMINA offers a variety of relaxing, deep cleansing facials for all skin types. The facials include enzyme peels to exfoliate dead cells or steam to detoxify skin. In addition, a variety of physician applied peels are available that exfoliate and increase cellular turnover thus resulting in improved elasticity and tone.

**Titan** – The Titan Procedure is a safe, non-surgical process that uses an infrared light source to tighten skin and reverse the signs of aging. In addition, Titan can stimulate long-term collagen rebuilding that leaves patients with younger appearing skin. The Titan Procedure treats lax and redundant skin throughout the body including the face, neck, abdomen, thighs and arms.

**Laser Genesis** – Laser Genesis provides one of the latest technologies in skin rejuvenation. Four modalities are incorporated to achieve the highest quality of skin possible. Eliminate fine lines, sun spots, scarring and improve skin tone with Laser Genesis treatments. Also, acne and rosacea outbreaks can be significantly reduced with a series of Laser Genesis procedures.

**The Pearl** – The Pearl procedure combines the impact of resurfacing lasers with the gentleness and safety of non-invasive procedures to treat aging and sun damaged skin. The Pearl reduces wrinkles, uneven texture and solar damage with fewer treatments and less overall recovery than other technologies to provide a healthy, pearl-like glow. The Pearl offers the most effective treatment to address fine lines, uneven texture and discoloration without wound care and the lengthy downtime required with other laser resurfacing procedures.

*Dr. Fisher's unique approach to GYN care means that a woman can have her physical well-being and self-image seamlessly intertwined and overseen by one qualified physician.*

**Microdermabrasion** – A controlled stream of micro crystals is used to gently polish the skin and remove dead skin cells, oils and other buildup. This particle skin exfoliation treatment can improve many skin conditions and imperfections that lead to premature aging.

**LED Photo modulation** – The Gentleswaves™ LED Photo modulation Skin Fitness System is the first and only patented LED proven to reduce redness, fine lines, large pores, and turn off the enzymes that breakdown collagen. Gentleswaves™ also helps neutralize the negative effects of the sun. It is completely safe with no downtime and will help produce more radiant healthy looking skin.

Continued on page 22



## Lumina - For Beauty and Health

Continued from the previous page

**BOTOX™/Dysport™** - The use of Botox™ and Dysport™ injections can successfully remove lines on the forehead, between the eyebrows, and around the eyes and mouth. These injections prevent wrinkles from appearing by relaxing the underlying muscles so they do not contract. Botox™ and Dysport™ injections are a safe and effective method for creating smooth and youthful appearing skin.

**Injectables** – Dr. Fisher offers a variety of injectable fillers for the treatment of fine lines and wrinkles, as well as loss of cheek and lip volume. Restylane, Perlane, Radiesse and Juvederm are among the fillers available at LUMINA.

### Permanent Make-Up (Micro pigmentation)

– Micro pigmentation is a non-surgical procedure during which sterile hypo-allergenic color is carefully applied into the dermal layer of the skin. This procedure is used to enhance one's natural coloring and can be done in the brow area, around the eyes, or on the lips. In some cases permanent make-up can be used to correct scars, uneven pigmentation or facial asymmetry.

### WOMEN'S HEALTHCARE

Dr. Fisher and the staff at LUMINA provide comprehensive gynecologic care including annual exams, contraceptive management, infertility evaluation, STD screening, abnormal PAP care, genetic testing and general gynecologic surgical procedures.

**Acupuncture & Chinese Medicine** – Traditional Chinese medicine includes the use of acupuncture and Chinese herbal medicine. Chinese herbal medicine incorporates a detailed diagnostic and treatment plan that features the use of herbal formulas as opposed to single herbs. Acupuncture involves the insertion of very fine needles into specific points in the body which influences the flow of energy. This system of medicine is particularly useful for women's health and is frequently used to treat such conditions as irregular and painful periods, menstrual migraines, infertility, emotional lability and menopausal symptoms.

### Holistic Nutrition & Lifestyle Counseling

– Holistic health is an approach used to treat a person's well being by taking into consideration all aspects of one's life. Patients will discover how simple nutrition and lifestyle changes will help achieve weight loss, gain more energy, and maintain well being before throughout their life. Patients will also discover how simple breathing techniques can help reduce stress and anxiety in any situation. Patients will leave with a customized nutritional menu and the tools to begin their path to wellness.

## LUMINA STAFF

**Dr. Nancy Carlson Fisher** is a board-certified obstetrician gynecologist who has been providing women's healthcare in Vermont since 1990. She introduced laser services to her gynecology practice in 2004 and now offers a variety of aesthetic services to her patients. Dr. Fisher's unique approach to GYN care means that a woman can have her physical well-being and self-image seamlessly intertwined and overseen by one qualified physician. Knowing that only Dr. Fisher will see her patients on every visit provides the continuity of care women need and deserve.

---

**Lori Barlow** is a licensed senior aesthetician with over 18 years of experience in the skin care industry. She has an extensive background in all types of skin care treatments and has completed training and educational programs in chemical peels, LED, advance photo modulation, light therapy and microdermabrasion. Lori is also a professional make-up artist providing her services for television, photo shoots and weddings.

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**Debra Clark** is a licensed senior aesthetician with over 16 years experience in skin care, beauty, and nutrition. Her specialties include event make-up artistry and anti-aging clinical skin care treatments. She has completed training and education programs in chemical peels, LED, advanced photo modulation, light therapy and microdermabrasion. Debra is a professional

make-up artist providing her services for television, photo shoots and weddings.

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**Che Schreiner, C.H.H.C** is a graduate of The Institute of Integrative Nutrition and is a certified holistic nutrition and lifestyle counselor. Che has been helping women for over 15 years achieve health and wellness through individualized consultations focusing on nutrition, weight loss, life transitions, anti-aging, and stress reduction.

---

**Holly Thompson** is a licensed acupuncturist with over 15 years experience in Chinese Medicine and Acupuncture. She focuses on treating chronic pain and women's health issues, as well as stress management. Holly has studied traditional Chinese medical gynecology in Nanjing, China and is currently in her final year of doctoral studies at the Oregon College of Oriental Medicine. This advance degree encompasses all areas of traditional Chinese medicine with specialties in women's health and geriatrics.

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**Judy Bourn** is a licensed cosmetologist and has been CPMA certified since 1974. She is a member of the Society of Permanent Cosmetic Professionals and the National Board of Cosmetology. She has been recognized many times for her professional involvement, most notable the "Look Good, Feel Better" program for cancer.

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Photo: The Portrait Gallery

*Amelia  
(Gilman)  
&  
Brett  
Clairmont*

October 17, 2009 at the Round Church and West Monitor Barn, Richmond, Vermont

How we met: If you had asked me if I knew right away that Brett was going to be my husband, I would have said no. He wasn't my type: tall, blonde hair, blue eyes. Brett was average height, light brown hair, and hazel eyes. My brother-in-law, Mark, spent 15 minutes trying to locate him because he was so adamant that I meet this guy.

We met, shook hands, exchanged small talk, and I walked away.

*Where I met Brett isn't your usual meeting place for a social introduction. I met Brett at Camp Johnson where he was going through pre-mobilization for his deployment with Mark to Iraq.*

Like Mark, Brett was leaving early, 3 weeks ahead of the rest of the platoon to get ready for their arrival at Camp Shelby.

*continued on page 26*



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## Love Story: Amelia (Gilman) & Brett Clairmont

Continued from page 25

It didn't strike me at the time, but he had a quiet confidence about him that spoke volumes. When I saw Brett again at the Military sendoff on January 4, 2005, I approached him, gave him a hug, and thanked him for his service to this country. Since he was surrounded by his family at the time, I knew his attention was in high demand, so I quickly walked away to find Mark.

This brief encounter was the only personal interaction Brett and I had before his deployment.

In the next month that followed, my brother-in-law spoke to me about Brett and had asked me to send him some type of care package. His excuse was that he felt bad for the guy, and that he only got mail from his mother. I explained to Mark that I would do it, but was doing it to be friendly and supportive for one of his friends. Mark said it was just a morale booster and would brighten Brett's day. It just so happened to be February when I put together a care package. I made some brownies, put in some gourmet cookies, found a couple guy magazines and sent them to Brett.

By the time I had gotten all of this ready for Brett, I had received an e-mail from him. My brother-in-law had given him my e-mail address. The link between Brett and I was Mark. He was determined to get us talking. I e-mailed back, small chat, but it was good small chat. It sparked my interest.

*Then something happened that changed both of our lives. We lost a good friend to both of us, in combat in Iraq, 1st Lt. Mark Dooley.*

He was Brett's platoon leader and best friends with my brother-in-law Mark. I had known Dooley for about 2 years and just like everyone else who knew him was easily caught up with his love of life and adventurous behavior. Brett and I started e-mailing more frequently. The e-mails lead to our first phone call. I remember being so nervous. I don't remember why I was so nervous, but I had those butterflies in my stomach. At the time I was working the night shift at Dartmouth Hitchcock. Brett and I had coordinated with e-mails for this phone call to take place. It was 2:00 A.M. here,

*continued on page 28*



**Flowers by:** Crimson  
Poppy Flower Shoppe

**Entertainment:**  
SuperSounds DJ Co.

**Reception Site:** West  
Monitor Barn

**Photography:**  
RaidenShine  
Photography





**Love Story: Amelia (Gilman) & Brett Clairmont**

Continued from page 26

but that was my break time. I had a one hour break and we talked for the whole hour. The sound of his voice on the phone was comforting and the moment we started talking, neither one of us wanted to let the other one go. All day I had worried if we would have enough to talk about, but in the end, the conversation came easy. Through all loss and sadness came a smile across my face again.

**Only 6 weeks later, as I was preparing for the night shift, a phone call came that changed the way I lived my life.**

I was leaving a message on someone's voicemail when the phone rang. I stopped midstream on the message I was leaving; I had lost my breath, and I knew something was wrong. I then hung up my cell phone and listened to the sadness and disbelief of my father's voice talking to my sister. I heard him say "No, No, No." My heart broke in two again. 2nd Lt. Mark Procopio, my brother-in-law, had been killed by an IED. I spoke briefly to my sister on the phone, and then I went to get my mother who was at work.

The next few weeks were some of the hardest weeks of my life. I don't know if I would have made it through them if it hadn't been for Brett. He e-mailed me almost every day; he called me when he could, and he was there for me to lean on. This was when I fell in love with him. Despite the loss he had suffered of two close friends, he put me ahead of his own pain and suffering. He listened to my heartaches in the e-mails and called on the days he knew would be difficult for me to get through.

*I was falling in love with someone I had never even eaten a meal with. We had never seen a movie or gone out on a date, but I found myself wishing he were there.*

When Brett came home on leave in March we finally made our relationship official. We went out for a St. Patrick's Day celebration and the rest was history. Brett's deployment was done in June of 2006 and finally we were able to have a somewhat normal beginning to a relationship. The only problem was that I lived 2 hours away. Brett was awesome, and on his weekends off made the drive down to the farm to see me. For the next year and a half, we spent a lot of time on the phone.

I think that I knew before Brett did that we would end up together. I remember saying to Mark Dooley's mom when she asked me about my relationship with Brett, "If he survives this deployment, we will probably get married." I don't know where the certainty came from for me to make such a statement, but somehow I knew it



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would work out if God allowed me the chance to be with Brett.

There are always things that change how one looks at life. The past year of Brett's and my life has been no exception. In January 2009, Brett's father Robert Clairmont was diagnosed with terminal cancer. Bob bravely lost his fight to cancer May 2, 2009. The tables turned and it was me who was there for Brett.

*I tried to be strong for him so that he had someone to lean on, like he had been there for me.*

Only he can tell you the pain of losing a parent, but I felt like Bob was a father to me. In the short time that I knew Bob, he always made me feel welcome with his quiet confidence. Bob was an amazing husband, father and friend. When I look at Brett I see so much of his father in him, especially when I look back to the first time I met him at Camp Johnson.

**The Proposal:**

In early May of 2009 I graduated from nursing school and got a job right out of school. For my graduation present, Brett got us amazing tickets to go and see George Strait for the last weekend of May. He had originally planned on asking me during the concert but I beat him to the punch. Brett had found a BMW motorcycle for me, and as I had always wanted one and promised myself I would buy one as a graduation present to myself, Brett bought it for me.

In one of our many discussions about getting married or when would be the perfect time, Brett brought up a valid point despite the fact he was being sarcastic. I believe his exact words were, "Well the money that I would have spent on a ring is tied up right now in a motorcycle that a certain someone just had to have. But that has two rings on it that can take you places, what more could a girl want?" At the time

*continued on page 30*





**Love Story: Amelia (Gilman) & Brett Clairmont**

Continued from page 29

I laughed and agreed with him but it got me thinking. I called my sister the next day and asked her what she thought if I were to have my grandfather's diamond ring reset into something for me.

She said lets go to Lippas! I took my grandfather's ring down to Lippas and looked at all the amazing rings they had. I found the setting I had first picked out a year ago when I had shown Brett the kind of ring I wanted.

They were awesome. They helped me to pick out the perfect setting for my stone and kept it within my budget.

*When they called me to tell me the ring was ready, I was home with Brett. I made up some story about having forgotten something at the store and that I would pick up something for dinner.*



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When I got home from picking up the ring, I brought in Chinese food and had the ring in my purse. We finally sat down to eat and I just couldn't wait anymore.

I took the ring out and set it in front of Brett. I asked him, "Can this go along with my BMW?" He pulled the ring out and smiled. He looked at the ring, then got down on one knee and asked me to marry him.



Of course I said yes. The George Strait concert was amazing and an awesome way to celebrate our engagement!

*There are times when Brett and I are both so stubborn that if feels like this relationship will never work and planning for this wedding was no exception.*

When I was looking at the calendar for when I wanted to get married, I thought I wanted the numbers to be meaningful. So one day while talking to my sister about a possible date she brought me back to reality again.

She was being deployed to Afghanistan, and if I wanted her in my wedding it would have to be before she left or after she got back.

Brett and I were engaged the end of May 2009, and this conversation took place in the beginning of June 2009. I frantically started looking at which weekends had a 17 in them. August was too soon, and December was out of the question. October 17, 2009 was only a few months away. I looked at my sister and she looked firmly at me and said, "You don't start your job at the hospital until the middle of July that gives you 6 weeks from right now to plan your wedding; I suggest you make this your summer job."

The planning began just as soon as I got the okay from Brett. We had decided on pies and pumpkin cheesecake for dessert instead of traditional cake. In between meetings with vendors, my friend Beth and I baked all summer and froze the pies

and cheesecakes that we would have the caterer finish off on the day of the wedding.

Once I had it in my mind what I wanted, the rest came rather easy.

The vendors whom we worked with made the evening one that our friends still talk about. We had the reception at the **West Monitor Barn** in Richmond. Their coordinator was amazing and made sure everything was ready. They worked hand in hand with the caterer, the DJ and the bartender. The worst thing that happened during our reception is that we forgot to label the wedding party's table so we were bumped from our seats and did a mad dash to stir up the table in a good spot.

Joe and Linda of **RaidenShine Photography** were also amazing and helped to capture the entire day as it happened. They captured little things I hadn't even pictured and am truly grateful for their attention to detail! They even took the time to get a portrait of me with my dog. Our wedding album is a true reflection of our day that we will cherish forever.

The day was a memorable one for sure. There were those who were deeply missed, but were there in spirit.

The West Monitor Barn was the perfect venue for us as it was comfortable and rustic with a true New England flair; it was a day full of emotion, smiles, tears, dancing, singing, and socializing.

*We couldn't have done it without the help of our families and close friends. It was everything I hoped for and a beautiful beginning to our lives together.*

*continued on the next page*



**Love Story: Amelia (Gilman) & Brett Clairmont**

Continued from page 31

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**Ceremony:**  
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**Additional wedding professionals:**

**Cake:** Bride and best friend made all the apple pies throughout the summer and froze them; caterer then baked the pies. Jill Gilman, mother of the bride, made pumpkin cheesecakes.

**Catering** including table lines and dinnerware: Bridge Street Cafe, Richmond

**Dresses:** Fiori Bridal

**Rehearsal:** Bridge Street Cafe, Richmond, VT

**Rings:** Lipa's Jewelers, Burlington, VT

**Table decor, gourds, pumpkins, mums:** Conant Farm, Richmond, VT. Additional decor provided by mother of the bride, Jill Gilman.

**Tuxedos:** None. Groom - Military; Groomsmen - Carnhart pants, blue shirts, red ties



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# Memories of a Perfect Day

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*Barry is a romantic guy; he popped the question in September on our favorite beach in Cape Cod. We love it there and always stay at my family's holiday home whenever time permits.*



As much as we love the area, the summer crowds and traffic can make it unbearable, especially as we were planning our perfect wedding celebration.

We briefly considered some Caribbean resorts with their various packages until close friends suggested Vermont. They had attended a wedding in Stowe several years earlier and were impressed with the beauty and quality of their entire experience. They commented in particular about the impressive and genuine friendliness of everyone they encountered in the mountains.

Our search on the Internet revealed the many opportunities available. Ye Olde England Inne in Stowe came very highly regarded by guest comments on [www.tripadvisor.com](http://www.tripadvisor.com) as a full-service country hotel that could accommodate our group of 120 guests.

We met with the owners Chris and Lyn who, despite having a large staff, are very hands-on and supervise all events personally. They had come to fall in love with Stowe 27 years ago on vacation from their native England and stayed.

They toured us around the property, with its great views, that sits high above the village. The rooms and suites are lovely; many with fireplaces, wet bars, private balconies and Jacuzzis for two.

Lyn's thoughtful designer eye has lots of romantic touches everywhere. The cottage suites with

*Both Barry and I had skied Stowe's mountains in the past, but had never considered it a summer destination. We were soon to be enlightened!*



## Ye Olde England Inne

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two bedrooms and kitchens are perfect for families. Every room and suite was well-equipped for guests with all the expected amenities plus ironing boards and irons. The 'Boathouse' was the perfect venue for our dinner and dancing reception with the sides pulled back to provide a tent-like experience beneath the post-and-beam structure.

Our meeting with the chef convinced us that this was "The Place." We were impressed with his creativity and passion for his work. Ideas were discussed and eventually he created a menu to include my southern Italian heritage and the traditional love of beef Wellington for Barry's side of the family.

*I fell in love with the Windsor Suite in Bluff House with its four-poster bed, so high that a set of wooden steps are needed to get up onto it.*

He designed the plates for each course and his pastry chef perfected the design for our wedding cake to complement the colors I would be using in the wedding.

We always felt secure as we continued to plan by phone and e-mail during the months leading up to our June date.

Barry's parents arranged the wedding rehearsal dinner: a relaxed Bar-B-Q in the English Pub, Mr. Pickwick's. With their huge wine cellar and choices of more than 150 varieties of beers, our weekend was launched with great success.

Our day was perfect. We married in the beautiful church on historic Main Street and were whisked away in an antique Rolls Royce for photographs and then on to the reception.

Joey Leone's Chop Shop Band (they were incredible) were playing for our arrival and the fun began. The martini bar was a huge hit (that was a surprise addition arranged by my father).

The food from the passed hors d'oeuvres to our wedding cake was even better than we had anticipated. Friends still talk about how wonderful the food and service at Ye Olde England Inne was.

We wanted a perfect experience but our expectations were exceeded. It does not get better than that. We are regular visitors to the Inne now and are members of their exclusive Crown Club.

*For an unforgettable, joyous experience, I would highly recommend Ye Olde England Inne. Barry and I couldn't have been more pleased.*

*We wanted a perfect experience but our expectations were exceeded.*





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**Quick Quips - Fall 2010** - Decorate a table at the reception with photos, albums, memorabilia, and tokens of past fun times and activities that the two of you have shared.

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# Dreaming at the Sunset Ballroom

When you think of the perfect setting for your wedding reception, what do you picture in your mind?

- Perhaps a stunning view of the beautiful Lake Champlain with the Adirondack Mountains in the backdrop?
- Do you envision a breathtaking sunset on the horizon while you and your guests enjoy your reception on the outdoor attached terrace?
- Would you be pushing your luck to want all of this at reasonable rates and stress-free planning?

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Photograph by Alyce Jones

By Susanna Keefer

For a couple who have made the responsible choice to invest a portion of their catering budget on locally sourced foods, you have picked the perfect season to be wed in Vermont. When you know where your food is coming from and how it is grown, you are enhancing a bond with your surroundings, your bodies, and ultimately with each other. You are also supporting the small farms and farmers who are preserving the natural and sustainable beauty which we proudly call Vermont. Furthermore, what could possibly taste better than local seasonal food?

**Catering a fall wedding in Vermont is a wonderful opportunity to celebrate the joy of marriage as well as embracing and sharing the abundant harvest bounty which is available to us all at this glorious time of year.**

Susanna Keefer is chef and owner of Susanna's Catering, providing fabulous food and unparalleled service to off-site events of any size throughout Vermont.

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# Food, Glorious Fall Food!

Planning a fall wedding menu should be a collaboration between the couple and the caterer. Vermont boasts an incredible array of passionate and talented chefs who can customize a menu that reflects your tastes, honors your heritage and your family traditions. Most importantly this will represent and celebrate who you have become as a couple.

With the foliage season lighting up the landscape with its vibrant and lush colors, as well as a small chill in the evening air, an event in autumn is a great time to enhance the local produce with exotic warming spices, heartier grains and roasted or smoked meats.

**Ultimately the season brings on the desire for richer, more intensely flavored meals.**

Think aged cheeses, maple caramelized fruits and toasted pumpkin seeds on your salads. How about seasonal change to Middle Eastern or Indian spiced soup as an appetizer?

With the colder weather brings the desire for warmth in our bones satisfied by comfort foods and heartier dishes. This gives you an opportunity to indulge in local meats, using the less expensive cuts to create delicious pot pies, beouf bourgignon and osso bucco style entrees.

The comfort can continue through dessert if you decide to have a selection of local fruit pies or Vermont-made ice cream with fudgy brownies. How about a maple caramel coated apple pop as a sweet ending to your harvest feast?

**A fall wedding does not have to be a pumpkin orange affair!**

A good caterer knows that food is a major part of the décor and will be able to create a feast that compliments your chosen theme and colors. The chef can modify spices or subtle elements of your menu to suit your taste and to fulfill your desires.

To compliment the vibrant foliage shades, autumn presents a great opportunity to incorporate other seasonal colors and flavors into your wedding feast. Aubergines, plums, grapes & cranberries, abundant shades of apple and the glorious yellows and golds of corn and other natural grains and greens can all grace your table.

*continued on page 44*

Photograph by Larry Asam



Photograph by Alyce Jones







Photograph by Alyce Jones

**We all know that food is first eaten with the eyes, so the presentation must do justice to the food.**

Details will be determined by special dietary needs of your guests as well as time of day of reception and formality of the affair, but remember that this is your special day! Find a caterer who is willing to listen to your views and share your vision.

When you meet your caterer for a tasting, ask them to set up the food as you will see it on your wedding day, albeit without unavailable seasonal items & decorations so you can discuss the presentation. As you put forth your wishes, these can be appropriately accommodated. This will allow your caterer to be both efficient and passionate about the food that he or she is preparing and serving.

Don't settle for the same old cliched menu. You are getting married in

Vermont where there is so much to offer! We are proud to show off our talents and share our bounty, so enjoy!

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# Planning your Dream Wedding in Vermont

By Amy Weyer



Along with the anticipation of marrying your perfect mate, you are about to plan the biggest party of your life.



**T**his time in your life is so exciting! Along with the anticipation of marrying your perfect mate, you are about to plan the biggest party of your life

While you are thinking about colors and bridesmaids and the scrumptious wedding cake, someone needs to ponder logistics, guest counts, a rain plan and square footage to make your event go off with out a glitch.

There is the site design, measuring the lawn, providing the layout and proper size tent for your guest count, watching the weather and anticipating every move. Not to worry, this is where our expertise makes your life easy! We have seen it all and handle the behind the scenes work so well that you will think a fairy godmother has stepped in and waved her magic wand.

The first thing to do when planning an indoor or outdoor wed-

ding is to let your imagination take over. What is the overall feel that you would like the event to have? Look through magazines, peruse websites, and think back to your dreams of your wedding as a child. Do you like soft romantic images or is your vision of an elegant country wedding. **Weddings, Tents and Events**, can make all of it happen for you.

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*continued on page 48*

Photographs on this page by [SPENCERLEONARD.COM](http://SPENCERLEONARD.COM)







Photograph on this page by Anastasia Kohl

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The first thing to do when planning an indoor or outdoor wedding is to let your imagination take over.

### Planning Your Dream Wedding in Vermont

Continued from page 47

Is your event more sophisticated? Another fabulous new item is our large oval table.

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Often times, we work directly with the site owners to coordinate delivery and set up so it is one less thing off your agenda. We also work directly with many caterers so you don't need to think about how many forks you need.

Our job is to make your day fabulous and stress free.

The possibilities are endless. We just need to get a feel for your dreams to customize your site or your own backyard.

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# Spotlight on Wedding Flowers: Gardenia

By Karen Sturtevant



**Botanical Name:** *Gardenia jasminoides* (commonly known as Cape jasmine).

The genus *Gardenia* was named for Dr. Alexander Garden, a Scottish physician and botanist who resided in Charleston, South Carolina.

**Availability:** Gardenias are available year round. Quantities are limited in winter as the time period for blooming is 30 days or longer December - March. To ensure availability, order well in advance as gardenias are widely sought after wedding flowers.

**Description:** Native to tropical and subtropical regions of Africa, Asia, and Australia, gardenias are known for their exotic, sweet fragrance. With dark, glossy leaves and multi-petaled waxy flowers, gardenias are as charming as a southern belle.

**Meanings:** Purity, Sweetness, Secret Love, Joy, You are Lovely.

**Long life:** When left at room temperature, gardenias will begin to turn creamy yellow. The flowers are extremely sensitive to oils and acids on hands; florists will often wear gloves when working with these delicate beauties. After receiving from the grower, the florist will spray with a flower antitranspirant and keep sealed in the high humidity cooler in shipping boxes or air tight bags at a temperature between 32° F to 35° F.

**Name Game:** The gardenia is part of a species of flowering plants found in the coffee family Rubiaceae. The plants are evergreen shrubs and trees that grow to 3 - 4 feet tall.

**Uses:** Boutonnieres, (in France, it's customary for the groom to wear a gardenia as his boutonniere), corsages, bouquets, cake decoration, hair accents, sewn/pinned on veil.

## Houseplants:

Gardenias are challenging to keep and thrive as houseplants. The environment needs to be as closely replicated as its native land with high humidity, bright, indirect light and temperatures between 55° F - 65° F. Winter months will prove daunting with short days and dry air. With diligence and nurturing, gardenias can bring pleasure and reward of a job well done to a persevering caregiver.

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## Your Wedding Your Way

# “Parents in the Planning”

by Michael Caldwell, Partnership Center of Vermont

Tom and Carolyn’s parents fit the bill for “best in the universe” – until the engagement. They’d dated for years. They knew and liked each other’s parents. And both sets of parents seemed to genuinely like the fact that they were together. So they felt blind-sided by the difficulties after they announced their engagement.

Carolyn’s dad was a great guy in a lot of ways, and extended himself to Tom in a way that made him feel included in the family. But Carolyn was his only daughter. He wanted to walk her down the aisle and “give her away” in the traditional way at the wedding, which is when tensions surfaced.



In college, Carolyn’s consciousness was unalterably raised by feminist teachers. She loved her father. But she saw the traditional beginning to a wedding as tied to a time when women were property to be transferred. She knew her father didn’t see her as property, but she thought the ritual was archaic. In consultation with Tom and the wedding coach, the decision was made to walk the processional together as a couple, with the wedding party preceding them – mirroring the recessional. It was different, and they liked the difference it made, and the independence it implied.

When Carolyn’s dad balked, they talked to the wedding coach. He suggested a new custom, now seen in many contemporary ceremonies, to be intentionally inclusive of all the parents. After the declaration of intent and before the vows would come “Pledges of Support.” In this moment, the officiant asks a question.

“Will the parents of the bride and groom please stand... Will you give your love, support, encouragement, and blessing to them as they are married today? If so, please say “we will.” “We will!”

**Rev. Dr. Michael Caldwell** (whose parishioners call “Rev Michael”) runs the Partnership Center of Vermont ([www.coachingcenterofvt.com](http://www.coachingcenterofvt.com)) from his home in North Wolcott, VT.

Along with his ministry in New England’s Congregational tradition, he coaches couples preparing for marriage, and officiates ceremonies all over Vermont, indoors or outside.



Contact Michael for a free consultation at 802-888-5811  
michael.caldwell.75@alum.dartmouth.org  
Website: [www.coachingcenterofvt.com](http://www.coachingcenterofvt.com)

Tom was especially interested in this variation because it meant his parents could participate as well in such an affirmation. It also meant, since his parents were both divorced and remarried, that his step-parents could be included as well.

The coach was precise in suggesting how to approach it. He strongly urged them both to sit down with Carolyn’s father and mother, saying in advance that they needed to talk about wedding details in general. They could start with some of the other logistics to break the ice, then, together, with Carolyn taking the lead, talk about the new element of the ceremony that they decided to do. She would announce confidently what she and Tom would do...

“I love you Daddy. I know we’re doing this differently than you would prefer. One of the reasons we’re doing it is to include Mom, and also Tom’s folks. We love you no less. We want your blessing.”

With Tom included in this exchange, and Carolyn’s mother also there, there was a balance and a responsible confronting of a difficult issue. The good thing was, when the meeting took place, they portrayed their maturity in a way that Carolyn’s parents could see and appreciate.

What also went on in that moment between the lines is that Carolyn and Tom also established their own family, cutting the cord from family of origin so that their new family could thrive, like a re-potted plant no longer root-bound. They loved their families no less in getting married. But with this fine-tuning, they clearly stated their autonomy and their maturity as a new family unit.

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# Reviving Old Traditions for Festive Modern Day Celebrations

These age-old wedding customs will bring new life to your special occasion.

By Amanda Kuhnert

There are some traditions, like exchanging rings and throwing the bridal bouquet, that remain central to the wedding ceremony.



Photo by Doug Todd Photography

**Amanda Kuhnert**, personal historian and owner of Fourfold Legacy Services, helps couples share and preserve their Wedding Stories through customized interviews that are digitally recorded and combined with music and photos to create a family keepsake. [www.fourfoldlegacy.com](http://www.fourfoldlegacy.com) 802-371-9777

But there are other customs that have been tossed to the wayside by a generation or two of brides and grooms.

Make your 21st century celebration stand out from the crowd by incorporating these ancient traditions into your wedding plans:

## Make it a full moon – in June!

There is an old belief that getting married on the day of a full moon will bring you good luck – and hopefully, aid in conception efforts. And, historically, June was a particularly good month to “tie the knot,” as a fall pregnancy and spring birth wouldn’t interfere with the bride’s ability to assist with the harvest. Also, a bright, sunny wedding day was said to bring good fortune to the couple, while a rainy day guaranteed a short, rather unsatisfactory marriage. Although June continues to be a popular month for weddings, it’s probably safe to say that the reasons have changed.

## Have fun with superstitions

Perhaps the most widely known wedding day saying is, “Something old, something new, something borrowed, something blue, and a silver sixpence inside your shoe.”

Although this superstition about what a lucky bride should carry along on her wedding day has been around for a long time (a few hundred years or so), today it’s more of an afterthought than a heartfelt belief. But it might be worth planning ahead for this wedding day ritual.

For “something old,” loved ones who are attending the ceremony will fit the bill (or a small item with some family history). “Something new” is your union as a married couple – and can be symbolized by practically any recently purchased item that you’re wearing. “Something borrowed” should be a belonging on loan from the bride or groom’s family, such as the mother’s bridal gown or veil, whereas “something blue” could be just about anything, as long as it’s blue – even a simple stitch of blue material tucked out of sight. And a “silver sixpence” – thought to bring good fortune in the form of love and financial prosperity – may take the form of a penny hidden in the bottom of the bride’s shoe.

## Carry a bride’s handkerchief

The traditional wedding day hanky is the perfect family heirloom to pass from mother to daughter through the generations. This age-old custom began as a superstition amongst farmers that a bride’s wedding day tears would usher in a bountiful crop,

a belief that was later replaced by the saying that a woman who cried on her wedding day would enjoy a happy marriage. Nowadays, the bride’s handkerchief symbolizes the tears of joy that are shed on her special day.

## Wear a veil

Although veils are thought to have come on the scene for somewhat sinister reasons, including the hope of confusing evil spirits who may have been lurking around, they’ve adopted a more optimistic, decorative role in recent years. From “blushers” to long, trailing veils, today’s bride has dozens of choices when it comes to the style of her headpiece. But if you want to take the more traditional (and dramatic) route, find a veil that can be worn over your face and lifted by your groom at the altar.

## Tie shoes (and cans) to “the getaway car”

Shoes have been used throughout wedding history for a myriad of purposes, from showing male dominance to spreading good will. Depending upon the century and country in which you were married, your wedding guests may have wished you good luck by throwing shoes at either you or your carriage. Now we simply tie them behind our cars and watch them bounce down the street. By the same token, you may have seen cans rattling behind newlyweds’ cars. This custom is thought to originate from olden times when guests would tie noisy items to the back of the newly married couple’s carriage to ward off evil spirits. Whatever the historical origins, it’s a fun and festive way to hit the road!

## Wear two garters – one to keep and one to toss

While the tossing of the garter is believed to have begun in the 1500s, its modern day meaning – whoever catches the garter will be the next to wed – appears to have taken shape in England, where the bridal party would rush the bridal chamber and take turns tossing the ladies’ stockings in the air. The person whose stocking landed on the bride or groom’s nose would be the next to “tie the knot.” Nowadays, the groom gets to do the tossing, and brides often choose to wear a second garter to keep as a memento.

## Carry her over the threshold

In days of yore, grooms are said to have carried their brides over the threshold for one of two reasons – to force the poor, recently captured girl into her new abode or to keep feisty family demons from following the young bride into her bridegroom’s home. Neither purpose was terribly romantic. Today, this well-known tradition still carries with it a note of chivalry but is certainly a more amorous gesture than it may have been in ancient times.



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#### HOW WE MET

Rick and I were high school sweethearts. We met through mutual friends; we each went off to college but saw each other every weekend. Summers were great, since we got to see each other all the time. We began to talk about our future together and the direction in which we were headed. Rick makes me laugh and is the guy who doesn't need to ever make a plan. I, on the other hand, am the organized planner!

#### OUR ENGAGEMENT

We had decided to stay in Lamoille County and to build a home there. Rick and I looked at several pieces of land before settling on the perfect one for us. I continued to tell Rick that I wasn't comfortable purchasing property with a "boyfriend." He would shrug and agree. One week prior to purchasing the land and with me continuing to say I didn't want to buy it with a "boyfriend," Rick brought me up to the land to meet the realtor; we got there and no one was there. Rick suggested we walk out on the property and wait, which is what we did. We walked out to where we had planned on building our home and Rick got down on one knee and proposed. The realtor never did show up that evening! We then went to tell our parents and off to a romantic dinner that Rick had planned.

#### OUR WEDDING

Our rehearsal dinner was held at the Webster Barn in Hyde Park. We wanted to invite all of our relatives and out of town guests for a relaxed fun country evening so we decided on a hoedown for that night. Black Diamond Catering did a wonderful job for us followed by a video of me, which was a gift from my uncles, growing up until I met Rick and fell in love. There were some tears and lots of laughter while watching the video. After an evening of fiddle music and dancing, we went our separate ways to wait for the big day.

Rick and I were married on a perfect fall day in September at Harwood Ranch, my grandparents' property in Elmore, Vermont, surrounded by our loving

**Rick and I were married on a perfect fall day in September at Harwood Ranch, my grandparents' property in Elmore, Vermont, surrounded by our loving family and friends. Everything was picture-perfect.**

*continued on page 60*



# Jaimie (Demars) and Richard Welcome



- photography  
**Ayer Photography**
- entertainment  
**Supersounds DJ CO**
- flowers  
**Wildflower Designs**
- caterer (hors d'oeuvres)  
**Susanna's Catering**
- engagement rings & wedding bands  
**Perrywinkles Fine Jewelry**
- rehearsal dinner  
**Webster Barn**
- wedding resource  
**Vermont Bride Magazine**



Guests arrived to the sounds of a bag piper as they walked to the ceremony tent on a path lined with mums. We had beautiful flowers from Wildflower Designs and Central Market Florist.







Two floral images above by Wildflower Designs

### Love Story: Jamie (Demars) and Richard Welcome

Continued from page 61

family and friends. Everything was picture-perfect. Guests arrived to the sounds of a bag piper as they walked to the ceremony tent on a path lined with mums. We had beautiful flowers from Wildflower Designs and Central Market Florist.



The most amazing thing about our wedding day was the feeling in the ceremony and our reception. On that day, I was filled with a sense of total peace.

At the reception, guests had fun having their pictures taken in a photo booth. A scrap book was there for guests to leave a picture and write a note to us.



During the ceremony we had a violinist who played in the background. Stuart Wepler, a long time family friend, was our Justice of the Peace. His sense of humor and kindness made our ceremony even more special. Violin music continued during our cocktail hour. After a delicious dinner by Black Diamond Catering and Suzanna's Catering, dance music was provided by SuperSounds DJ under a candle lit tent until the wee hours of the morning. We were so lucky to have Ayer Photography who captured all the special moments and people at our rehearsal, rehearsal dinner, getting ready and the entire wedding event.

At the reception, guests had fun having their pictures taken in a photo booth. A scrap book was there for guests to leave a picture and write a note to us. Much to our guests' surprise we also had a complete DVD of all the photos taken that night!

*continued on page 64*

Testimonials from Jaimie (Demars) Welcome:

**Wildflower Designs** did an incredible job with the flowers that were in the ceremony tent and the huge urns of bright fall flowers were breathtaking for all of our guests to enjoy.

It was a pleasure working with Susanna and her staff from **Susanna's Catering**; she created hors d'oeuvres to fit our fall wedding. Susanna is creative and uses many local products which was important to us.

Duane from **SuperSounds DJ Co** was great; he kept everything moving all night. He was in close contact with me during the entire reception to make sure that I was happy and things were running like I had envisioned them to be.

**Vermont Bride Magazine** was so helpful in providing me with information and top quality vendors. I looked forward to each and every edition for the latest styles and trends in Vermont. It was helpful having a resource for Vermont brides!

#### Additional Professionals:

(See complete list on page 66)

Bridal gown: Fiori Bridal

Bridesmaid dresses: Lubiana's Bridal

Ceremony & Reception: Hardwood Ranch, Elmore, VT

Hair & Makeup: Artistic Roots Salon & Spa (Autumn Trombley), Morrisville, VT

Tux: Arthur's Department Store, Morrisville, VT

Photobooth: VT Photobooth Co.

Rentals: Northern VT Tent Rental

Caterer: Black Diamond Catering

Wedding Cake: Sherry Anderson, Morrisville, VT

Violinist: Professor Fairbanks

Bag Piper: Ian McDonald

Additional flowers: Central Market Florist (note: bouquets & center pieces).

Fireworks Display: Northstar Fireworks







Photographs by Ayer Photography

### Love Story: Jamie (Demars) and Richard Welcome

Continued from page 63

I chose a wedding dress from Fiori's Bridal in Essex. With the help of my matron of honor, bridesmaids, grandmother and mother, I picked out the perfect dress.

Special thanks to Autumn Trombley, my hairdresser, for taking such good care of me and my entourage on the big day. Autumn pampered me by making my hair and makeup perfect for the day.

During the evening we were entertained by a wonderful fireworks display from North Star Fireworks. This was a complete surprise to Rick and me from my parents, as they know how we just love fireworks!

The most amazing thing about our wedding day was the feeling in the ceremony and our reception. On that day, I was filled with a sense of total peace. After months of details (and admittedly, stress) and planning, I was finally here, on the day of my wedding. I had never felt so content, and so happy. I was completely, totally joyous. Perhaps it was being surrounded by my family and friends, so many from far away, while I celebrated one of the most precious moments in my life with Rick. I do know how intensely grateful I am for such a perfect day; one that I can still remember in vivid detail.

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# Double Duty...

By Pat Esden



## Gifts for Bridesmaids

A fun way for a bride to purchase gifts that will please her attendants is to choose items that can be used on the wedding day and enjoyed afterwards as well.

Necklaces and earrings that match the attendants' gowns are a traditional gift that fills this niche, but nowadays brides often go one step further by buying jewelry that can be used to decorate the stems of the attendants' bouquets as well as serve for gifts afterwards. Glamorous pins are ideal for this and easy for a florist to clip to the bouquets' satin wraps. Pins aren't the only item that can be used on bouquets.



Glittery key rings with fobs in the shape of the bridesmaids' initials work wonderfully—and the letters will help distinguish which bouquet belongs to which attendant. Small engraved lockets or charms can also be used. And don't forget jewels for the attendants' hair. Rhinestone hairpins or decorative clips add sparkle to the wedding day and will be cherished forever.

### Weather-related gifts by their nature serve a double duty.

Umbrellas personalized with a wedding sentiment or the attendants' names can be purchased in the wedding colors or bright funky colors for a fun touch. Not only will the umbrellas be useful for years to come, but they can be a lifesaver against wedding day showers or sun—and they make a fabulous artsy accent pieces in wedding photos.

Even if the wedding is in midsummer, the day or evening could turn cool. Pretty sweaters with satin, rhinestone or pearl buttons in a color that either match or accent the bridesmaids' gowns are very practical gifts. Matching sweaters also look a hundred times better in photos than a hodgepodge of cover-ups or attendants hugging themselves to ward off goose bumps. And who wouldn't welcome the gift of a new sweater? Or how about a pashmina shawl instead?

*continued on page 68*

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## Double Duty Gifts for Bridesmaids

Continued from page 66

Bridesmaids often scrimp cost wise when buying shoes to match their gowns. A bride can give her attendants a gift certificate to a shoe store, so the shoes can be upgraded to something that will be enjoyed in the future. Or a bride could simply offer to purchase her attendants' shoes.

**Another shoe** related gift would be to purchase footwear for the attendants to wear at the reception.

These could be fun glittery flip-flops, pretty ballet flats or even cute sneakers with hearts or jewels on them—anything comfortable and good for dancing in.

Beauty aides are also a gift that can be used on the wedding day and afterwards.

**One of the keys** to making beauty items serve double duty is to put them in a keepsake container.

A bride could place the beauty items in a pretty china or wooden box. Stripy totes are also perfect, as are make-up bags with hearts on them or even small duffels in the wedding colors. When deciding what to put in the box or bags think of what the attendants might need on the night before and the day of the wedding.

High quality shampoos, perfume and even chocolate are good choices, but a bride can also add less expensive fun items like lip gloss and sunscreen, or bath soak and foot scrub.

When choosing beauty items try to pick ones that follow a theme such as tropical scented, or use the wedding color or style.



Manicure or pedicure sets accented with foot scrub and nail polishes are sure to please.

An easy way to fill up space in larger totes is to put a rolled beach towel on the bottom of the tote, or even a hotel style robe or beach cover-up.

**Brainstorming** double duty attendant gifts is easy, a bride simply has to think about what the bridesmaids will need on the night before and the day of her wedding.

Then upgrade that item from everyday quality to something special either by purchasing a higher quality than the bridesmaids might normally use or by personalizing it with the attendants' initials or by making it match the wedding colors.

**Double duty** gifts will not only make the bridesmaids feel special on the wedding day, but will bring them happiness in days to come.

### Pat Esden

Pat has worked in the wedding industry for over twenty-five years. As a master floral designer and owner of Esden Florist in Fairfield, Vermont, she sees the yearly changes in wedding styles and is familiar with the time-honored traditions and in tune with the new conventions

## Quick Quips and Helpful Tips

### Wedding Invitations:

The most important thing you must do before putting your invitations into the mail is check them carefully. A fatal mistake is to approve invitations that contain incorrect information, and are now traveling through the mail system on their way to confuse and mislead your guests!

But besides this obvious item, remember that your invitations are the tone and the style of your wedding all wrapped up into a few sheets of paper. The colors you want, the textures you want (paper comes in many, many formats and produce different feelings when you touch them) all these aspects convey your identity as a couple, and the theme and unique quality of your wedding arrangements.

Most wedding planners have contacts with custom wedding invitation designers, if that is your desire, or with traditional printing establishments that have hundreds of existing styles to use.



Image courtesy of RSVP, St. Albans, Vermont  
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But either way, what you want is for your future guests to receive the envelope, and when they open it and look at it they will be able to say, "That's them!"

**More invitation tips:** If your reception is to happen at a location separate from the ceremony, include an additional card with the address information, along with the dress code.

**RSVP?** Commonly "RSVP" is used, but a simpler approach is to simply ask "Please respond by..." Make sure there is space on the return card to allow your guests to write a brief note. Hopefully you've been able to arrange with your caterer what the food choices will be, and can easily add an easy list with boxes for your guest to check off.

**RSVP Tip:** Number the back of the cards so that if a guest forgets to sign their name, you will know who has answered by matching the number to a master list.

**Time frame:** Provide at least eight weeks for your invitation cards to be sent and returned. Plan on at least a full month for all returns to come back.

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## aromatherapy

By Karen Sturtevant

We hardly notice the smells of an ordinary day as we work at our many roles. It's when an out of the ordinary scent assaults our limbic system do we consciously become aware that something is different.

Walking in the bakery on a Sunday morning, we suddenly have a craving for those sinful scrumptious cinnamon buns. Guests may not remember that your living room was a mess when they arrived unannounced, but they will remember the smell of the chocolate chunk cookies baking.

The science of scent is an idea that is catching on. The Sense of Smell Institute, a division of The Fragrance Foundation, based in New York, is a leading resource dedicated to the sense of smell and its importance in psychology, behavior and quality of life. From furniture polish to air fresheners and bubble bath to shower gel, the study of smell is big business.



Smells are made from molecules that enter through the fine hairs in the nose, travel to the brain's limbic system that control emotion, memory, and learning and stimulate the olfactory nerves.

Have you ever had a long-lost memory recovered because of a scent?

No two people smell the odor the same way and a woman's sense of smell is stronger than a man's.

*continued on page 72*

The science of scent is an idea that is catching on.

In one study, when subjects smelled lavender, their brainwave frequencies showed an increase in alpha waves, which is associated with relaxation.





  
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## Aromatherapy

Continued from page 71



The advantages of aromatherapy date back thousands of years. The Egyptians, Chinese, Greeks, and Persians were forerunners in their use of flowers and herbs for medicinal and aromatic benefits.

Another Japan study monitored mistakes of keyboard operators and diffused three different scents in their area. When lavender was used, errors dropped by 20 percent; with jasmine, 33 percent; and lemon oil, an astonishing 54 percent.

Anacreon (c. 570 B.C. - c. 485 B.C.) said: "The best recipe for health is to apply sweet scents to the brain." Anacreon's thinking was centuries ahead of its time. Scents affect our emotions, thoughts, and bodies.

Scents that summon positive emotion are used to relax and rebalance our bodies and spirit. The essential oils are extracted from plants, trees, flowers, bark, and seeds. Specific oils are credited with specific properties: relaxation, stimulation, anti-viral, anti-inflammatory and pain relief. When inhaled, they work on the brain and nervous system. Oils can also be applied topically or diffused into an area.

The advantages of aromatherapy date back thousands of years. The Egyptians, Chinese, Greeks, and Persians were forerunners in their use of flowers and herbs for medicinal and aromatic benefits. The Egyptians are credited with the invention of the first rudimentary machine used to extract the oil from cedar. These oils along with cloves, cinnamon, nutmeg and myrrh were used to embalm their dead. When a tomb was open in the twenty-century, traces of herbs were found intact in portions of the body and the scent, however faint, was discernible.

In the age of alternative medicine and holistic treatments, aromatherapy is used in work places, the home, and in clinics. In one study, when subjects smelled lavender, their brain-wave frequencies showed an increase in alpha waves, which is associated with relaxation. In contrast, the scent of jasmine showed an increase in beta waves on the front of the brain putting the person in a more alert state.

In Japan, engineers are constructing aroma systems into new structures. In one practical

Aromatherapy is the use of plant oils, including essential oils, for physical and psychological well-being.

application, the scents of lavender and rosemary are diffused in a customer area to encourage calm while lemon and eucalyptus are used in the bank teller areas to improve alertness.

Another Japan study monitored mistakes of keyboard operators and diffused three different scents in their area. When lavender was used, errors dropped by 20 percent; with jasmine, 33 percent; and lemon oil, an astonishing 54 percent.

Nature has provided us with the essentials oils of aromatherapy that can help with balancing the psyche, energizing bodies, igniting passion, and help in calming for meditation and relaxation.

The Sense of Smell Institute conducted a study with both college and middle-aged men and women and found the same results when it came to fragrance. Women's feeling of tension, depression and

Aromatherapy is the use of plant oils, including essential oils, for physical and psychological well-being.

confusion were significantly improved with the use of fragrance. Uses of colognes improved both mood and feelings of tension, depression, anger and fatigue for the men in the study.

The use of peppermint oil, applied topically, has been shown to reduce pain and have a long-

lasting cooling feeling. A massage of chamomile oil has an analgesic effect reducing tension, anxiety, and pain.

For those days when your frazzled and running in ten different directions, try lavender for its soothing, clarifying and balancing attributes.

To revitalize and energize, let oils of peppermint, lemon, and bergamot work their wonders. Ylang ylang brings out sensual, romantic, alluring and amorous feelings. Only natural (not synthetic) essential oils deliver true aromatherapy benefits.


Use eucalyptus for purifying and invigorating, sweet orange for a mood lifter and vanilla with its lingering sweet scent for balancing, comfort, and calming. Allspice berry brings feelings of nurture and comfort; ginger with its warm, woody scent brings strengthening and anchoring.


For the honeymoon, pack oils of ylang ylang, rose absolute, jasmine or patchouli for passion and romance. Relax with sandalwood, frankincense, and myrrh and purify with tea tree and eucalyptus.

Experiment with different oils to find your favorites to help bring you to a more peaceful, relaxed state or to a more alert and energized state of mind. Oils can beautify your days and promote well-being and joy. Every facet of life can be enchanted with nature's gift of essential oils. We all can use a little help now and then.



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# Music

## For Your Wedding

By Lisa Carlson

Music can be one of the most significant factors which will establish the ambiance, and color the memories, of your wedding day.

**F**lash forward in time. It's your 10th, 25th, or maybe 50th anniversary and you're looking back on your wedding day. You chuckle together about the flower girl who unexpectedly stopped half way down the aisle, mesmerized by all the people, and the sweet if slightly embarrassing words shared about you by your minister or rabbi or officiant. You look at the lilacs growing outside the window of your home, smell the scent, and revel in the same soft purple grace you enjoyed at your wedding. When you hum your special song, or play the recording on the stereo, and dance through the halls of your home, your breath catches as you remember the moment of your walk down the aisle, the moment the musicians played your special song in the middle of the ceremony, or your first dance together as a married couple, and the music that filled the room on that day.

Music can be one of the most significant factors which will establish the ambiance, and color the memories, of your wedding day. With so many options available to today's couples, where do you start in making music choices that will resonate for both of you – and leave memories that will still catch your breath on your 50th anniversary?

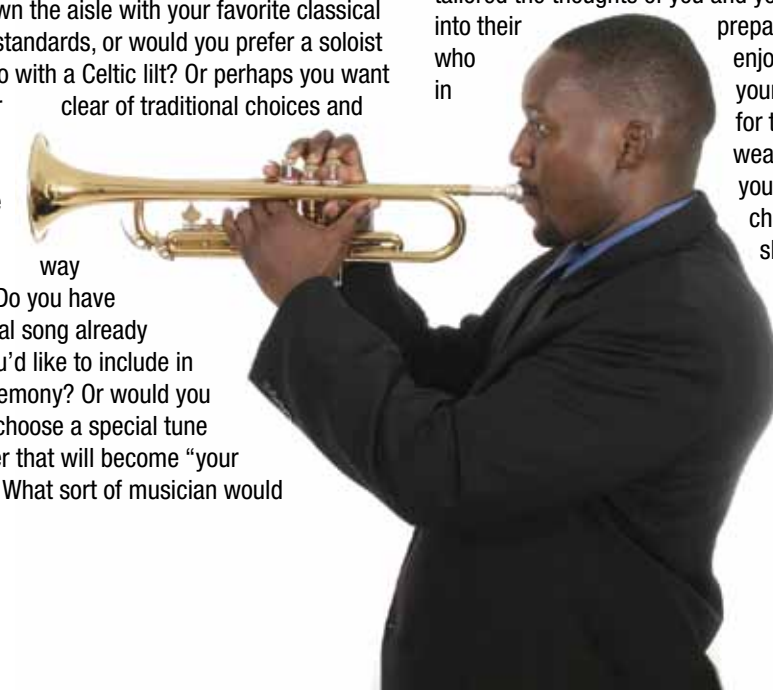
First, talk with your partner about what you like in music. Do you dream of a quartet serenading you down the aisle with your favorite classical music standards, or would you prefer a soloist or a duo with a Celtic lilt? Or perhaps you want to steer clear of traditional choices and pick some favorite pop or Broadway tunes. Do you have a special song already that you'd like to include in the ceremony? Or would you like to choose a special tune together that will become "your song?" What sort of musician would

be best suited to play that tune? Do you have an ensemble in mind, or will you be finding a soloist or group of musicians that will play the repertoire you have in mind? Do you have any special memories of playing or hearing music in the past in a way that really influenced you? And what can you afford for music? The greater the number of musicians, the greater the price – so you'll need to keep that in mind when choosing between a soloist, a duo, a quartet, or a full band. These are all important questions to explore together before you get too far in the planning!

You may have no idea what you'd like and that's okay too. Here are some thoughts on the next steps.

First, consider the value of live music, at least for the ceremony. The feeling, the vibrancy, the life, the color of the mood of live music played by live musicians is something that will resonate in your experience of the day, in the experience of your guests, and in your memories. Ever been at a wedding where the bride is ready to walk down the aisle and a relative is having difficulty finding the right spot on the CD, or the speaker is blasting shrieks of feedback, the plug gets disconnected, or someone can't find the off button after the bride reaches the front? With live music, there will be real and experienced people who have tailored the thoughts of you and your interests into their preparation and enjoy reveling your dreams for the day and weave them into your repertoire choices, while shaping the music to fit each portion of your wedding.

*continued  
on page 76*





## Music for your Wedding

Continued from page 75

The next step: browse some web sites. You can either do this together or have one of you do the initial research and report back. Some thoughts for starters:



For topnotch classical music, consider:

**Vermont Symphony Orchestra** for ensembles with strings, brass, woodwinds or harp in a wide variety of solo, duo, or ensemble options. ([www.vso.org](http://www.vso.org))

**Classic Consort** for duo, trio and quartet options of strings or woodwinds or a combination. ([www.classicconsort.com](http://www.classicconsort.com))

**Lisa Carlson** for a variety of combinations that include flute, choose classical or Celtic, pop, Broadway and more – solo, duos, trios or quartet, with harp, piano, strings, winds or a combination. ([www.lisaflute.com](http://www.lisaflute.com))

Talk about what each of you likes and doesn't like about a particular option, laugh a little at the differences of perspective, and revel in the similarities. Check with musicians about availability, pricing, and any other questions you may have.

The joy that you find in making the choices, and in the memories created, may end up being a part of the glue that holds your marriage together and keeps a lift in your step and a glimmer in your eye for many years to come.

For folk, jazz, and/or blues combined with classical options, consider:

**Love That Duo** – guitar with violin or mandolin. ([www.lovethatduo.com](http://www.lovethatduo.com))

**Dayve Hockett** - guitar, solo or duos with viola or flute in repertoire to suit your interests. ([www.dayvehockett.net](http://www.dayvehockett.net))

For a polished and purist Celtic approach, including professional storytelling, consider:

**Sheefra** - Celtic harp with concertina. ([www.sheefra.net](http://www.sheefra.net))

If you'd like a full band, consider:

**Green Mountain Swing** for the big band sound. ([www.greenmountainswing.com](http://www.greenmountainswing.com))

**HP Entertainment** for a variety of options of high quality bands in a wide range of music styles. ([www.hpbands.com](http://www.hpbands.com))

**Shakedown** for a versatile band with a wide range of options including jazz standards, 80's, rock, classics, modern hits and more. ([www.shakedownmusic.com](http://www.shakedownmusic.com))

**Lisa Carlson** freelances as a flutist throughout Vermont in collaboration with numerous instrumentalists, and teaches private flute lessons. She maintains a web site at [www.lisaflute.com](http://www.lisaflute.com) and a wedding music blog at <http://www.lisaflute.com/weddingblog>.

Lisa can be reached at 802-229-9901 or [lisa@lisaflute.com](mailto:lisa@lisaflute.com).

# Getting Married?

## Contact Your Insurance Agent!

By Pat Cahoon



Congratulations on meeting one of life's great milestones. It is truly wonderful to have found the person with whom you will share the rest of your life. Up until this point you found your way on your own, accumulating the necessities of life such as cars, your own place and valuable personal belongings. Likely, you have protected the value of these necessities against loss by purchasing insurance policies.

Now that you will be joined together as one, you will share in the ownership and potential loss of these items. Your shared assets will also be exposed to the liabilities either of you could be responsible for on any given day. Therefore, it is a great time to set up an appointment with your insurance agent to consider the adjustments that need to be made to keep you both properly covered.

Your agent will help you consolidate home and auto policies you held on your own as individuals to policies that cover you as a couple and are properly

adjusted to consider your combined property and liability limits. Typically, consolidating your policies will not only provide the proper coverage, but will result in a net savings in your overall insurance costs.

You should also discuss coverage you may not have contemplated while on your own. As you become dependant on each other for the life you've built together, it will be hard to imagine surviving if one spouse becomes disabled or passes away. Having the proper life, health and disability coverage can help support you financially through these unforeseen scenarios.

When the honeymoon is over and you have started to settle into a new daily routine, take the time to gather your insurance policies and make an appointment with your insurance agent. Let them help you build an insurance portfolio that will safeguard your new life together and provide the peace of mind that will allow you to enjoy every day of it. Congratulations!

**Patrick Cahoon** is a licensed property and casualty agent for Poulos Insurance agency and works out of the Morrisville office. Poulos has twelve convenient locations throughout the state. Please go to [www.poulosinsurance.com](http://www.poulosinsurance.com) to learn more. [pcahoon@poulosinsurance.com](mailto:pcahoon@poulosinsurance.com)



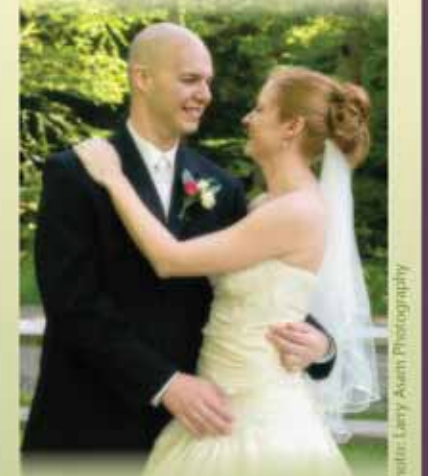
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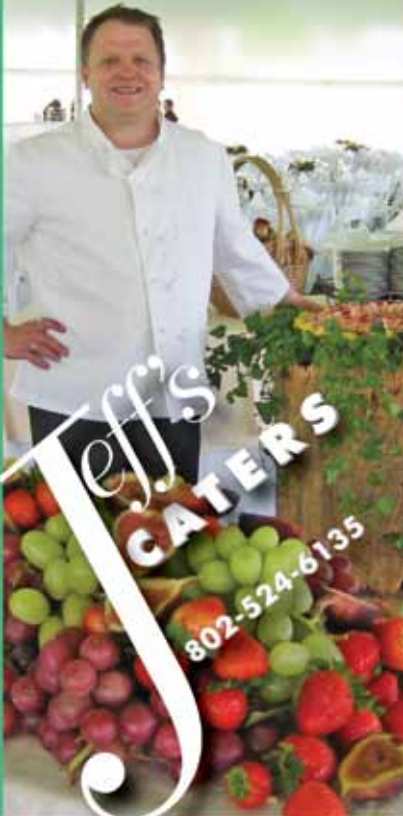


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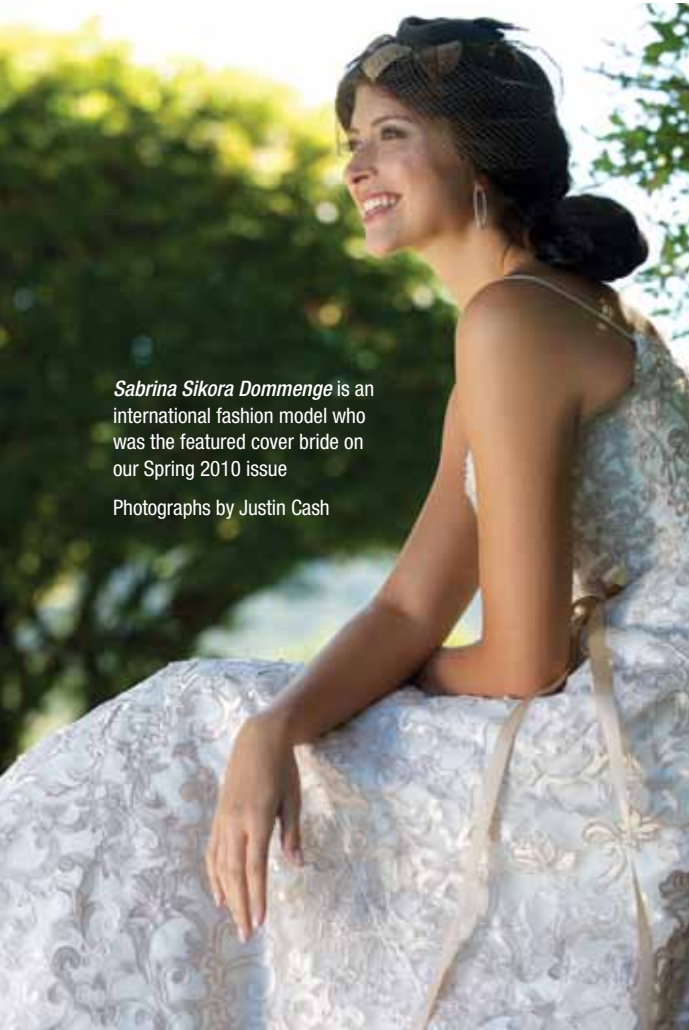
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Sabrina Sikora Dommonge is an international fashion model who was the featured cover bride on our Spring 2010 issue

Photographs by Justin Cash

1. Have an open mind.

You may have a vision of how you want the overall event to go, but keep some flexibility in your plans. You never know when a great idea will hit you that you can incorporate. Also, it is a big day where there are a lot of players at work. Little things can get forgotten or go wrong. Don't let it bother you. This is a day for you to show all the loved ones in your life just how important your fiancé' is to you.

2. Try bartering for goods and services.

If you have a skill that others may find useful, put it to work! I bartered for my bridesmaid dresses by modeling for the company who made them. As long as the value for the services is equal, then there should be no reason why you shouldn't give it a go!

3. Mix and Match to show your style

Gone are the days when the tablecloths, bridesmaid dresses, and flowers were the same shade of mauve. Now days you can play up your style and let your personality shine through!

At our wedding, all of the printed materials were different yet they all had a central theme of traveling. The Save The Dates were photo postcards and the seating cards were vintage movie posters of places that we had visited together. We also had a tree logo that

was used on everything from cocktail napkins to welcome bags to thank you notes. All five of the bridesmaid dresses were different styles and colors, as were their bouquets, but they all went together. The centerpieces were all different as well. I had found several pieces of vintage silver at antique stores. The florist filled the silver tea pots, vases, champagne buckets, and pitchers with fall colored blooms. Have fun and let your imagination run wild! It also makes for much more lively photos!

4. Get a great photographer.

This is a biggie for me and I realized just how right I was after the wedding was over and done with. Once that big day has passed, all you have left is the photos. Vermont has some incredible talent! Check out the websites, meet the faces behind the lens and choose who you click with. They will be over your shoulder all day and night, so you want someone fun who shares your vision.

5. Wear comfortable shoes

This is an important one. You will be standing more often than not and the last thing you want to be thinking about is the blister that is forming on your little toe. Put some gel insoles in, break them in before hand, and then dance the night away!

6. Create a wedding Website

www.Ewedding.com offers free sites that you can personalize. You can feature everything from how you met, to photos, to hotel information, and your registry on the site. This was a big help to us as we are based

in Hong Kong and had guests traveling in from California and Australia! Our website was a great tool for everyone and answered all their questions. I had the site printed on business cards and included these in all invitations and thanks you's! I later had the site name forward to our website where the photos were posted.

7. Treat the weary travelers well!

As soon as guests arrived at their respective hotels, they were greeted with an overflowing goody bag. I had reusable unbleached canvas totes with "Vermont 9.19.09" imprinted on them. The bag was stuffed with maps, fudge, breath mints, maple syrup, granola bars, and a personalized welcome note. Everything was packable for the flight home including the syrup which was less than 3 oz. for those flying with only carry on bags!

8. Stick to your budget.

With the current state of the economy, it is important to do some number crunching and see what you really can afford. There are so many ways to be creative and save money without sacrificing your vision. Getting yourself into debt from the wedding is no way to start a new life together. Write out all of your must-haves and then see how there may be less expensive yet comparable alternatives and save yourselves the stress when the balance comes due!

9. Make the Name Change easy!

www.MissNowMrs.com offers an affordable, convenient way to streamline the name change process. For around \$30 you can get all of the forms needed to become the new you properly.

10. Have Fun! Relax! Smile!

This is the most fun-filled, loving day of your life. Everyone is there to see you and your other half get married. That is the main event. Take a deep breath and let the day happen as it will. Enjoy it all because it flies by in a blink. You can cry if you feel the need, but remember to smile while you take it all in. You are getting married! Congratulations!



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# Pieces of the Planning Puzzle

By Lauri Boyden

You have announced to family and friends that you are engaged! Everyone is excited for you both and has so much information to share with you about planning your wedding.

Don't get married in June – there are too many black flies; August are the dog days of summer – much too hot; we are planning a trip for October say your parents; wouldn't a lovely day in July be nice? But I think your cousin was thinking of July, perhaps May, dear.

Be sure to spend time with just the two of you to make the plans that mean the most to you both. You can take all of those family and friends ideas into consideration; perhaps they have some fairly good thoughts or perhaps they blend nicely with your own.

Most of us have had a vision of our wedding day since we were five and chasing after the little boy next door or since we attended or were in a wedding where we either saw things we loved or vowed never to have at our own wedding! However you view your wedding day, begin your planning together with thoughts of you and your family and guests. Do you have a large family filled with nieces and nephews? Have you worked in the same job for many years and want to invite most of the firm?

The main basis of your guest list will aid you in your first step – choosing a location for your wedding ceremony and reception.

Ask yourself – will there be many children present, will they be at the ceremony as well as the reception, will they stay for the meal, are their parents a part of the bridal party, etc. With a broad view of your guest list, you should easily be able to envision your celebration in the locations you visit, the menus you look at, and the general flow of your event. Yes, you are planning an event – the biggest one in your life, for the moment!

Shop around for locations, for caterers, the perfect photographer that will capture the everlasting memories of this event. Be careful not to place a deposit on a location or a vendor that you aren't positive you will use. Most of these deposits are nonrefundable in order to reserve your date – you are not the only couple searching for everything they need on this particular date. Unless you are looking at a location which can accommodate more than one event in a day, your event takes full attention so your deposit secures this for you. Be certain to ask many questions of all vendors, whether you feel the questions are silly; you need all the clear answers to



best plan your event and make very important decisions.

Now is the time for you both as a couple to test your decision making skills. Your future mother in law will have her input as to the colors the dresses should be or your father may refuse to wear the tuxedo unless he gets to wear suspenders.

You will have been told that sunflowers are Aunt Mary's absolute favorite and she would be so honored to have them in your bouquet. Do you want sunflowers in your bouquet? If not, now is the time to speak up. You know that since you were five years old you wanted daisies in your bouquet. Daisies are best found in June so forget the black flies, throw caution to the wind and decide together that June 23 shall be the day! Stay with in the budget that the two of you have decided on.

Daisies are along many country road sides so have your wedding party help you gather some. Make lists of what each caterer, location, photographer, etc. has to offer and choose according to your budget as well as favorite options.

Through all the decisions and planning, an event will be born. Once you are able to place the pieces of this puzzle together you will know you are ready for your celebration. Listen and take note of all of the families and friends requests or sentiments.

Work a few into your plan to honor those you truly love

and leave the rest behind. No one will ever know once they are a guest at your lovely event. They will recall how striking the daisy bouquets were against the bridesmaid's lovely yellow dresses, the meal was delicious and the June evening one of the most splendid on record.

Lauri Boyden is the owner and event coordinator for the Barn at Boyden Farm; Cambridge, VT. Surround yourself in the beauty of Lamoille County farm land and all that a true Vermont Farm has to offer your special celebration.

[www.boydenfarm.com](http://www.boydenfarm.com)



Wearing a wedding veil is an ancient tradition that cuts across cultures and religions. The veil you choose can be inspired by these traditions or by personal style and taste, but either way there are three considerations to keep in mind when purchasing your veil: will it work with your gown, the formality of your wedding and the environmental conditions at your ceremony and reception.

## Ceremony Location

If you are planning to be married outdoors where wind may be an issue you are best to opt for a shorter veil or for no veil at all. As you walk down the aisle or stand at an outdoor altar the last thing you need is to be untangling yourself from a wind-blown veil. If your wedding ceremony is inside and your reception is outdoors, then you can avoid wind issues by removing your veil for the reception. Some brides even purchase a longer veil for the ceremony and a second short veil for the reception.

## Reflection of the Gown

You want to make sure your gown and veil harmonize. The simplest way to make sure they do this is to buy an ensemble. If you have a custom veil made or buy a veil that wasn't designed to match your gown, then you'll have to be more careful.

Clearly, the color of the veil should match the gown. What at first may appear to be a negligible tone difference between a white veil and a pale ivory will become dreadfully noticeable when they are worn together—and the disparity will be even more obvious in photographs. If your gown is edged in a color, such as black or claret, then choosing a veil and headpiece with a similar accent color is a beautiful choice. Likewise, sparkling rhinestone-studded veils look glorious with bejeweled gowns—especially for candlelight ceremonies.

## Guidelines for Veil Length

By following a few easy guidelines deciding what length of veil to purchase will be easy. The less formal a wedding, the simpler and shorter the veil should be—and in some cases no veil is far wiser than overdoing. Elbow length or finger-tip length are good choices for the informal affair. With a formal wedding your choices expand to include the shorter veils as well as chapel or cathedral lengths.

You will also want to consider the back of your gown. Where will the bottom hem of the veil fall? Will it cover up decorations on your gown? How does the veil look with the gown's neckline and train? An elbow-length veil will show off details at the waist of a gown and the extravagant cathedral length can add a feeling of modern-luxury for a tall bride in a slim gown.

The most important tip about coordinating the veil and gown is to buy the gown first and then choose the veil while you have the gown on. If you plan on purchasing them in different locations, try on the gown and similar veils and take photos of how those veils look with the back of your dress. Once you get home, you can study the photos and decide what style of veil you want. Take the photos with you when you go veil shopping. They will also help you judge which veil looks best with your height and figure. Remember when you buy the veil from a different manufacturer than the dress there may be slight variations in color.

Also consider which veil you feel the most comfortable in as far as weight and style go. And ask your hairdresser which would work best with the hairstyle you plan on having on your wedding day.

## Headpiece Styles

Some of the above considerations also apply when choosing a headpiece. Make sure its style and proportion match your gown. If you have pearls, rhinestones or crystals on your gown or your jewelry, then having a headpiece decorated to match will create a fantastic statement.

Tiaras are elegant and make wonderful keepsakes. Headband style headpieces are very effective for shorter hairstyles. Jeweled combs or



# Veils & Headpieces: your crowning glory

By Pat Esden

Photo by Polis Photography

barrettes give the same feel but will appear slightly less formal than more elegant headpieces.

Single blooms of fresh or artificial flowers can be scattered through your upswept hair for a light airy feel. A monochromatic wreath of flowers bedazzled with jewels will have a formal feel whereas wreaths created from brightly colored flowers and vines will appear very informal. Your hairdresser or florist can guide you with these choices.

By and large, hats are out of fashion. But if you are looking for a retro look, then they may be exactly what you want.

Your wedding is a once in a lifetime event, be inspired by the fashions you see in magazines, at other weddings and in movies, but, like the rest of your wedding the veil should reflect who you are.

Pat Esden has worked in the wedding industry for over twenty-five years. As a master designer and owner of Esden Florist in Fairfield Vermont, she sees the yearly changes in wedding styles and stays in tune with the new conventions.



# Merging LIVES AND MONEY

By Benjamin Nostrand, CFP®

Congratulations on getting married. Getting married is not just about the merging of two lives, it's also about the merging of finances, assets, and debt, and the sharing of goals, plans, and financial success.

**T**o achieve financial success together, there are some key financial planning steps you and your partner can follow:

**Goals and Expectations:** It is important to sit down and discuss each of your financial goals, ideally before walking down the aisle. This is the time to be forthright about your financial goals, views on debt, and to set expectations. Be realistic about it all. Many couples might jump into a marriage and expect to be able to take four vacations a year, when in reality they might only be able to take two.

**Create a budget:** Review all of your combined expenses and put them in a spreadsheet, software (such as Quicken), or an online tool (such as Mint.com) to determine how much you will spend in a year. Compare that to your take-home incomes and make sure you are on track to spend less than you make.

**Avoid debt:** Avoid spending beyond your means or keeping a credit card balance. You will be much better off in the future if you just wait to buy that sectional, rather than paying interest on it for years. Credit card debt is a huge hurdle that slows the chances or the pace of financial success. If one or both of you already has debt, commit to an aggressive plan to reduce any high interest debt. If one or more credit scores are low, plan to rebuild those scores as quickly as possible to help you finance the house you want.

**Save:** Find a place in the budget to make room for savings. You might have to make some cutbacks on your expenses to make room for savings but you will reap the benefits of a larger nest egg down the road. If you have a retirement plan at work, try to max it out. At the very least, make sure you save up to the level of your employers match in contributions – otherwise it is like leaving free money on the table. If you don't have a retirement plan, use an IRA, Roth IRA, or even a brokerage account to save for retirement. The sooner you start saving, the better off you will be down the road.

**Review your portfolio:** Take the time to jointly review all of your assets, including bank statements, active 401k plans, IRAs, brokerage accounts and any other assets that you both have. Now is the time to determine if you want to combine assets. This is a personal choice you need to make. When investing your savings though, it is best to look at all of your accounts as a single portfolio, not several different portfolios. Be sure that your portfolio is properly diversified and is tailored to your risk tolerance and time horizons. As well, avoid overlaps in investment sectors and securities that happen when there are multiple accounts. A financial planner can assist you with choosing the right investments for you while keeping your risk tolerance and goals in mind.

Once you have completed the above, you should have a clear picture of your finances.



Plan on discussing your finances on a regular basis, such as quarterly. It is important that both of you know where you stand financially and have common financial goals. Now you can realistically plan for that house, college funding and other big ticket items that come with marriage.

You're in it for the long haul, so be creative and willing to compromise. If the topic of debt, bills, investments, and goals makes one or both of you uncomfortable or defensive, hiring a financial planner to help you meet your goals may be best for you.



Ben is an independent, registered investment advisor with more than 20 years experience in the financial industry. He provides investment management and financial planning to individuals and families located throughout the country on a fee-only basis (no commissions involved).

Ben is a CERTIFIED FINANCIAL PLANNER™ practitioner and is the president and founder of **Nostrand Financial Planning, LLC**.

Contact Ben for a free initial consultation at (802) 496-7001, email <mailto:ben@nostrandfinancial.com> or visit [www.nostrandfinancial.com](http://www.nostrandfinancial.com)

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**Get Ready!**  
**The Winter issue is coming in January 2011!**



Photo by Whipple Photography





AFTER THE WEDDING:

# Home Buying Takes Planning. Are you ready?

By Jeff Teplitz

Last issue I wrote about planning to buy your first home. The steps to take, the research to do and how it is similar to planning a wedding in the regards to how much money do we spend, how do we save for it, can we afford it and ultimately how are we going to pay for it.

I suggested that the first thing you should do is consult with a professional mortgage lender who can advise you on all of the possible programs available to you, whether or not you are prepared to make a purchase now or lead you down the path for future home ownership.

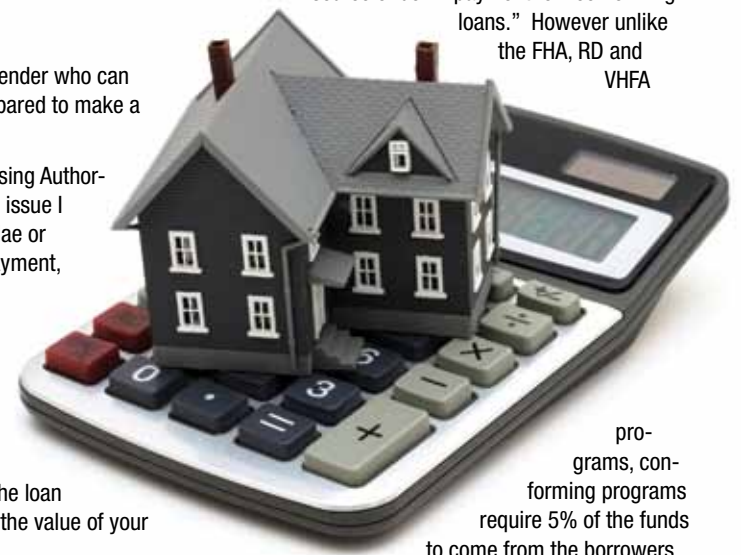
We discussed some of the low down payment programs available such as Federal Housing Authority (FHA), USDA/Rural Development and Vermont Housing Finance Agency (VHFA). This issue I would like to talk more about "conforming loans." These are loans that meet Fannie Mae or Freddie Mac guidelines. Typically they require a higher credit score and more down payment, but come with lower interest rates and monthly payments.

The typical "conforming loan" requires 20% down payment. Although you are allowed to put less than 20% down payment, in which you will be required to pay private mortgage insurance or PMI.

PMI is based on a percentage of the amount of the loan that is insured and is paid on a monthly basis or as a onetime premium at the beginning of the loan. PMI is required to be in place until the equity value in the house has succeeded 20%. In other words the loan amount is 80% or less of the value of the property (80% loan to value). For example if the value of your home is appraised at \$180,000 the loan amount has to be less than \$144,000.

PMI is automatically dropped when the loan to value (LTV) reaches 78% or you can request the PMI to be cancelled when it reaches 80%. If property values in the area are going up and your home is now worth more than when you originally purchased, you may request the PMI to be removed. The lender will most likely require an appraisal to be

*Be aware the lower your credit score the more you will pay in interest rate.*



## YOUR FUTURE

done on the property and if the value has increased enough to bring the LTV to 80% or better than they will discontinue the PMI policy.

"Conforming loans" also require a higher credit score. Some investors require a minimum 680 credit score while others will accept as low as a 640 credit score. Be aware the lower your credit score the more you will pay in interest rate. It is very important in your planning stages to get a copy of your credit report. You should review it with your mortgage consultant for accuracy. Give yourself time to "fix" any problems that might be on your report. Your mortgage consultant should be able to give you some suggestions on how to improve your credit score if needed or lead you in the right direction to get help from a credit agency that specializes in repairing credit scores.

Be careful to work with a credit repair service and not a debt consolidation agency, as that may actually hurt your credit score.

Gift funds are also allowed to be used as a source of down payment for "conforming loans." However unlike the FHA, RD and VHFA

programs, conforming programs require 5% of the funds to come from the borrowers own funds unless the loan to value is less than 80% of the purchase price.

So as a quick recap to conforming loan programs, the better your credit score and more down payment you have available the better the interest rate. PMI is required on any loan greater than 80% LTV. Conforming programs are a great

*...much like planning a wedding, planning the purchase of your first home takes lots of research.*

way to go when buying your first home but they will certainly take a little more planning from you when you are getting ready. So consult with your mortgage professional early and often.

**Jeff Teplitz** has been a mortgage consultant since July 2005. In that time he has helped hundreds of customers with purchases of their first homes, primary residences, second homes and refinances. Jeff recently got married at The Mountain Chapel on Toll Road at Stowe Resort and lives in Williston, VT with his wife Claudine and their dog Cyrus.

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By Gayle Oberg, Realtor®

# Dreams are Important!



Once you settle in as a couple and begin to think about your future together, it is always best to base your plans on reality, however, dreams are important too! Dreaming of your next vacation to an exotic place is fun and can provide the motivation to put a little money aside each month until you can take the trip! Most of us enjoy thinking about our "Dream Home" and spend some time thinking about what it would look like and where it would be!

Home ownership is one of the American Dreams. Owning a home makes you a member of and a contributor to your community. Owning your own home creates a sense of security for your family as well as builds equity for your financial future.

Once you have determined that you are in a position to purchase a home, after consulting with a financial professional, the next step is to contact a local and Realtor® to become educated about the process of purchasing. Working within your budget, begin to review all of the properties in your geographical region. Your "Dream Home" will be out there, but it is usually a notch or two

above the price range most first time home buyers are shopping in. Look at properties that fit your budget and are ones that your Realtor® advises you would be good investments. While you may very well find a home that will suit you and your family for many years, finding a home that will be a good investment, and staying in it for a minimum of 3 to 5 years is a logical way to look at homeownership. Think of this first home as a stepping stone towards your Dream Home. Shop within your means, purchase something you can improve and maintain within the value of the neighborhood, enjoy your life and build equity in your investment for a few years.



Gayle Oberg

You may also want to consider speaking with your financial professional about purchasing a multi-family property. If you can live in this property and rent out part of the property, you will have someone else paying into your equity! This will require that you spend the time & funds necessary to maintain both/all units. Being a landlord will be something like having a second job, but once you get the property to a condition that it is well maintained, and you find tenants that treat the property with respect, the time required from you should be manageable. With you living on site and caring for the property, your tenants will likely take

pride in where they live also. After several years in this property, you may find you have built your credit to a point where you could move on to a property that is one step closer to your Dream Home. If you have saved along the way, you may even be able to keep the multi-unit property as an income producing property. Being a landlord is not for everyone, but it may be an option worth considering for you.

Thinking of your first home as a stepping stone towards your Dream Home will help you find the property that is a good investment for your situation, and within your budget.

Start out with a property you can put sweat equity into, can afford and is in a community you want to become an active member of, and you will find that the years will go by fast. Before you know it you will be in a position to think about upgrading and moving a step closer toward your Dream Home.

**Gayle** grew up in Springfield, VT and has been in the Stowe/Waterbury area since 1972. Licensed as a Realtor® in 1985, Gayle was also a licensed teacher in the 1990's while her children were on a school calendar. Gayle has been a full-time agent with Coldwell Banker Carlson Real Estate, in Stowe, VT since 2002.

[www.gayleoberg.com](http://www.gayleoberg.com)

Look for Gayle's next column in the winter issue of Vermont Bride Magazine: "What should I be looking at when I shop for a home?"

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## The Little Things are Everything from a young love perspective

By Kayla Sturtevant

As a high school sophomore I, like all other students, was required to take health class. We covered drugs, sex (a little rock and roll) basic nutrition, stress management and teen dating. It was in this last unit my peers and I were told a disturbing statistic: Only 1% of all high school relationships will last more than a year, and even less will survive college.

I began to question just what it was that could cause 99% of all high school relationships to end in failure. Was it the drugs and scandalous escapades we all felt so inclined to indulge in? Were they driving our already hormonally challenged brains to the brink of ecstasy and insanity; pushing us to seek the next thrill; next illegal drink; next emotional-compatibility-be-damned partner in crime? Perhaps the immaturity of youth forces us to seek the next thrill regardless of consequence, or perhaps it's something much smaller.

My boyfriend and I have defied the odds and have celebrated our third anniversary this August. One thing has kept us going strong: the little things.

Like all couples, my boyfriend and I don't always see eye to eye. Arguments can arise from a thousand different sources, some big, some small, but potato chips and chocolate bars have saved us on more than one occasion.

More often than not, our arguments are born out of stress, sleep deprivation or the occasional miscommunication. We explode like bombs, huff and puff like the big bad wolf, then, after a few more minutes of bickering settle into a tired silence. The anger and frustration gone, we can once again behave rationally and work to understand why we were so irked.

*My boyfriend and I have defied the odds and have celebrated our third anniversary this August. One thing has kept us going strong: the little things.*

The question of "What to do after the storm has blown over?" has always been a difficult one. Yes, the fight was about nothing real, but the emotional impact was tangible. To reconcile, Chris and I have found that nothing says, "I'm sorry for being completely irrational," like a small gift. I like sweets; he goes for salty, and regardless of who

started the fight, we both buy the other a snack when all is said and through.

It's something so small, so seemingly insignificant, but for us, it's as essential as remembering to buy anniversary gifts. A relationship is only as strong as the feelings two people share. To us, the exchange of potato chips and milk chocolate (our two favorite snacks) is the most subtle and important way we can say "I'll love you through anything."

Forget weekend retreats, abandon long formal dinners attended out of some sense of protocol

*continued on page 98*







*What little girl does not dream of the day that she gets to walk down the aisle in her picture-perfect dress right into the arms of the man she loves?*

**Y**ou are engaged, and soon it will be time for the biggest day of your life! Soon it will be time for you to have your dream wedding, and with that dream day come many high expectations. As for me, I was a no-nonsense, highly organized bride. Others are laid back/ go- with- the-flow brides. I give kudos to everyone.

Planning a wedding is no easy task, and you have to expect the unexpected. Be aware that there will be some kind of dilemma at the wedding. However, these surprise glitches can often make the wedding even better if you just breathe in, breathe out and remember what brought you to this day.

*At my own wedding, the wedding cake began to melt in the intense August heat.*

By Jackie Watson

Fortunately, my wedding planner saved the day. She got the cake into the fridge, and when it was served it looked beautiful and no one was the wiser. In fact, everyone complimented the cake, saying that it was the best wedding cake they had ever had! Then there was the ring bearer who decided at the last minute that he did not want the position.

**Breathe in,  
Breathe out**

**...and Remember**



Photo by The Portrait Gallery

Again, disaster was averted thanks to the flower girl who jumped in and saved the day, making our ceremony more precious than I could have ever imagined. My best advice to all you brides and grooms is to remain flexible and remember that even the best made plans can sometimes go awry.

Brides and grooms need to consider a seemingly endless list of details: what vendors to get, who to seat where, the colors of linens, flowers, dresses and decorations.

Above all, most brides and grooms have to be mindful of the daunting and ever growing expenses. In the midst of all this wonderful planning and decision making, many forget to take a step back and breathe in, breathe out and remember.

Just stop for a moment, look at each other, and remember what brought you to this day. How did you meet? When was the first time you kissed? Ask yourselves these little questions that put the skip in your step, and let the planning process continue.

When it comes time to walk down the aisle, you will remember to breathe in, breathe out and remember that you are walking into the arms of the person you love. Today you begin your new journey together.

**Jackie Watson** is a wedding & event planner and is owner of VT Enchanted Events in Jeffersonville, Vermont. 802-324-1433 [vtenchantedevents.com](http://vtenchantedevents.com)

# Jewish Wedding Jewish Party

By Rabbi Howard Cohen

**Mazal tov, you are getting married.**

You found your beshert (Hebrew for intended one) and are getting married. You located a rabbi to officiate at your ceremony who will take into consideration all of your special concerns. You've picked out a ketubah (Jewish marriage license). Now it is time to think about the party. Very often the marrying couple divide the wedding into two parts: the religious ceremony and the party. In reality, there are many ways to make your party into, well, more than just a party. It too can be something of a religious, or holy, experience. And this can happen without diminishing any of the fun!

**Let's start with sanctifying the party.**

Before diving into all of the food, libations and dancing how about starting everything off with a few expressions of gratitude? There are several traditional blessings to choose from. (All of the blessings suggested are found in transliteration at the end of this article). For example, you might begin with saying the blessing for doing something for the first time or also recited when you see someone you haven't seen for a while.

Follow this up with the blessings over wine and bread. In addition, you might want to take a few moments to remember family members and friends who are deceased. After eating you can have a friend lead the gathered in reciting either the traditional blessings after eating, called the birkat hamazon, or use one of the numerous contemporary alternatives.

If using traditional prayers doesn't feel right you can always use contemporary words of thanks.

You can also bring awareness, I like to think of this as another word for holiness, to your party by asking the caterer to use locally grown foods.

Also, think about what you'll do with the leftovers you won't use. Can they be donated to a food bank? If not, will a farmer take the leftovers

*continued on page 98*



*...a Jewish wedding is more than just an event. It is a learning and growing process.*



## Jewish Wedding - Jewish party

Continued from page 97

and use it for feed for animals? And let's think about those flowers. Sure, they are beautiful. But they won't last long. Can they be donated to a nursing home or a hospital to extend the gift of their beauty? How about opting for green plants that your guests can take home and plant in their gardens instead of flowers grown far away and with lots of herbicides?

By bringing this extra level of kavanah (intentionality) to your wedding celebration it too becomes an expression of the holiness with which your wedding began.

\* barruch atah adonai eloheinu



Howard is an avid outdoor adventurer, canoe builder, volunteer firefighter, and parent of three children, husband, congregational consultant, free-lance rabbi and pastoral counselor. He is affiliated with both Reconstructionism and Jewish Renewal.

## The Little Things

Continued from page 95

and tradition. The big things are nothing. Spending the time to buy a flower or card has fortified our relationship.

**When we were in high school, we would meet each other before chemistry every morning.**

Sometimes Chris would bring me a cup of tea with extra cream (and a few ice cubes in it to make sure I didn't burn my tongue) if he knew I'd been studying late last night. On days when I knew he had tests, I would try to get him some tofu during lunch to ease the pain of public education.

Every day we work to do something nice for one another. It can be as small as a hug in the morning or hiding a note in one another's bag. Though not as grand as a weekend retreat, it is just as touching. We are content in the knowledge that we will be there for one another, and if we ever feel alone, there will be 1,000 reminders around us and in our memories to remove any doubt.

Chris is currently taking classes at CCV and will be transferring to a school that offers a major in Small Business Management. I will be attending Pratt Institutes with a major in Photography starting this fall. Though we will be a state apart, our relationship will continue with phone calls and web cam chats.



Watch for another perspective from Kayla in the 2011 winter issue of *Vermont Bride*.

## SPA CORNER

*You need to schedule your relaxation moments the same as your high-energy moments.*

# The Timing is Right By Sara Daly

Many brides ask these questions: When should I schedule spa and salon services? How much time do I need for it all? Here is a breakdown of how we determine the bridal spa services scheduling at Waterfalls Day Spa.

**When have you scheduled your wedding and other events?**

Traditionally, weddings are on a Saturday afternoon. We are seeing more people pick nontraditional times, such as Thursday at 4:30 PM. It is important that your spa coordinator know your schedule of events. When is your rehearsal? How far away is it from the spa? Are there any time constraints that we need to work around? A brunch, girl's cocktail hour, meetings with florists, wedding coordinators, and caterers, are important to know if they need to happen the day or two before your wedding.

**Nail Services:**

We love to see brides and bridal parties the day before the wedding to treat them to a fun girl's spa day including manicures and pedicures. If you want French polish, be sure to tell your spa coordinator, as it usually requires a bit more time. Depending on the number of women involved, nails can take a large portion of your day on the day before the wedding.

*continued on the next page*





*Vermont Bride Magazine* is proud to recommend the following Featured Professional Spas. The goal of these highly trained and qualified experts is to rejuvenate your mind, body, and soul in a calm, serene surrounding.

The Essex Resort & Spa  
800-727-4295 | Essex, VT  
www.vtculinaryresort.com

The Equinox Resort & Spa  
800-362-4747  
Manchester, VT  
www.equinoxresort.com

Hair Loft Design Center  
Salon & Spa  
802-524-2146 | St. Albans, VT  
See our ad @  
VermontBrideMagazine.com

LUMINA (Med-Spa)  
Nancy Carlson Fisher, MD  
802-861-0200 | So. Burlington, VT  
www.nancyfishermd.com

Moon Studio Day Spa  
802-985-9949 | Shelburne, VT  
www.moonstudiodayspa.com

Waterfalls Day Spa  
802-388-0311  
Middlebury & Vergennes, VT  
www.middleburyspa.com

Spa at Stoweflake  
Stoweflake Mountain Resort & Spa  
802-760-1083 | Stowe, VT  
www.spaatstoweflake.com



## SPA CENTER: The Time is Right

Continued from page 99

We suggest blocking about 4 hours of your day to fit approximately 7-10 girls in for pre-wedding nail treatments.

### Massage:

If you are arriving to your wedding destination a few days before your wedding, we suggest having your massage as soon as you arrive. Schedule a Thursday massage for a Saturday wedding. If you live locally, schedule your massage earlier in the week. Before you know it the week will fly by and you will feel like you did not have a chance to feel rested and relaxed. You need to schedule your relaxation moments the same as your high-energy moments.

### Bridal Makeup:

Scheduling your bridal makeup should always start with scheduling your consultation. This is an important part of the process and should be scheduled well. Schedule it close enough to your wedding that your skin tone is about the same as it will be on your day. Don't come in the winter for a summer wedding. The day of the wedding scheduling is a bit more complicated. It is recommended that your hair be done prior to makeup, so schedule your makeup second. Make sure that the bride is scheduled first for all treatments. Bridal makeup is scheduled for an hour block to ensure enough time. Bridesmaids typically get a half hour block, and mothers of bride and groom about 45 minutes of time. You do not want to rush your esthetician; she is your artist and needs time and space to apply the minerals to your skin.

### Hair:

Hair is usually the more time consuming service on your wedding day. We block an hour for the bride, and up to an hour for each attendant depending on style of updo. Often, more people are involved in hair services than there are in makeup (flower girls, grandmothers, mothers, etc) so the timing is important. The bride should get a preferred time, which often is not the first appointment of the day. For a wedding at 3:00 in the afternoon, it is common to start hair treatments at 8:30 AM to get 8 people styled and ready for their esthetician.



## Sample Spa Schedule:

Here is a sample of a common bridal party spa services schedule for a Saturday wedding ceremony. They are a destination wedding where we were unable to schedule a makeup consult prior to arrival. If she had been able to come to the spa in April, we would have completed her consult at that time.



### Carlson/Ulrich Wedding

Wedding date:

SATURDAY, MAY 15 - 4:00 PM  
St. Stephens Church

Arrival at Middlebury Inn: Thursday morning

Departure date: Sunday afternoon

THURSDAY, MAY 13  
1:30 PM Andrea and Brad's 80 minute couple's massage

3:00 PM to 4:30 PM customized dermalogical facial and Jane Iredale mineral makeup consult

FRIDAY, MAY 14  
12:00 PM - 4:00 PM

Manicure and pedicure appointments for 8 women

Champagne and hors d'oeuvres at the Spa

Wedding rehearsal at 5:00 PM

Rehearsal dinner at 6:00 PM

SATURDAY, MAY 15  
8:30 AM to 12:00 PM

Hair appointments for 8 women

Light catered lunch at the Spa

12:00 PM - 3:00 PM

Mineral makeup applications for 6 women

3:00 PM - 4:00 PM

Gowns on, photographer, flowers, excessive smiling

4:00 PM

Wedding Bells!



Sara Daly is a Physical Therapist, Massage Therapist, and Certified Manual Lymph Drainage Therapist. She is President of Waterfalls Day Spa in Middlebury, Vermont and Waterfalls at Basin Harbor Club on Lake Champlain. She is a frequent contributor to *Vermont Bride Magazine* and was featured in the September/October 2009 edition of *Massage Magazine*.



*Vermont Bride Magazine* is also proud to recommend the following featured wedding professionals for all your makeup needs:

Candy Kuerth  
makeup artist: 802-275-2544

The Essex Resort & Spa  
800-727-4295 | Essex, VT  
www.vtculinaryresort.com

The Equinox Resort & Spa  
800-362-4747 | Manchester, VT  
www.equinoxresort.com

Hair Loft Design Center  
Salon & Spa: 802-524-2146  
St. Albans, VT | See our ad @  
www.VermontBrideMagazine.com

LUMINA (Med-Spa)  
Nancy Carlson Fisher, MD 802-861-0200  
So. Burlington, VT  
www.nancyfishermd.com

Moon Studio Day Spa  
802-985-9949 | Shelburne, VT  
www.moonstudiodayspa.com

Salon at Stoweflake  
802-760-1083  
Mountain Rd., Stowe, VT  
www.spaatstoweflake.com

Total Body Salon  
802-253-9969  
394 Mountain Rd, Stowe, VT  
www.totalbodysalonvt.com

Valerie Mullin  
Independent Beauty Consultant: 802-425-3768  
www.marykay.com/valmullin

Waterfalls Day Spa  
802-388-0311 | Middlebury & Vergennes, VT  
www.middleburyspa.com

Wendy Kluin - Makeup Artist  
802-767-3939 | Rochester, VT |  
See our ad @ www.VermontBrideMagazine.com





*Questions and Answers about Wedding Etiquette, Solutions and Help from the Etiquette Experts at Vermont Bride*

## VERMONT BRIDE'S Discussion Forum

- Q.** We're having a flower girl and ring bearer. Should they sit at the head table? - Elizabeth, Johnson
- A.** Where children and weddings are concerned, use caution and sit them where they will feel most comfortable. Usually sitting with mom and dad is the safest bet. With her pretty dress and his boy-sized tux, the cute factor will follow them whether at the head table or not.
- Q.** My aunt won't be able to attend. I would like to give her a gift. Any ideas? - Elyse, Burlington
- A.** Send her a beautiful keepsake box filled with photos, a CD of ceremony and reception music, a DVD of special moments, invitations (wedding, bridal shower, rehearsal dinner), program, menu, a piece of fabric from your gown and a heartfelt letter. These special tokens will show how much she means to you and that she was remembered.



*Getting Ready*



Photo by Ayer Photography

## 7 STEPS

to your Perfect Vermont Wedding

**IT TAKES PLANNING** to carry through to a perfect wedding, and to make sure that you are able to enjoy planning for your special day, follow these basic steps from Vermont Bride Magazine to help you organize all of the details and keep it manageable.

**AGREE ON THE DATE AND TIME** Will your guests include young children? If so, ask yourself: Do you need to accommodate a kid-friendly time for your guests? Daytime weddings work best for little ones, but if you are going to have an adult group, an evening time (like 6:00 P.M.) can start the night right and allow for dancing and carousing with your family and friends. Will many of your guests be traveling more than 50 miles to the event? Do you need a good weekend or a close holiday to make it easier for your wedding party to take time off from their regular schedules? Here's a tip that can help your schedule and your pocket book: If you look at the calendar and consider the costs of travel at certain vacation-heavy times of the year, you can avoid setting a date that coincides with higher travel costs.

**CHOOSE YOUR STYLE** Formal, informal, semi-formal? You and your fiancé should consider your guests, but also know what it is you're going to be comfortable with and happy about once the event is over. What sort of party do you want to throw? Does a sit-down affair with linen and china settings for the entire group sound exciting, or tiring? Are you more of a buffet or BBQ person? Once you can decide on the level of formality you're hoping for, you can immediately begin ignoring the hundreds, if not thousands of options that are available to you, so that you can narrow the choices to the type of affair that will best fit you and your partner.

**BUDGETS AND MONEY** Don't pick a number out of the air. Nothing will make you crazier faster than trying to shoe-horn your plans into a fixed number. Of course you need to know your limits; but you also need to know what is essential for your happy day. Arriving at that number is easier once you know the main essentials of your day, and what those costs are. From there you can establish the minimum expenses. You'll also see what the big ticket items are – and if that's where you want your money to be directed.

**PARENTS:** Are they going to participate in the costs? Will each family have certain items which they will each pay for, thus distributing the costs fairly according to means?

It can be uncomfortable for two separate families to discuss such intimate financial details, but you need to remember that the dollar-amounts are not the lead item on your list. Instead, know how much lead time you have until the special day, and consequently time to save and prepare for the financial costs. Weddings can be very expensive, but everyday a successful wedding at a reasonable cost is accomplished because careful planning was done. Building a list of your necessary expenses is the way to make sure you're going to spend money on the right items that you need, and not something that will prove unnecessary.

**BUDGET TIP:** If you were to sock away \$50 a week toward your wedding costs, you will have saved up \$5,200 in 12 months.

- Q.** I'd like to have decorations for the entrance of the church. What are some options? - Anna, Jericho
- A.** First, check with the church as they will have definite rules as to what can and can't be used for decor. Generally, hooks and nails are already in place for draping and beautification. Wreaths placed on doors are a universal sign of welcome and can be designed in every shape and style. Boxwood wreaths for formal times, soft and light flowers with greenery for a more casual theme or a monogrammed wreath for the truly unique. Add a big, multi-looped silver bow made with wired ribbon and it's a celebration! Winter weddings are perfect for trails of evergreen garland lazily draped over doors and stairways. Tiny white lights make for an enchanting effect. Kissing balls with trailing ribbons are whimsical and affordable.
- Q.** My mother doesn't know if she should wear a floor-length dress, what color it should be or how formal. - Cathy, Essex Junction
- A.** Moms are special folks and her dress should make her feel comfortable and complimentary, not clash with the colors your bridesmaids are wearing. If your attendants are wearing floor-length dresses, to keep with the level of formality, your mom can also sport a floor-length dress. If she chooses a tea or ankle-length and it compliments the style and hues of the other dress, it's a perfect choice. If she chooses a sheer, lightweight fabric, opt for a wrist corsage (instead of a pin-on) or a small hand-held bouquet.
- Q.** We can't agree on a date. I would like a summer wedding; he likes fall. What's the most popular month to wed? - Rachel, Rutland
- A.** Weddings rule summer. June and July take top spots as the most popular months in which to wed. If you plan on a summer date, be sure it doesn't fall on a graduation date or special guests' vacation plans. Also, this is prime time for photographers, florists, caterers, and other vendors. If you've got your heart set on a sunny, summer afternoon, book the vendors in advance.

Send in your questions and thoughts for the Vermont Bride Magazine Discussion forum by going online [www.vermontbridemagazine.com](http://www.vermontbridemagazine.com), or by emailing us at [solutions@vermontbridemagazine.com](mailto:solutions@vermontbridemagazine.com)

**THE RING** For many, this is a question that is already handled well before the planning is begun, but the method for handling the question of "which ring" can also be applied to other items. Drop hints, point out what rings you have seen that you admire, do some window shopping. Inform other people with whom he may be talking about it with. If you are able, come right out and raise the subject. If by some chance he presents a ring that you simply do not like, suggest having the setting for the stone changed to something you will enjoy.

**DESTINATIONS** Vermont is one of the most important wedding capitols in the United States, and you will have many choices available to you. A big plus is that by having your event locally, you are in a better position to estimate costs carefully. If you have guests coming in from further away, consider asking travel agents for help in recommending the best methods for getting them to you. Your information might help a distant guest who is unable to work out the details themselves, and so make it easier for them to be with you on your special day.

**THE DRESS** The number of possibilities can be overwhelming, but you can get a head start just by looking in your own closet. By reviewing what you have chosen in the past which makes you look your best, you can keep yourself focused while shopping. Will you be using a family heirloom? Be sure to find a good tailor to make the appropriate alterations, and be sure to schedule it well in advance.

**WEB SITES AND MAGAZINES:** The amount of visual information is awesome, and you can enjoy hours upon hours of looking. You can also get a good start at your local boutiques and vendors, and what they can do for you.

**THE GUEST LIST** Unless your budget is essentially unlimited, it is unlikely you will be able to invite the horde of guests you and your fiancé might compile. Instead, with a budget established, it is time to match your reception space to the guest list. You will likely have to pare your list, with the help of your family. If necessary, assign each family a third of the possible guests, and reserve one-third for the





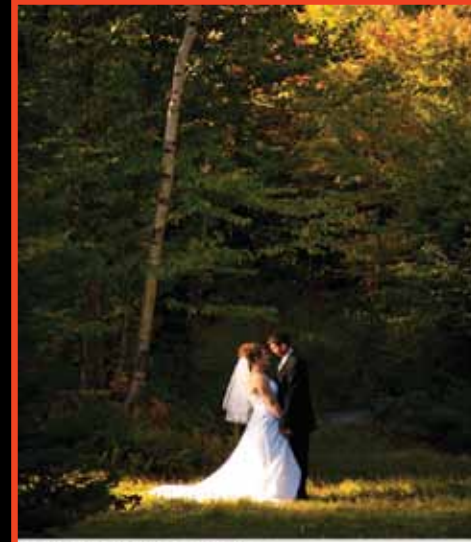
Orah Moore Photography



Lauren Stagnitti Photography



Ayer Photography



Whipple Photography



Olga McVey Photography



Jeff Schneiderman Photography



Randy Morris Photography



Butterfly Studios



The Portrait Gallery



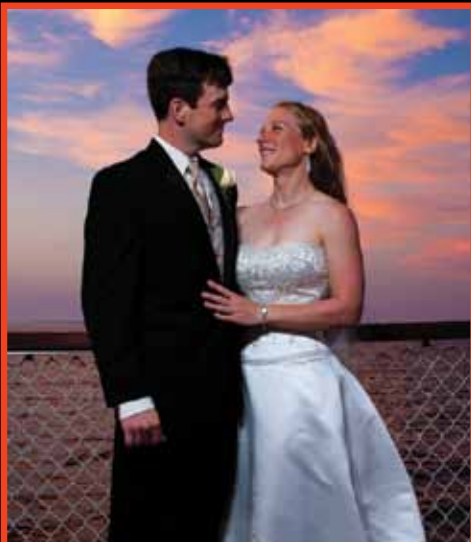
Kim Martin Photography



Lauren Stagnitti Photography



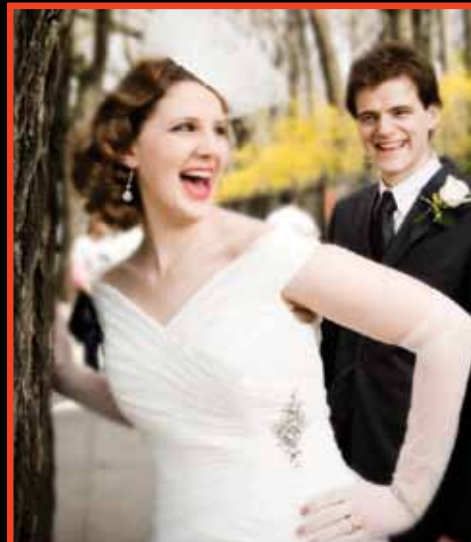
Mager Studios



RaidenShine Photography



Balentine Photography



Doug Todd Photography



Larry Asam Photography



Great Impressions Portrait Studio



Orah Moore Photography

Ayer Photography of Vermont  
ayerphoto.com

Great Impressions Portrait Studio  
greatpix.us

jeffschneiderman.com  
Kim Martin Photography  
kimmartinphoto.com

orahmoore.net or haymakerpress.com  
RaidenShine Photography, LLC  
raidenshine.com

portraitgallery-vt.com  
Whipple Photography  
donwhipplephotography.com

lasamphoto.com  
Olga McVey Photography, LLC  
mcveyweddingphotography.com

laurenstagnitti.com  
Butterfly Studios  
butterflystudiosvermont.com

magerstudios.com  
Doug Todd Photography  
dtpwedding.com

Balentine Photography  
balentinephotography.com

Jeff Schneiderman Photography

Orah Moore Photography

The Portrait Gallery

Larry Asam Photography

Lauren Stagnitti Photography

Mager Studios

Randy Morris Photo



# The Vermont Bride Magazine FALL 2010 Bridal Resource Guide



## ALTERATIONS

**The Sewing Basket**  
802-476-8389 | Barre, VT  
802-878-7181 | Essex Jct, VT  
802-778-9311 | Montpelier, VT  
judy@sewbasket.com  
sewbasket.com

## BEAUTY & WELLNESS

**Colonial Styling Center, Inc**  
802-524-5630  
146 N Main St, St. Albans, VT  
CSC.VermontBrideMagazine.com

**The Essex Resort & Spa**  
800-727-4295 | Essex, VT  
www.vtbulinaryresort.com

**Hair Loft Design Center SALON & SPA**  
802-524-2146  
387 Lake St., Saint Albans, VT  
See our ad vermontbridemagazine.com

**Makeup by Candy Kuerth**  
802-275-2544  
ckuerth@gmail.com  
see our ad VermontBrideMagazine.com

**Makeup by Kathryn**  
802-355-4583  
kcannata@gmail.com  
myspace.com/kathryncannata  
See our ad VermontBrideMagazine.com

## Mary Kay

802-425-3768  
valmullin@gmavt.net  
marykay.com/valmullin

## Moon Studio Day Spa

802-985-9949  
4070 Shelburne Rd, Shelburne, VT  
moonstudio@myfairpoint.net  
moonstudiodayspa.com

## Nail & Makeup Artistry by Sue

802-527-5157  
429 Lake Rd., St. Albans, VT  
ksvideography@yahoo.com  
ksvideovermont.com

## Salon at Stoweflake

802-760-1083  
Mountain Rd., Stowe, VT  
spa@stoweflake.com  
www.spaatstoweflake.com

## TOTAL BODY SALON

802-253-9969  
394 Mountain Rd, Stowe, VT  
See our ad vermontbridemagazine.com

## Wendy Kluin - Makeup Artist

P.O. Box 57, Rochester, VT  
802-767-3939  
wendelak@aol.com  
see our ad VermontBrideMagazine.com

## ■ Cosmetic & Aesthetic Services

### LUMINA

Nancy Carlson Fisher, MD  
802-861-0200  
1775 Williston Rd., So. Burl. VT  
nancyfishermd.com

### Northern Vermont

#### Oral & Facial Surgery

802-872-3593 | Essex Jct., VT  
802-524-0490 | St. Albans, VT  
802-223-2364 | Berlin, VT  
802-473-4150 | St. Johnsbury, VT  
nvos-vt.com

#### ■ Image Consultant

**Perfect Image Fashions**  
802-878-8487  
Essex Jct., VT  
suelackey1026@comcast.net  
perfectimagefashions.com

#### ■ Oral & Facial Surgery

**Northern Vermont Oral & Facial Surgery**  
802-872-3593 | Essex Jct., VT  
802-524-0490 | St. Albans, VT  
802-223-2364 | Berlin, VT  
802-473-4150 | St. Johnsbury, VT  
nvos-vt.com

## ■ Spa Services

**Equinox Resort & Spa**  
800-362-4747  
3567 Main St., Rt. 7A  
Manchester Village, VT  
spa@equinoxresort.com  
equinoxresort.com

## Essex Resort & Spa

800-727-4295 | Essex, VT  
www.vtbulinaryresort.com

## Hair Loft Design Center SALON & SPA

802-524-2146  
387 Lake St., Saint Albans, VT  
See our ad vermontbridemagazine.com

## LUMINA

Nancy Carlson Fisher, MD  
802-861-0200  
1775 Williston Rd., So. Burl. VT  
nancyfishermd.com

## Moon Studio Day Spa

802-985-9949  
4070 Shelburne Rd, Shelburne, VT  
moonstudio@myfairpoint.net  
moonstudiodayspa.com

## Spa at Stoweflake

802-760-1083  
Mountain Rd., Stowe, VT  
spa@stoweflake.com  
www.spaatstoweflake.com

## Waterfalls Day Spa

802-388-0311  
14 Court House Square, Middlebury, VT  
waterfallsdayspa@gmail.com  
middleburyspa.com

## BRIDAL SHOPS

### Needleman's Bridal & Formal

Toll free: 800-924-Gown (4696)  
St. Albans, Newport, Burlington, & Barre VT  
needlemansbridal.com

### BRIDAL GOWN PRESERVATION

**The Sewing Basket**  
802-476-8389 | Barre, VT  
802-878-7181 | Essex Jct, VT  
802-778-9311 | Montpelier, VT  
judy@sewbasket.com  
sewbasket.com

## CAKES & PASTRIES

### BakeAria LLC

802-527-9727  
1806 Sweet Hollow Rd, Sheldon, VT  
inquiry@bakearia.com  
BakeAria.com

### Bakery at Junior's

802-655-5282  
85 So.Park Dr., Colchester, VT  
juniorstv@hotmail.com | juniorstv.com

### Delicate Decadence

**Cake Boutique**  
802-479-7948 - 15 Cottage St. Barre, VT  
finecakes@verizon.net  
DelDec.vermontbridemagazine.com

### Fischer's Fancies

802-598-9699  
info@fischersfancies.com  
fischersfancies.com

### Gourmet Provence

802-247-3002  
37 Center St, Brandon, VT  
info@cafeprovencevt.com | cafeprovencevt.com

### La Brioche Bakery & Café (NECI)

802-229-0443  
89 Main St., Montpelier, VT  
necidining@neci.edu | necidining.com

### Snaffle Sweets

802-434-2400  
2921 East Main St, Richmond, VT  
snaffle.sweets@gmail.com  
snafflesweets.com

## CATERING

**The Abbey**  
Toll-free: 800-696-4748  
212 VT Rte 105 Enosburg Falls, VT  
Rachel@abbeygroup.net  
abbeygroup.net

## Black Tie Catering

802-864-2433  
131 MAIN ST., Burl., VT  
chefkelly@souzas.org | souzas.org

## Café Provence

802-247-9997  
11 Center Street, Brandon, VT  
rbchef@cafeprovencevt.com  
cafeprovencevt.com

## Chow Bella

802-524-1405  
24 N. Main St., Saint Albans, VT  
chow@chowbella.us | chowbella.us

## Jeff's Caters

802-524-6135  
65 Main St., Saint Albans, VT  
jeffsmaine seafoodrestaurant.com

## Junior's Long Island Catering Company

(Junior's Italian)  
802-655-5555  
85 South Park Dr. Colchester, VT  
juniorstv@hotmail.com | juniorstv.com

## Michele's Fine Dining

On & Off Premise Catering  
800-303-0107  
5131 US Ave., Plattsburgh, NY  
info@michelesfinedining.net  
michelesfinedining.net

## Souzas Churrascaria

802-864-2433  
131 MAIN ST., Burl., VT  
chefkelly@souzas.org | souzas.org

## State Street Catering

802-229-6788  
8 State St., Montpelier, VT  
carol@statestreetcatering.com  
statestreetcatering.com

## Susanna's Catering

802-635-9094  
info@susannascatering.com  
susannascatering.com

## Waterfront Catering Group

802-658-3663  
1712 Shelburne Rd. So. Burl. VT  
gary@vermontspecialoccasions.com  
vermontspecialoccasions.com

## Wetherbee's Catering

800-974-6102  
467 Depot Rd. Colchester, VT  
WFW06@comcast.net  
wetherbeescatering.com

## ENTERTAINMENT

### ■ DJ's - Entertainers

#### Corey Neil Gottfried

802-893-7685  
PO Box 2022 Colchester, VT  
corey@lincoentertainment.com  
lincoentertainment.com

#### Gerry Lawrence

802-655-7534  
PO Box 5547, Essex Jct., VT  
gerry@accuritepayroll.com  
See our ad VermontBrideMagazine.com

#### HP Entertainment

802-862-5082 (c/o Hector Cobeo),  
70 Pleasant Ave, Burl, VT  
info@hpbands.com | hpbands.com

#### Peak Entertainment

802-888-6978  
email@peakdj.com | peakdj.com

#### Supersounds DJ

802-899-2823  
PO Box 214 Underhill, VT  
ssounds@myfairpoint.net  
supersounds.com

### ■ Magicians

#### Dr. Steve Taubman

802-862-4905  
info@stevetaubman.com  
stevetaubmanshows.com

### ■ Musicians

#### Classic Consort

802-849-6900  
PO Box 67 Fairfax, VT  
clarcell@classicconsort.com  
classicconsort.com

## Dayve Hockett – guitar

802-233-6618  
dayvehockett@hotmail.com  
dayvehockett.net

## Green Mountain Swing

802-229-9496  
davidcarkeet@gmail.com  
greenmountainswing.com

## HP Entertainment

802-862-5082 (c/o Hector Cobeo)  
70 Pleasant Ave, Burl, VT  
info@hpbands.com | hpbands.com

## Lisa Carlson

802-229-9901  
lisa@lisafute.com | lisafute.com

## Love That Duo

802-899-2833  
17 Metcalf View, Underhill, VT  
charlottebrodie@comcast.net  
lovethatduo.com

## Sheefra

802-223-9103  
PO Box 522, Montpelier VT  
tim@sheefra.net | sheefra.net

## Vermont Symphony Orchestra

802-864-5741 (ext. 11)  
2 Church St., Suite 19, Burl, VT  
rebecca@vso.org | vso.org  
Toll-free: 800-VSO-9293

### ■ Photo Booths

#### Green Mountain Photobooth

802-899-2823  
PO Box 214 Underhill, VT  
greenmtphotobooth.com

### FAVORS

#### As the Crow Flies

802-524-2800  
58 N. Main Street, St. Albans, VT  
asthecrowflies@together.net  
asthecrowfliesvt.com

## BakeAria LLC

802-527-9727  
1806 Sweet Hollow Rd, Sheldon, VT  
inquiry@bakearia.com  
BakeAria.com

## Boyden Valley Winery

802-644-8151  
64 Vt Route 104, Cambridge, VT  
info@boydenvalley.com  
boydenvalley.com

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**Middlebury Inn**  
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**Montgomery House Inn**  
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**Quality Inn Burlington**  
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# Accommodations at a glance information guide

Facility Name	Max Party	Catering provided	Choice Caterer	Guest Rooms	Separate Area Ceremony	Months To Plan Ahead	Reception Area Outside	Dance Floor
Abbey	200	Y	N	N	Y	1-6	Y	Y
Arlington Inn	200	Y	N	Y	Y	3-6	Y	Y
Back Inn Time	150	Y	Y	Y	Y	3-6	Y	Y
Barn at Boyden Farm	No Limit	N	Y	N	N	1-12	Y	Y
Brandon Inn	200 +	Y	N	Y	Y	3-12	Y	Y
Burlington Country Club	200	Y	N	N	Y	6-12	Y	Y
Cafe Provence	200	Y	N	N	Y*(7)	6-8	Y*(7)	Y*(7)
Capitol Plaza Hotel & Conference Center	350	Y	N	Y	Y	9	N	Y
Catamount Country Club	200	Y	Y*(8)	N*(9)	Y	3-6	Y	Y
Chow Bella	150	Y	N	N	Y	3-6	N	N
Echo at Leahy Center	750	N	Y	N	Y	3-6	Y	Y
Echo Lake Inn	280(20)	Y	N	Y	Y	9-12	Y	Y
Edson Hill Manor	300	Y	N	Y	Y	8-12	Y	Y
Equinox Resort & Spa	350	Y	N	Y	Y	3-6	Y	Y
Essex Resort & Spa	250	Y	N	Y	Y	8.12	Y	Y
Golden Eagle Resort	50	Y	Y	Y	Y	3-6	N	Y*(10)
Hampton Inn	300	Y	N	Y	Y	1-60	Y	Y
Hilton Burlington Hotel	500	Y	N	Y	Y	6-12	Y	Y
Holiday Inn Burlington	130	Y	N	Y	Y	1-6	N	Y
Holiday Inn Rutland/Killington	400	Y	N(18)	Y	Y	9	Y	Y
Hyde Point Farm	250	N	Y	N	Y	1-2	Y	Y*(4)
Jeff's Restaurant	150	150	Y	N	N	3	N	Y(4)
Junior's Italian	50	Y	N	N	Y	3	N	N

\*PLEASE NOTE, with regard to several OF THE ACCOMMODATIONS LISTED PARTY SIZE (CAPACITY) NUMBERS on these charts; THESE CAN EASILY BE INCREASED WITH THE OPTION OF A TENT RENTAL. Be sure to inquire for availability.

## Bridal Resource Guide for Fall 2010

Continued from page 111

**Southern Vermont Arts Center**  
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**Sowe Inn**  
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**Vermont Inn**  
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**Waybury Inn**  
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**Wilburton Inn**  
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**Burlington Limousine & Car Service**  
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**Middlebury Transit**  
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**Champlain Valley Tent Rentals**  
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Facility Name	Max Party	Catering provided	Choice Caterer	Guest Rooms	Separate Area Ceremony	Months To Plan Ahead	Reception Area Outside	Dance Floor
Lilac Inn	130-250	Y	N	Y	Y	3-6	Y	Y
Michele's Fine Dining	150	Y	N	N	Y	3-6	N	Y
Middlebury Inn	125	Y	N	75	Y	6-9	Y	Y
Montgomery House Inn	30(12)45(13)	Y	Y	Y	Y	1-6	N	Y(4)
Mountain Top Inn & Resort	300(16)	Y	N(17)	Y	Y	3-12	Y	Y
Old Lantern	350	N	Y	N	Y	2-6	Y	Y
One Federal Restaurant and Lounge	220	Y	N	N	Y	3-6	Y	Y
Ponds at Bolton Valley Resort	400	Y	N	Y	Y	1-12	Y	Y
Quality Inn Burlington	75	Y	Y	Y	N	6-12	Y	Y
Southern Vermont Arts Center	275(19)	N	Y	N	Y	6	Y (cocktails)	Y
Souza's Churrascaria	60	Y	N	N	N	3-6	N	N
Spirit of Ethan Allen III	500	Y	N	N	Y	3-6	Y	Y
Stables & Inn At Pego Hill Farm	150	Y	N	Y	Y	6-12	Y	Y
Stoweflake Mountain Resort & Spa	400	Y	N	Y	Y	3-6	Y	Y
Stowe Inn	85	Y	Y	Y	Y	Y	Y	Y
Sunset Ballroom	225	Y	N	Y	Y	3-6	Y	Y
Tourterelle Inn, Dining & Events	200	Y	N	Y	Y	3-12	Y	Y
Tabor House Inn	250	Y	Y	Y	Y	3-6	Y	Y
Trapp Family Lodge	100 <sup>12</sup> 500 <sup>13</sup>	Y	N	Y	Y	4	Y	Y
Vermont Inn	200	Y	N	Y	Y	6-12	Y	Y
Waybury Inn	200	Y	N	Y	Y	6-12	Y	Y
West Monitor Barn	200	N	Y	N	Y	5-12	N	N
ye Olde England Inne	140	Y	N	Y	Y	6-12	Y	Y

Notes: 3) Catering arrangements can be made upon request. 4) Arrangements for a dance floor rental can be made. 5) Arrangements for a wheelchair accessible portable restroom can be made. 6) Off-site catering available November-April. 7) An Offsite premise can be arranged - please call for details. 8) Subject to extra fees. 9) Will assist making arrangements with local Hotels (Shuttles Available). 10) This is provided as a rental item. 11) Optional for smaller functions. 12) indoor capacity 13) outdoor capacity 14) Call for details 15) Note: Additional Cost 16) Max Party Size is 300 (tented) and 100 (inside) 17) Possible exceptions depending upon the season. 18) Bride can bring cake only 19) 275 (tented) 150 (inside mansion) 20) Without tent extension 21) Outdoors 22) Open field would require tent rental

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**VT Weddings by Kim**  
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**VT Enchanted Events**  
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