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SPRING 2011

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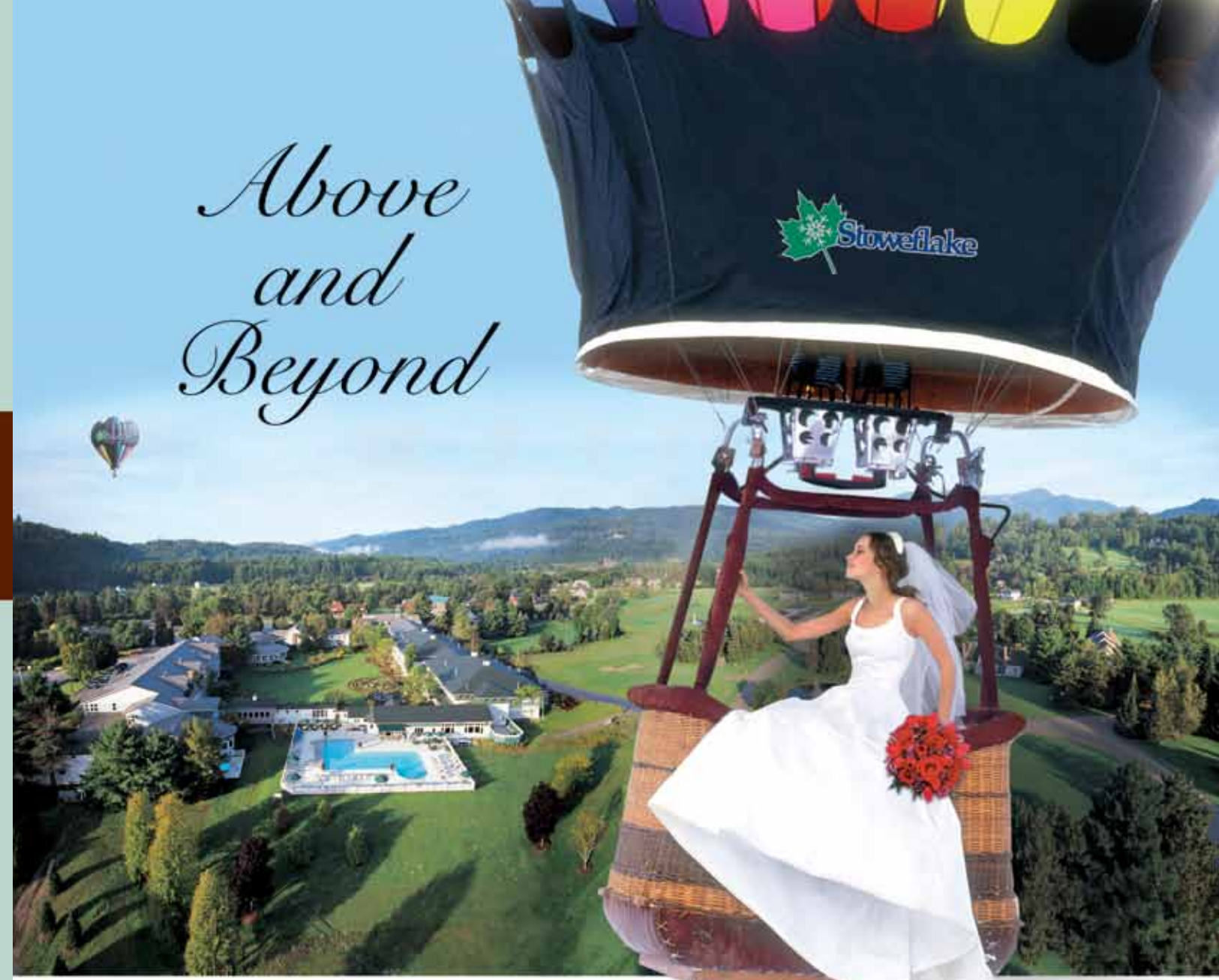
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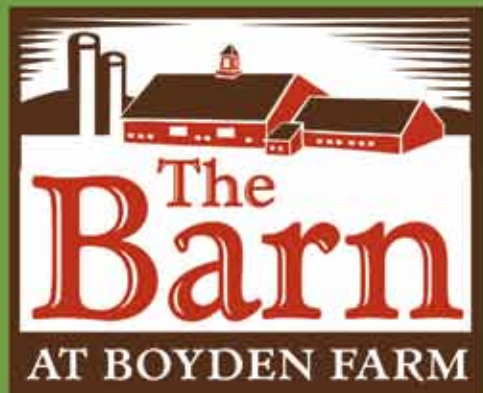
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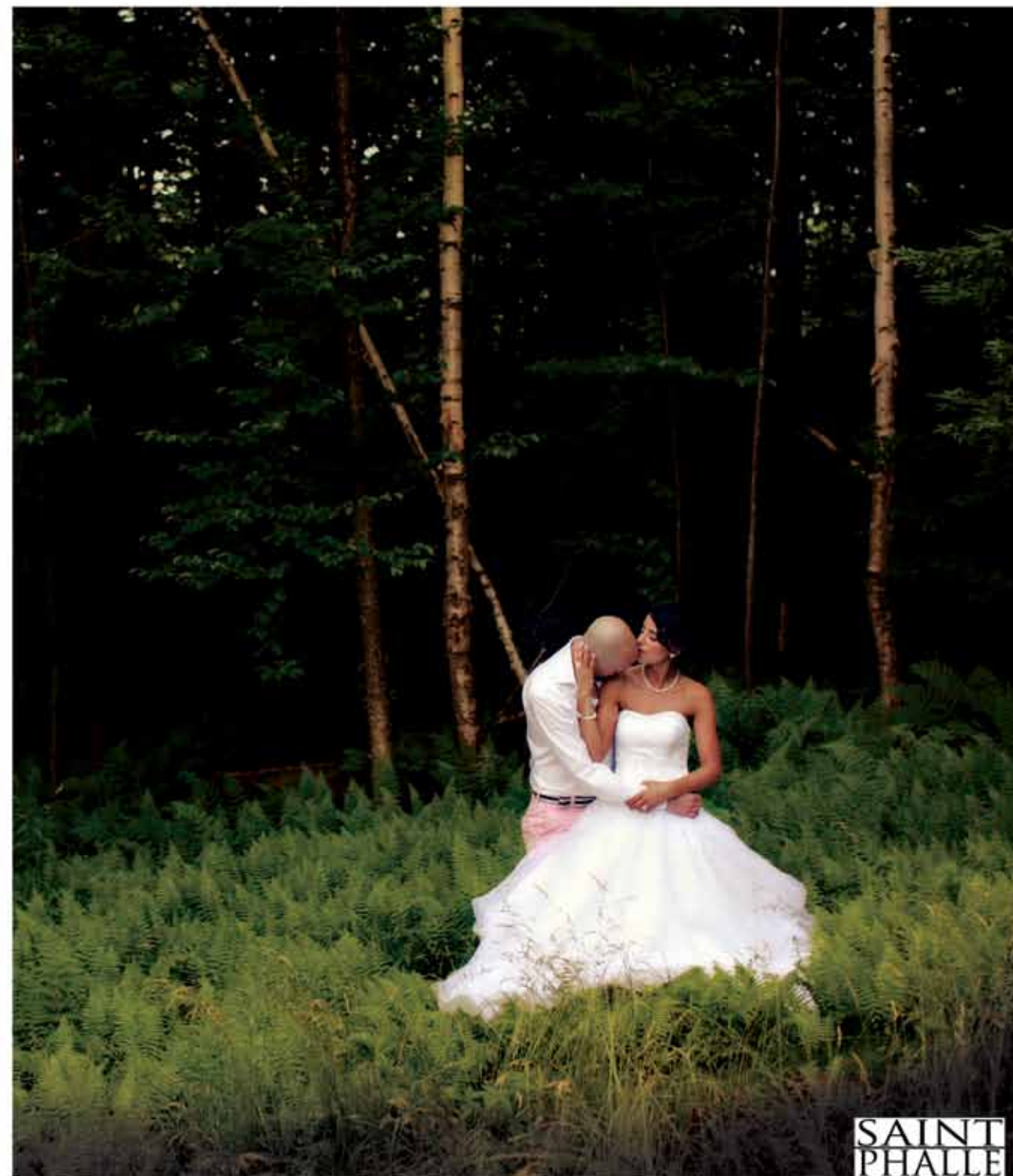
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SPRING 2011

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Montpelier, VT  
July 3, 2010

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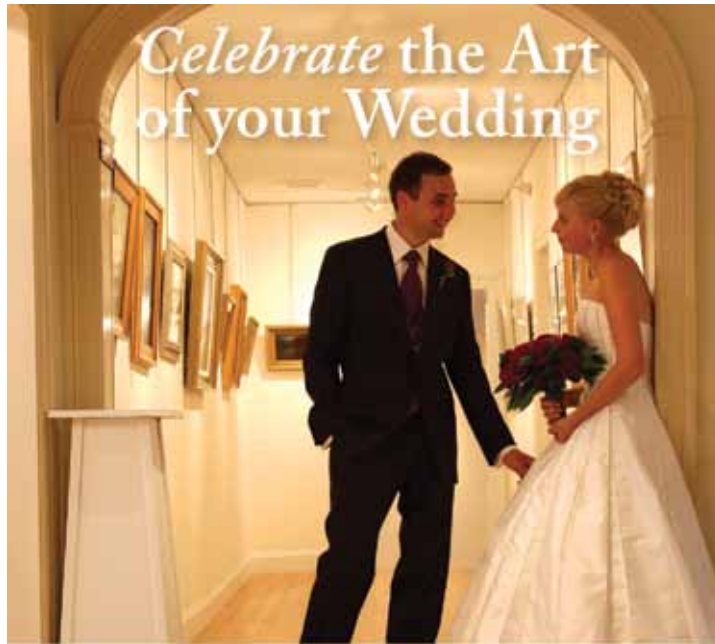
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# Inside Vermont Bride: Staff Notes

Sunshine filled days, warm fresh air, and emerging flowers signal that spring has arrived. As we pack away our heavy winter coats and boots we welcome you to *Vermont Bride*.

In this celebrated season of renewal, we are pleased to introduce nutrition and fitness experts, **Toria Cornett** and **Megan Daigle**. Toria gives us "Tips for Preparing for the BIG DAY." Get your weights ready and turn to page 71 for "The Fit Spot."

Megan tells us to "Get Ready, Get Set, Lose Weight the Healthy, Fun, and Simple Way" with a weight loss challenge. You won't want to miss the grand prize details. **Coach Megan**, owner of **Simplify Your Health Now**, is ready to be your partner in reaching your health and weight goals. Begin with the first step on page 25.

When you reach your goal, reward yourself with a beautiful vase, wedding cake knife and server set or any of the heirloom-quality pewter pieces from our friends at **Danforth Pewter** (page 96). With an on-line gift registry and four convenient store locations, selecting great gifts and favors just got easier.

The varied sounds of music play a role in our casual and formal times and set a tone for the event. "Selecting Unique Music for Your Wedding" (page 76) brings us options for traditionalists and trendsetters. **Lisa Carlson** guides us with recommendations that create specific ambiances. **Grant Allendorf's** "Ceremony Sound Tips for Brides" (page 99) gives us pointers on what to look for and questions to ask prospective entertainment or DJs to ensure that the correct equipment is used so all sounds during the ceremony will be heard by guests. The shattering of glass has an unmistakable sound. The reason behind breaking of glass at the end of a Jewish ceremony is explained by **Rabbi Howard Cohen**. Learn something new on page 95.

As our trees bud green, what better time to go green? **Rev. Dr. Michael Caldwell** tells us a real-life wedding story of Marjorie and Matthew. By choosing to go green they saved lots of green (the kind that doesn't grow on trees). Read "Your Wedding, Your Way: Go Green, Save Green" on page 38. **Karen Sturtevant** tells us that green is the new white in "The New White—The Green Wedding," tips for eco-conscious couples wanting to incorporate their green goals with wedding planning. Get in

the eco-friendly spirit beginning on page 55.

Planning a wedding takes energy! Equally as important is planning down time to recharge. **Sara Daly**, owner of **Waterfalls Day Spa**, knows the importance of relaxing and shares her insight on page 97 in "Spa Corner."

After relaxing and recharging, planning a bachelor or bachelorette party will be easy. **Pat Esden** tells us there is one goal for these parties—fun! See Pat's planning ideas to make parties both memo-

orable and enjoyable beginning on page 80. Bring your camera along to capture all the party moments and then read "How Do I Choose a Wedding Photographer?" (page 78). **Linda and Joe Crosby** from **RaidenShine Photography** know all the angles and guide us with their experience.

**Carrie McDougall**, our resident globetrotter and owner of **Cultural**

**Crossroads**, gives us the travel bug. Italy, known for its amazing food and wine, art, history, and resorts is calling. Check out "The Informed Traveler," (page 40) and pack your passport.

If you're not ready to buy a villa on the Mediterranean yet, let's stay closer to home with Broker, **Gayle Oberg**. Gayle tells us "We're Ready to Look at Homes!" Before signing on the dotted line, read her sound advice (page 94) when looking to purchase. Speaking of houses, Financial Planner, **Benjamin Nostrand**, gives us housekeeping tasks to streamline our finances in "Cleaning Your Financial House" (page 92).

As 2011 was ushered in, so were tax law changes.

CPA, **Roger A. Schoenbeck**, acquaints us with a summary and recounts how these changes affect us in "2011 Tax Law Changes Passed at the Last Minute" (page 100). If the idea of taxes makes you crazy, perhaps a trip to the **Purple Sage Salon & Spa** is the remedy. Owner, **Kim Scofield**, tells us that a stress-free visit to the salon begins by planning ahead. Plan your visit and turn to page 47.

Not only is pollen in the air,

so is love! Meet our couples, **Jeanna and Jamie**, **Danielle and Mead**, and **Sara and Paul** with Love Stories in their own words. As a longtime Vermont business, **Celebration Rentals** has heard all kinds of love stories. They are passionate about weddings and have provided services throughout New England for over 25 years. Read about their extensive selection of wedding rentals (page 44) and find out how they can help make your celebration an event people will remember fondly for years.

As she attends college a state away, **Kayla Sturtevant** has found a way to keep her love connected to family and friends with *the* defining element of her generation. Read "Technology—from a Young Love Perspective" on page 101.

Heavy comfort food from the cold winter is replaced with more delicate dishes for the warmer season. Spring bride, **Susanna Keefer**, brings us light and fresh menu options (page 60) in "From One Spring Bride to Another."

A private relaxation room and custom bridal packages are only a few of the amenities found at **Rutland's Five Elements Salon & Spa**. Offering exquisite beauty and spa services in a luxurious, stress-free environment, their professional therapists, cosmetologists, and stylists know the elements of a perfect wedding. Let them enhance your wedding memories, begin on page 36.

Whether you are planning a spring wedding or a celebration later in the year, we hope *Vermont Bride* will be with you at every step. Take a moment to appreciate the gift of spring, commemorate the season with a long walk to clear the winter cobwebs, and enjoy this issue of *Vermont Bride*.



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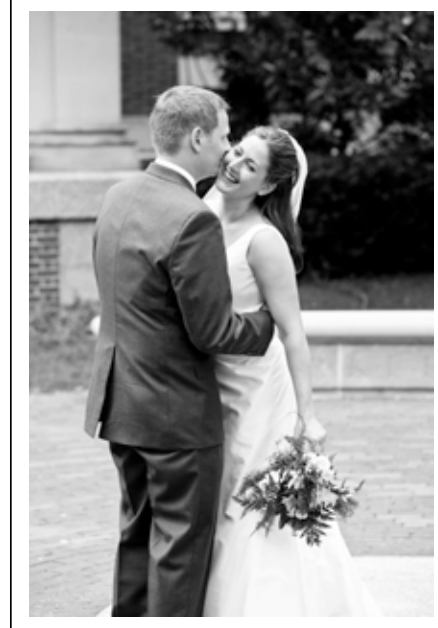
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WEIGHT LOSS CONTEST

By Megan Daigle

# Get Ready, Get Set,

## Lose the Weight the Healthy, Fun, and Simple Way!

And win a honeymoon vacation for joining the challenge!



Are you ready to look and feel your best when you slip into the wedding dress of your dreams? Not quite there yet?

No worries. You just met your solution to looking and feeling your best on your big day. Meet **Megan Daigle**, professional weight loss and nutrition coach and founder of Simplify Your Health Now, LLC.

Megan knows first hand how challenging it can be to lose weight and do it the healthy way without spending your whole day preparing. Does losing weight and getting healthy seem overwhelming? It's not when you have Coach Megan guiding you through a simple step-by-step solution to weight loss quickly, effectively, for real life, and long-term success.

*Keep it simple and we will work right over the phone as you start your journey towards optimal health. Dislike exercising? That's okay!*

Coach Megan asks that you cut your exercise at least in half to start while we focus on creating new healthy habits through nutrition first. It would take you seven days of running for an hour every day to burn 3,500 calories or one pound of fat. Ready for the simple and healthy way? Call Coach Megan today for your free consult.

Megan Daigle is a certified health coach and physical therapist. She started Simplify Your Health Now because she saw so much illness and injury that was directly related to excess weight. Although 98 percent of her clients have come to her for help with getting rid of extra pounds, through their work with Megan, all of them have learned to recognize the stressors, food issues, and other forces that directly affect not only their weight, but their health in general.

Megan's goal for every client is helping them to understand how to make the kind of enduring positive changes that will affect his or her life in all ways.

Have you heard about the *Vermont Bride* edition of **A Weight Loss Challenge** presented by **Simplify Your Health Now**? Grand Prize is an eight day, seven night honeymoon vacation for a bride and groom! Tell your friends and family! The more people who get healthy with you, the more you increase your chances of winning! Not getting married right away? That's okay. The Weight Loss Challenge will be a quarterly event. **Next Challenge begins May 8, 2011.**



### Contest Rules:

- Register the bride with **Megan: 802-999-1971**
- Add team members (1 or 100!).
- Register each team member (male and/or female).
- Work with Coach Megan, in person or on the phone (you get to choose).
- Start losing weight the healthy way.
- Combine your team's weight loss total during the twelve week contest to WIN!

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**First Place Winning Team:** The bride wins a vacation AND gets her wedding photo in the *Vermont Bride Magazine*!

The winning team members receive gift cards for spa treatments, dining, and other valued activities.

**Learn more about our contest on page 26!**

Want to lose weight before your wedding day?

By Megan Daigle

# Do it the healthy way

HEALTH NUGGETS

WEIGHT LOSS LANE



**E**at breakfast within 30 minutes after waking. Your metabolism wakes up when you wake up. Keep those calories burning by giving your body the fuel it needs to start your day.

**Eat every 2-3 hours to keep your metabolism burning.** This means eating six portion controlled meals every day.

**Drink a glass of water before or with each meal.** Hydration decreases those hunger pains and as a bonus you will have glowing, beautiful skin.

**Weight loss starts with nutrition.** There are 3,500 calories in one pound of fat. You could run for an hour every day and burn 500 calories each day. After seven days you will have lost one pound of fat. Don't reward yourself with a Bloom'n Onion from the steak house! It's easier to start with nutrition first.

**Stop the hunger.** Eat low glycemic. Low glycemic refers to how quickly food and drink break down in your bloodstream. Low glycemic meals are released slowly into your bloodstream which give you that steady, constant energy all day long.

Focus on these weight loss strategies and you will be sure to lose weight by the time you read your next steps in our upcoming summer issue of *Vermont Bride!*

If you can't wait for our next issue of *Vermont Bride*, contact **Weight Loss and Nutrition Coach, Megan Daigle** with **Simplify Your Health Now, LLC**. Mention *Vermont Bride* and receive a free custom weight loss consult.

megan@SimplifyYourHealthNow.com  
802-999-1971

Always consult your doctor before making any changes to your diet or exercise routine.

Weight loss starts with nutrition.

Stop the hunger! Eat low glycemic

Keep your metabolism burning.



## Top 5 Simple & Healthy Weight Loss Tips

### CONTEST

Simplify Your Health Now Presents

### A Weight Loss Challenge

The Vermont Bride Edition  
(Rules continued from page 25)

For official contest rules and details, as well as information about **Simplify Your Health Now**, visit: [www.SimplifyYourHealthNow.com](http://www.SimplifyYourHealthNow.com) or call **Coach Megan** directly at 802-999-1971.

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*Quick Quips*

In 2009, there were 2,152,000 U.S. weddings.<sup>a</sup>

Washington, D.C., has the lowest marriage rate in the nation.<sup>c</sup>

The average married couple has sex 58 times per year or slightly more than once a week.<sup>9</sup>

Marriage does more to promote life satisfaction than money, sex, or even children, say Wake Forest University psychologists.<sup>9</sup>

More than friendship, laughter, forgiveness, compatibility, and sex, spouses name trust as the element crucial for a happy marriage.<sup>9</sup>

(See page 95 for footnotes)

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# Danielle (Waite) Le Mead Sturgeon

Although we grew up three miles away from each other, I never really met Mead until my junior year in college.

In September of that year, my friend Erin's boyfriend was in a car accident. To keep my friend company, I would visit the hospital nearly every day. Little did I know that Erin's boyfriend, Miles, would be my future brother-in-law! Every weekend, Mead would come home to spend time with his family, and I would be in the waiting room playing cards, finishing puzzles, or completing crosswords (always making sure to ask Mead for help with the sports questions, of course). The girls (usually Julia, Erin, and Jess) would joke about how I would "forget" my backpack in the lounge and have to come back to get it, always when Mead was there.

I guess Mead got the hint, because in late November, I got a call from Erin telling me that Mead had asked for my number while they were out on a pizza run. While on the phone with Erin, a strange (and now very familiar) number called. Mead asked me out on our first date for the following weekend.

After dinner and a movie, Mead dropped me off at the dorm. Five minutes later, the phone rang, asking me out on a second date. And the rest, as they say, is history.

*continued on page 30*

Photos by RaidenShine Photography



**July 10, 2010**

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*Although we'd had a few brief conversations while putting together puzzles and playing cards—that's how we killed time in the waiting rooms—I didn't get the nerve to ask her out on a date until a couple months had passed.*

**Love Story: Danielle Waite & Mead Sturgeon**

Continued from page 29

**His Story**

Even though Danielle and I grew up in the same small town—just a few miles apart from each other—it wasn't until later in our lives that we really met each other for the first time.

In the fall of 2006 my brother (and groomsman) Miles was in a serious car accident that landed him in the hospital for more than four months. At the time I was teaching at a high school in Bennington, Vermont which was about three hours away from his hospital bed in Burlington. Although it made for some very short weekends, I took every chance I could get to drive home and spend

time with my family in the many waiting rooms of Fletcher Allen Hospital.

Many people came by the hospital to spend time with our family over the first few weeks Miles was there, but this one girl whom I had never met always seemed to be there. That girl was Danielle. Her beautiful smile caught my eye the very first time that I saw her in the waiting room. Now I had another reason to be coming home on the weekends!

Although we'd had a few brief conversations while putting together puzzles and playing cards—that's how we killed time in the waiting rooms—I didn't

get the nerve to ask her out on a date until a couple months had passed. Though we both were fighting nerves that first night, things went really well. That first date led to another, and another, and another...and here we are today!



*The Proposal*

**Her Story**

In August, I began an eight week clinical rotation in Tucson, Arizona. Although I wasn't looking forward to the time apart, I had planned to fly to New Hampshire for our friends' Meg and Josh's wedding on September 12, right in the middle of the rotation.

Meg and Josh's wedding was a blast...in fact, I may have had a bit of a headache the next morning. Mead went to get some water, and came back and knelt down next to me. My heart was pounding as instead of a glass of water, he came back with a small black box. He asked me to marry him, and (of course) I said yes! (And after spending two

hours that morning trying to find someone to jump the car because I had left the lights on all night, he didn't even ask for the ring back!)

**His Story**

I asked...

Last summer Danielle and I embarked on a two week vacation across the country. She needed to go to Tucson, Arizona for eight weeks for a clinical rotation and I, being a teacher, had the summer off and was willing to go for a drive! We made stops at Rocky Mountain National Park, Arches National Park, the Grand Canyon, Sedona, and finally Tucson.

*continued on page 32*



## Love Story: Danielle Waite & Mead Sturgeon

Continued from page 31

After a couple of days of getting Danielle used to the city and the surrounding area, it was time for me to head back to Vermont. I already knew that I wanted to marry Danielle, and on my flight home I started to develop my plan.

In September, Danielle was flying home for our friends' wedding...perfect! It took me some time to find the right ring for my girl, but finally I did. I wanted to do the right thing, so I made sure that I had the blessing of Danielle's parents before I popped the big question (this is what I was most nervous about).

It was the morning after our friends' wedding and she asked me to get her a glass of water. I came back with the water and the ring. Down on one knee, I asked her to spend the rest of her life with me. Thankfully...she said yes!

### Memorable Details

The day before the wedding, the wedding party and members of both families trooped into the American Legion to begin decorating the hall. Even with tablecloths to iron (thanks Dad!), over 100 "poofs" to hang up, centerpieces to place, engraved wine glasses to rinse, and cloth to drape, we were able to revel in the day before the wedding, enjoying those last minutes of planning with our families and friends.

The rehearsal dinner was hosted at Mead's parents, and a number of family friends grilled so that his family could enjoy the party. It was really special having everyone there, the nieces and nephews in the pool, and after the dinner our friends and family who had made a long trip to Vermont could join us. This made it so that we could spend quality time with many people the day before, because the day of the wedding is SO busy!

Sitting outside the church, waiting with my dad to walk into the church, I was nervous; being the center of attention is something I try to avoid. As soon as those doors opened and I spotted Mead, I felt as though everyone else faded into the background. For the rest of the ceremony, I was almost surprised to look around and realize there were so many people there; it felt like it was just the two of us.

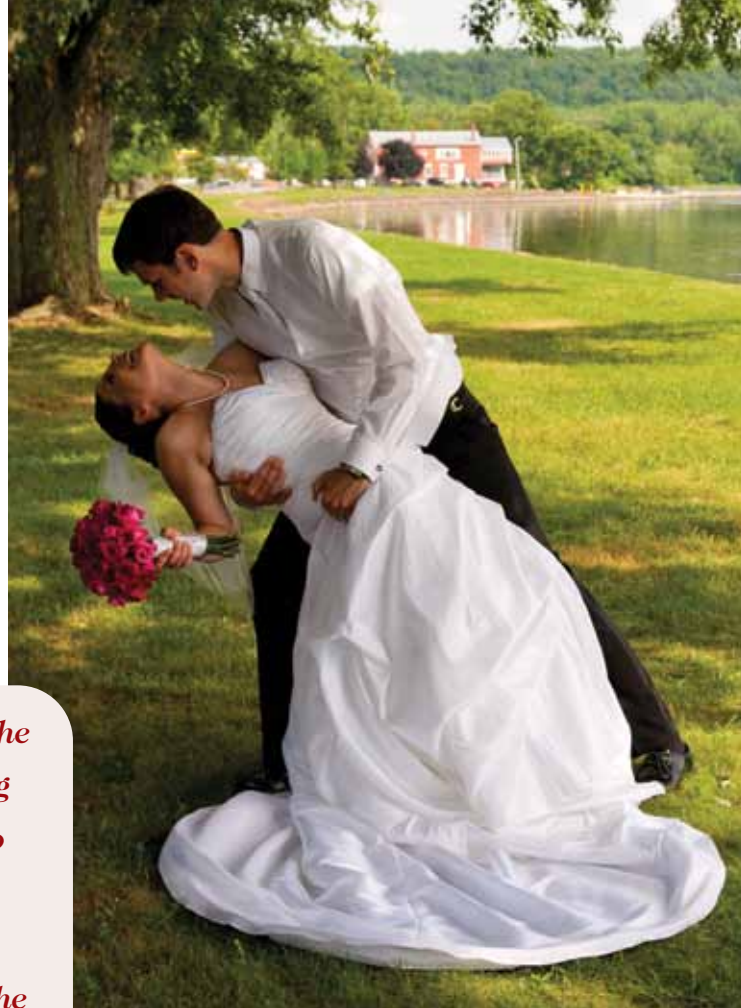
The best man's speech at the reception was just short of ten minutes long, and something to remember. The perfect balance of humor and sincerity not only targeted the bride and groom, but also the wedding party and the guests. Also memorable at the reception were the number of children on the dance floor; nieces, nephews, friends, cousins...they all seemed to be having as much fun as the adults.

### Advice to Brides

When you are choosing your vendors, go with your gut. We chose our vendors based not only upon talent (and price!), but also how well we got along with them and how much they were willing to work with us. You are sharing one of the most important days of your lives with them; make sure you want them to be at your wedding! *Vermont Bride* was a great resource when searching for vendors; with a full gamut of price, location, and personalities, you are sure to find vendors who will be perfect for your wants and needs.

As soon as we finished eating, we began trying to get to every table in the room. Your wedding day will be very busy, and it is important to acknowledge and thank your guests for coming. We didn't get to make it to every table, and it may well be my only regret of the entire day!

*continued on page 34*



*Sitting outside the church, waiting with my dad to walk into the church, I was nervous; being the center of attention is something I try to avoid.*



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**Reception:** American Legion Green Mtn Post #1  
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**Catering:** Bayview Catering

**Church:** Georgia United Methodist Church  
**Favors:** Wine Glasses & Bottles engraved by Doug & Michelle Bergstrom of Xtreme Grafix

**Limo:** Diamond Limo Service  
**Cupcakes:** Fischer's Fancies  
**Make-up:** Nicole Zabbo, cousin of the bride



**Love Story:  
Danielle Waite  
& Mead Sturgeon**

Continued from page 33

Your wedding day will be one of the most important and memorable days of your life, regardless of how the centerpieces looked, where each guest sat, or what the bridesmaids were wearing. Enjoy planning the details, but don't get too caught up in them. If things don't go exactly as planned on the wedding day, just remember, the guests won't have a clue!

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*Photos courtesy of Five Elements Salon & Day Spa in Rutland*



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## Your Wedding Your Way GO GREEN, and Save Green

by Rev. Dr. Michael Caldwell, Partnership Center of Vermont

Can a "green" wedding save you some green? Absolutely. Environmentally conscious engaged couples sometimes miss the opportunity to bring their socially responsible awareness to their wedding. But when you consider that a green mindset can also save thousands of dollars, the incentives add up.

Marjorie and Matthew wanted an elegant destination wedding in Vermont for a guest list of one hundred. But they were also determined to keep their commitment to being earth friendly as a couple and bring those values to planning their wedding. They brought up the challenge with their wedding coach and officiant.

Rings? Rings, especially. Diamonds, gold, and platinum are notoriously unethically produced. Miners of these raw substances often work in unsafe conditions and mining itself can damage local ecosystems and watersheds, according to sustainable jewelers like Leber Jeweler, GreenKarat, and Sumiche. Add to that the fact that the diamond mining industry exploits child labor and you have one place to really make a statement. Contact those jewelers and explore it for yourselves. The other thing that some couples do is recycle old gold or silver jewelry from previous generations to make their own rings.

Marjorie and Matthew got inspired by the session. As they began to list the ways they actually could make a difference and save money, they got more excited about their wedding. Michelle Kozin's book encouraged them even more: *Organic Weddings: Balancing Ecology, Style, and Tradition* (New Society Publishers, 2003). Kozin's related website is [www.OrganicWeddings.com](http://www.OrganicWeddings.com).

### A summary of ways this couple planned their green wedding:

They chose recycled and tree-free paper options for invitations.

Instead of a tuxedo rental, the groom bought a suit he could use for formal occasions beyond the wedding. The bride was able to wear her mother's wedding dress and fantasized about passing it on to her daughter some day. They didn't have ushers and bridesmaids in their ceremony but had friends who'd been to a wedding where the wedding party intentionally wore diverse formal clothing instead of matching suits and gowns.

Wines for the rehearsal dinner and reception were selected from local Vermont wineries.

They selected a caterer for the wedding feast who used Vermont's "Farm to Table" program so that most of the ingredients were not only local but organic where possible.

Aware that some florists use flowers flown in from South America, they intentionally chose wedding flowers from a Vermont florist whose greenhouse was in state.

Honeymooning would be a tour of New England meaderies, sampling the locally crafted beverage (mead-honey wine) from which the word "honeymoon" derives its name. Compared with their original idea of a Caribbean vacation, this honeymoon saved thousands.

Marjorie and Matthew's original dilemma had turned into a fabulous adventure. They saved enough money for a downpayment for their first home, had fun doing it, and also made a statement about their concerns for the environment with their guests and families.



**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)

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# Special places & best times to go!

By Carrie McDougall

**W**ith its rolling green hills, bright colors of fall and white beauty of winter, Vermont is a beautiful place to get married. Once the planning is over and your special day has come and gone, it's time to relax and head off together. In each issue of *Vermont Bride*, I'll write about special places around the world where you can go on your honeymoon.

**Italy** is a favorite of honeymooners. The Eternal City of Rome, Tuscany, Venice, Sicily, the Lakes Region and the Aeolian Islands are just some of the popular places to visit. From the Mediterranean resorts, amazing food and wine, history, art, music and shopping to quiet towns to relax in, wander and explore, Italy has so much to offer. If you have Italian family and friends who cannot make it to Vermont for your wedding, you might consider having a second ceremony in Italy or a post wedding party there.

Sicily is the largest island in the Mediterranean. Over the centuries, it was conquered by many groups who made their mark on regional cuisine, architecture and history. From the Greeks, to the Romans to the Moors, all left lasting influences on the culture. Sicily has lovely beaches, quaint towns and cities, scenic beauty and wonderful wine.

### Best time to go:

Year round. Sicily has sunny and mild temperatures in the high 60s and low 70s from November to April and temperatures in the 80s the rest of the year. Price wise it is best to go in January, February, September and October.

**Tuscany** is the land of the Renaissance, with its beautifully photographed rolling hills, vineyards, farmland, olive groves and delicious food and wine. Some of its best known cities and towns include Florence, Lucca, Pisa, Siena and San Gimignano. Here you will find some of the most beautiful art and sculptures by Michelangelo, Da Vinci, Botticelli, Bernini and more.

**Best time to go:** May, September and October, when the weather is cooler and there are fewer tourists. The busiest and hottest times are June to August.

**Venice** is a place like no other—a city surrounded by water with canals and narrow streets and bridges. It is a city for walking or taking water taxis and gondolas. Its islands of Murano, Burano and Torcello have beautiful Venetian glass, lace, colorful houses and a historical church. Venice also has excellent seafood and risotto, not to mention pasta.

**Best time to go:** April through June and September to November. July and August are hot, humid and full of tourists. Carnival can be fun, but crowded and takes place in February.

*continued on page 42*

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If you have Italian family and friends who cannot make it to Vermont for your wedding, you might consider having a second ceremony in Italy or a post wedding party there.

*From the Mediterranean resorts, amazing food and wine, history, art, music and shopping to quiet towns to relax in, wander and explore, Italy has so much to offer.*

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**The Informed Traveler**  
**Special places & best times to go!**

Continued from page 41



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**The Amalfi Coast** is known by its scenic coastline and houses perched on cliffs overlooking the Mediterranean. Its towns include Positano, Ravello, Praiano and Procida. These towns also have beautiful beaches, excellent food, wine and specialty drinks. Day trips from here can include Sorrento, Capri, Naples and Pompeii.

**Best time to go:** April to June and September and October. July is hot, humid and crowded and Christmas is festive but cold.

**Rome** has amazing history, architecture, art and so many food choices. It also has many romantic spots and works by Renaissance artists, St. Peter's Basilica, the Vatican and of course, the Sistine Chapel. It is easy to walk around to most of the city's famous spots. Rome is also a great city for shopping.

**Best time to go:** May, June, September and October. July and August are hot, humid and crowded with tourists.

Italy is a wonderful country to visit—full of romance, excellent food, and has something for everyone including the Alps, lakes, beaches, the Mediterranean Sea, ancient history, art and architecture, and there is nothing like Italian cuisine, which varies per region. There are so many other great spots such as Sardinia, Umbria, Val D'Aosta (great for a ski honeymoon), La Marche, Milan and more. Italy is truly a honeymoon paradise.

*Italy is a wonderful country to visit – full of romance, excellent food, and has something for everyone...*



**Carrie McDougall** is the owner of **Cultural Crossroads**, offering customized tours for individuals, family and friends as well as educational and nonprofit organizations. Trips provide cultural opportunities and private unique experiences worldwide. Our tours have been honored by *Condé Nast Traveler* and have been featured in *National Geographic Traveler's* section **Tours of a Lifetime**. Contact Carrie at (toll-free) **877-479-7040**, e-mail [Carrie@CulturalCrossroads.com](mailto:Carrie@CulturalCrossroads.com), or visit [www.CulturalCrossroads.com](http://www.CulturalCrossroads.com).

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your initial contact with a wealth of information. As you plan each detail, you will find our knowledgeable and helpful staff there to guide you through every step of the planning. As a bride you have many decisions to make. We'll encourage you to prioritize what the most important aspects of your day are; is it the setting, food, flowers, entertainment, etc.?

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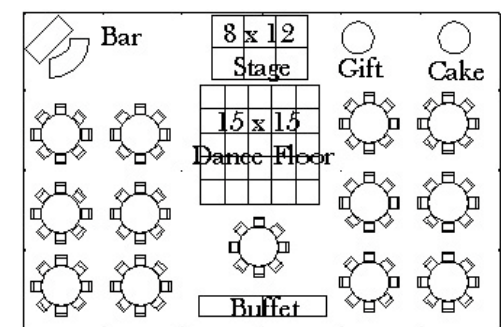
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Photo: Brian Post



Photo: Brian Post



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-Karen and Ken Koenig*



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## A Stress Free Visit to the Salon

By Kim Scofield



A stress free visit to the salon begins by planning ahead. As soon as you set a date, start researching salons. Look on the Web, in wedding magazines, bridal shops, and wedding planners. These are the best places to start. Also ask friends for recommendations: Who did their hair and make-up? When you've narrowed down your choices, make appointments to have consultations. Some salons charge for this service; it is well worth the money. You'll have time to look at pictures and try different up-dos in a stress free manner.

### Checklist for a stress free wedding visit to the salon:

- Call three months in advance to reserve your appointment.
- Have a consultation appointment three months before your wedding day.
- When making your wedding day appointment, make sure you'll be done at least three hours before the ceremony. This leaves time for travel, dressing and photos.
- The bride should be the first appointment at the salon.
- Inform all your attendants of your desires for them before the appointment day! Everything should be decided ahead of time.
- Everyone should wear a button-down shirt. It makes changing so much easier.

*continued on page 49*

*Pamper yourself and the ones you love - plan a perfect Vermont spa trip for you and your bridal party with these helpful tips.*



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**A Stress Free Visit to the Salon**

Continued from page 47

- Last minute changes throw everyone off.
- Let the stylists do their jobs!
- Don't invite people to the salon who are not in the wedding party. They just get in the way!
- Planning ahead is best!



**Kim Scofield** is the owner/stylist of **Purple Sage Salon & Spa**, located at 4 Carmichael Street, Unit 109, Essex Jct., VT. 802-879-1160, www.purplesagesalonspa.com.

Look for Kim's next article in the summer 2011 edition of *Vermont Bride*.

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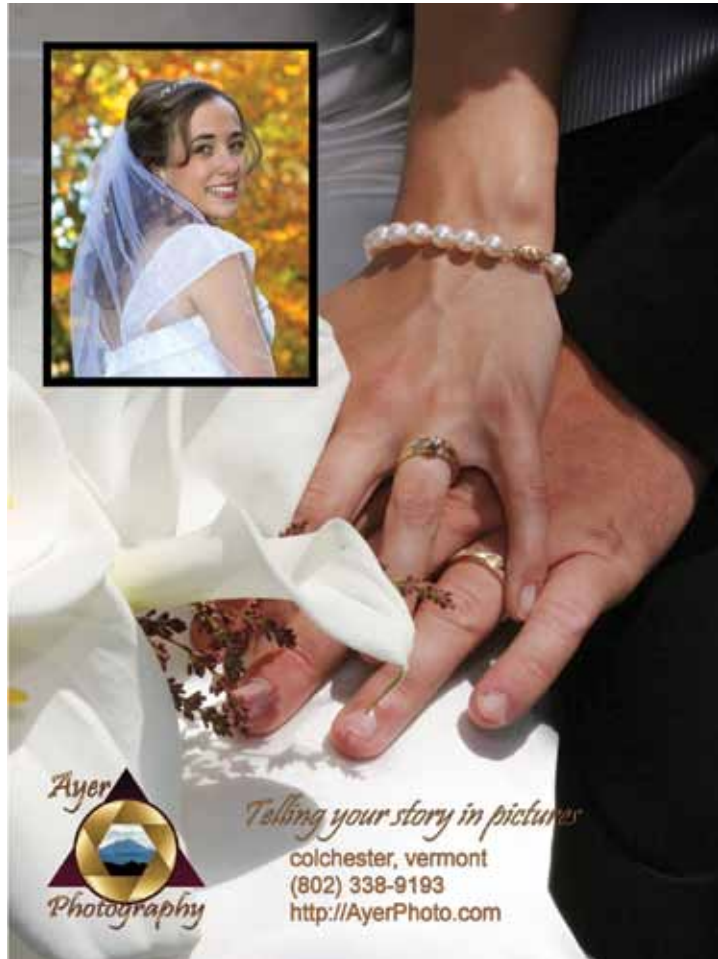
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# The New White The Green Wedding



As the population explosion nears the seven billion mark, how we share planet Earth and sustain its resources have made front page news and consciously changed our daily behavior including the decisions made for weddings.

Today there are twice as many people on the planet as were in 1960. Per capita, the United States leads the world in carbon emissions. Energy demands continue to rise, soils are eroding, water-tables declining and food production dwindling. There has never been more people using Mother Earth's precious resources than today. How each of us lives will determine what the future looks like for our children, grandchildren, and generations worldwide.

*Weddings are reflections of couples' personalities, preferences and passions.*

A strong appreciation of the environment is the first rule for many planning their special day. Regardless of where a couple stands on the eco-spectrum, their choices will produce a ripple affect and show an example of their philosophy and enthusiasm. With the seemingly endless decisions from stationery to flowers and favors to numbers on the guest list, even the most modest eco-friendly choices will make a lasting, positive difference on this planet we call home.

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If sourcing organic and local are important to your go-green goal, speak with local vendors and connect with those that are as impassioned as you. Flowers, food, drink, and cakes can be sourced with close-to-home grown

*continued on page 56*



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## The New White: The Green Wedding

Continued from page 55

ingredients. Remember the last time your computer crashed and you were prompted to call a center located in parts unknown? Trying to get help by way of a phone connection an ocean away is a lesson in patience few of us would pass. Working with local vendors ensures a friendly face just around the corner or a within short drive.

**When choosing favors, consider showing your appreciation with a gift that continually contributes to the good and won't end up in the trash bin three weeks after the wedding.**

Making donations in the name of guests to established local green charities including Green Mountain Forest Watch, Vermont Earth Institute, Vermont Institute of Natural Science, and Vermont Natural Resources Council is an excellent way to show commitment to all things natural. Top notch ecologically conscious choices for national charities include Greenpeace, Rainforest Action Network, and Worldwatch Institute.

Plants or herbs bought from local greenhouses (or better yet, grown by you) in clay pots or recycled containers make charming favors. Organic and local choices: beeswax candles, wines, coffees, teas, chocolates, candies, and handcrafted Vermont pewter always obey the earth friendly rule. The talent of local Vermont artists is truly amazing. These artisans craft unique jewelry, produce beautiful photographs, sweet syrups, jams and jellies, and create pottery and pewter pieces that would make any recipient jocular and thankful.

**Incorporate recycled materials and fabrics whenever possible. With the popularity of secondhand and vintage shops, finding gently used wedding gowns or bridesmaids' dresses is an option to be considered.**

Vintage jewelry adds razzle and dazzle for a fraction of the price of new. Make a day of it, and scout out what the local marketplace has to offer. Bring along a girlfriend, break for lunch, and make it a girl's day.

Picture, in the center of tables, an eclectic collection of reclaimed glass jars and cans filled with colorful Vermont wildflowers. With the bounty of nature Vermont offers, eco-friendly options are before us, if we take the time and energy to explore. Visit stores that specialize in reclaimed materials and uncover a treasure chest of practical, silly, and classic finds.

Using tree-free invitations made with soy or vegetable based ink further shows appreciation of the planet. Flower seeds are embedded in some invitations growing a reminder of your wedding day. Think locally and shop stationery stores to find out what the latest and greatest in green friendly choices are.

Plants or herbs bought from local greenhouses (or better yet, grown by you) in clay pots or recycled containers make charming favors.

Add personal touches to make your reception a celebration of both of you. Walk away from the disposable cameras at the box store, and instead encourage guests to write thoughts, wishes, and notes in pre-made lovebooks. Decorate tables with elements found in nature: seashells, pinecones, leaves, flower petals, flowering cherry blossoms and pussy willow, and berries. Dried grasses, seed pods, and herbs with different textures add visual interest without breaking the budget.

**When registering for gifts, remember the longterm affect and choose those that are eco-friendly: organic linens and cottons, natural bamboo, wicker, recycled glass, polypropylene braided rugs, and aromatherapy products.**



Both big retailers and local merchants offer green alternatives. The quality and aesthetic value of gifts made from reclaimed materials may surprise you.

Being concerned about Earth's finite resources, climate change, and global warming, go-green couples are discovering ways to incorporate their ethical views into their weddings. Driving a car with an electric engine, using canvas totes at the market, and bringing a travel mug to the café for a refill are a few of the choices we make to better Earth's future.

**Being mindful of the choices we make and the impact those choices have empower us to make the best decisions. With weddings, it is possible to have your cake (made with local eggs and flours) and eat it too.**



**Karen Sturtevant** is a freelance writer, author of a children's book, is currently writing a collection of essays about observations in wit, wonder, and absurdity of life, and is editor of *Vermont Bride*. She lives in Williston, VT with her longtime partner, Mike, and looks forward to home visits from her college-aged daughter, Kayla. *Photo by Larry Asam Photography*

# Spotlight on Wedding Flowers: Gerbera Daisy

By Karen Sturtevant



Photo by Jeff Schneidermann Photography

flower can have petals of several different colors.

#### Four Groups of Gerberas:

- Single flowers have a row of non-overlapping petals with a green center and are the most common.
- Double flowers have double rows of petals with a green, black, or red center.
- Crested double flowers have two rows of overlapping petals with one or more inner rows of shorter petals with a black, green, or red center.
- Full crested double flowers have solid overlapping rows of petals with an inner row diminishing in size covering the center.

**Botanical Name:** Gerbera (GER-be-rah). Named for the German naturalist, Traugott Gerber. Sunflowers, daisies, and asters share the family Asteracea with Gerberas.

**Availability:** Gerbera daisies are available year round. Thirty species are found growing wild in South America, Africa, and tropical Asia

**Description:** Bold and cheerful, Gerberas are daisy shaped flowers and are offered in mini and standard varieties. The flower heads sit on hollow, leafless stems 12 - 18 inches long. Flower head diameters range from 2 inches with mini varieties and up to 5 inches for standard Gerberas. Gerberas are the fifth most popular cut flowers in the United States after roses, carnations, chrysanthemums, and tulips. Gerbera hybrids, found in greenhouses, are mostly a cross between Gerbera jamesonii and a South African species, Gerbera viridifolia.

**Coloring:** Whites, yellows, oranges, pinks, reds, purples, and bi-colors. Some centers are black while others are green or deep red. Often the same

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

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**Meaning:**

Innocence, purity, cheerfulness, loyal love.

**Long Life:**

Purchased in bunches of 10, the florist will recut the stems and place in a mixture of water and hydration solution. During hydration, the flower heads will be supported by a wire grid attached to the top of the bucket to keep the stems straight and strong. After a few hours of hydration, the flowers will be placed in solution of water with preservative and stored in a high humidity cooler with temperatures between 36 - 38 degrees Fahrenheit. Gerberas have a vase life of between 7 - 10 days.

**Name Game:**

The Gerbera daisy is also known as an African daisy, Barberton daisy, Transvaal daisy, and Veldt daisy.

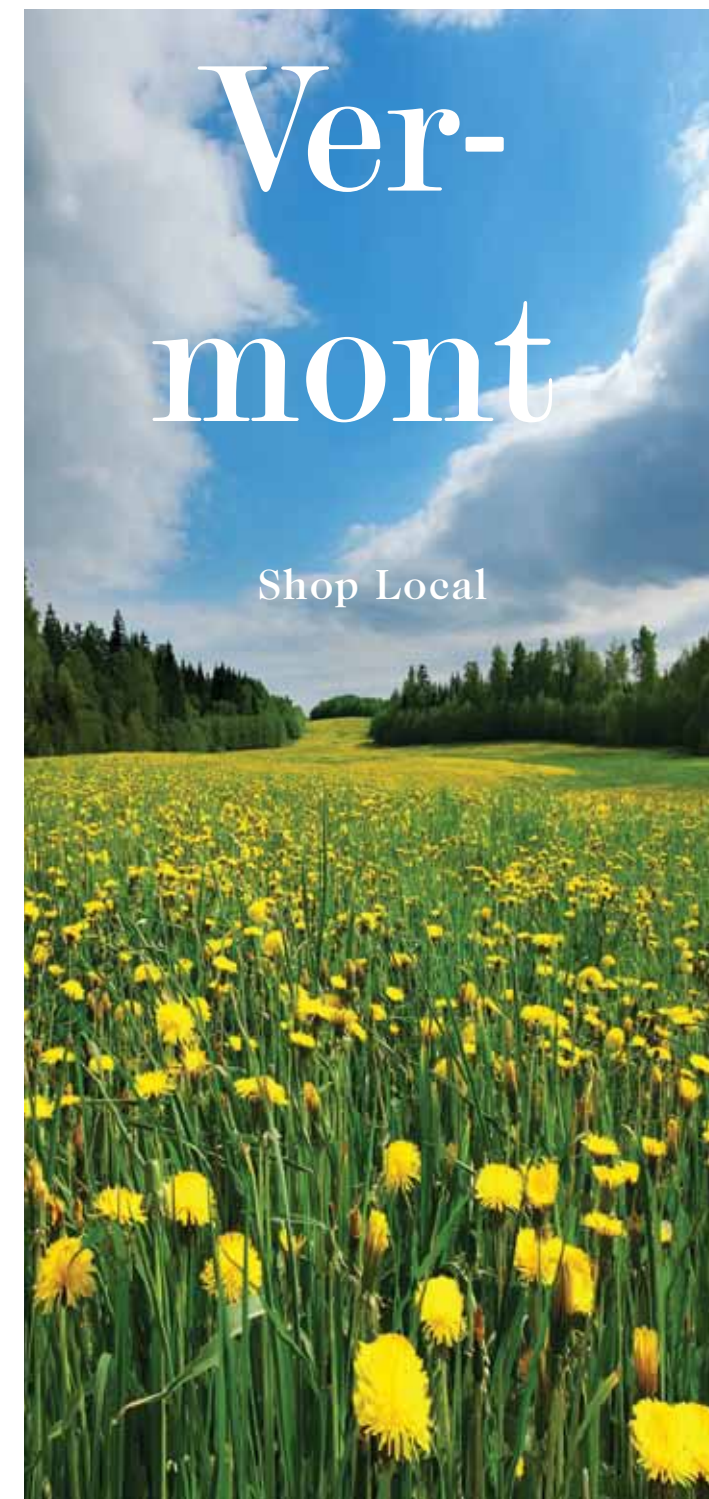
**Uses:**

Gerbera daisies, both mini and standard, make bright, colorful bouquets. Flower girls' and toss bouquets, boutonnieres, corsages, and fun cupcake toppers are best designed with the minis. Standard or mini Gerbera flower heads can be used in combination with floating candles for centerpieces. Invitations, place cards, and thank you notes with Gerberas make for a lovely themed wedding. Cakes pop with color when a few Gerberas are added.



Photo by Orab Moore Photography

**Karen Sturtevant** is a freelance writer, author of a children's book, is currently writing a collection of essays about observations in wit, wonder, and absurdity of life, and is editor of *Vermont Bride*. She lives in Williston, VT with her longtime partner, Mike and looks forward to home visits from her college-aged daughter, Kayla.



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Let's plan your spring wedding menu  
From One Spring Bride to  
**Another**

By Susanna Keefer

**Y**ou have shed your winter woolies, and the land surrounding you is coming alive and flourishing with new growth and natural beauty. Spring, the symbol of creativity, can also become a great symbol for commitment and the perfect time to embark on the new adventure that marriage brings.

Spring in Vermont is beautiful like a freshly painted picture. It is our reward for working through the harshness and cold of the long winter months, our hope for the glorious summer and warmth to come.

It is also a wonderful time to explore and embrace all the new produce that our great farmers and food producers work so hard to provide. Spring is the time of year when we can lighten our food choices. There is no longer need for the comfort foods and hearty meals of the fall and winter. Now we can really taste the freshness and celebrate the colors and flavors of simpler and more delicate dishes.

To add a touch of sophistication to your wedding menu, serve a light sorbet between courses

Let's plan your spring wedding menu.

Appetizers and hors d'oeuvres are meant to open the palate and excite the senses, so go for color and crunch. Think platters of baby vegetable crudites with light herbed dips and meat and fish appetizers complimented by fruity and citrus based sauces. Vegetarian sushi and steamed Asian spring rolls make wonderful elegant displays whilst staying healthy, light, and fresh. Soup shots of chilled asparagus shrimp

bisque or minted pea will delight your guests and are a great small taste of delicious foods to follow.

Flavors burst alive in the spring and salad greens really come into their own, so take full advantage of such treats as pea tendrils young tender climbing vines, tiny pink French radishes, ramps and fava beans to brighten your plates and expand your salad horizons.

To add a touch of sophistication to your wedding menu, serve a light sorbet between courses – perhaps a cucumber and mint julep sorbet, a ginger rhubarb orange sorbet, or a strawberry prosecco sorbet.

For the entree, there are staples that work well throughout the year, namely chicken, beef and fish, but let's lighten them up for your spring wedding. How about delicate pink raspberries over chicken with a rose wine sauce or a grilled fish with a sweet chili glaze and sugar snap peas and pea tendrils?

There are also other great spring meats to enjoy such as young lamb and Cornish game hens which both work really well with the spring Provencal herbs of rosemary and lavender.

Risottos and baby potatoes flavored with lemon and mint butters are delicious sides in the spring. And don't forget all those delightful young vegetables such as carrots, haricot vert, asparagus, artichokes, and pattypan squash which are playfully calling out your name as you plan your colorful wedding feast.

Photos courtesy of Susanna's Catering



*It is a wonderful time to explore and embrace all the new produce that our great farmers and food producers work so hard to provide*



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

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End your meal with a fruity flourish, whether in the form of a raspberry lemon flavored wedding cake or creamy strawberry rhubarb Napoleons. So many colors, so many fresh flavors, so much beauty – what a wonderful start to your great adventure.

Susanna married Ken Keefer on June 2, 2007, surrounded by lilacs and dear friends and now caters weddings for brides of all seasons.



**Susanna's Catering** provides exceptional globally inspired cuisine and unparalleled service to events of any size throughout Vermont. Contact Susanna at 802-635-9094, info@susannascatering.com  
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Photo by Orah Moore Photography



Vermont Bride Magazine

Spring 2011 Cover Bride

JEANNA (BOWEN) & JAMIE BROCHU

JULY 3, 2010

**Capitol Plaza Hotel &  
Conference Center**

- MONTPELIER, VT

*Jeanna  
(Bowen)  
&  
Jamie  
Brochu*

Jamie and I met in a dark, dingy, smoke-filled, underground bar in Lyndonville, Vermont. It's definitely not the type of place where you would picture a fairytale romance taking shape, but it was a popular hot spot for the local college kids and twenty-somethings.

He caught my eye the first time he came in cruising with a couple of wingmen by his side. He was dressed nicely, his hair was clean cut, and he had gorgeous eyes. I tried, unsuccessfully, to get his attention. He didn't even make eye contact with me, and I was really offended! I thought, "What a snob!"

Life went on. I wondered about him, though I always thought I would run into him at the bar again. I would see his buddies on occasion but never Jamie. I became friends with his "wingmen," and we stayed in touch over the years. I wrote off the idea of Jamie after a while and figured he didn't live around here.

*continued on page 64*

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**Needleman's  
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See complete  
vendor list  
page 67

*Photo: Around The Bend Photography*



*He caught my eye the first time he came in cruising with a couple of wingmen by his side. He was dressed nicely, his hair was clean cut, and he had gorgeous eyes. I tried, unsuccessfully, to get his attention.*

*He didn't even make eye contact with me, and I was really offended! I thought, "What a snob!"*



Photo: Around The Bend Photography

### Love Story: Jeanna (Bowen) & Jamie Brochu

Continued from page 63

Four years later I had gotten out of a bad relationship, and one day out of the blue I came across Dana's – one of the "wingmen" – MySpace page. I sent him a message, and he wrote back inviting me to his upcoming housewarming party. I decided to go for the adventure of doing something new and making new friends.

The directions he'd given me were a mess, there was no cell phone service, and it was an area I'd never been to. I drove in several wrong driveways and got directions from a general store clerk, which landed me nowhere. I was so close to giving up, but I finally saw a house with a bunch of cars and all the lights. Jackpot!

It was a little awkward at first as I didn't know anyone there except Dana. The later it got, the more people arrived. We were gathered around a bonfire when another pair of headlights flashed into the driveway. I immediately recognized one of my pool playing buddies, Jason. I was excited to see someone else that I knew. Trailing in the distance behind Jason, there was the man I thought I would never see again! I was feeling a mixture of shock, a little resentment, and happiness to see that he was still real. I didn't know how to act, so in my infinite, somewhat drunken wisdom, I decided I would act like I didn't know who he was. I figured he would still be a snob and ignore again me anyway.

He was friendly and charming; we had a blast and joked around. We ended up kissing by the fire after everyone else had gone back inside. I definitely had his attention that time around!

We exchanged numbers and I gave him my business card. He told me I probably wouldn't hear from him for a couple weeks because he would be gone to deer camp. "Sure," I thought, "he's just blowing me off." It wouldn't be the first time a guy told a girl he'd call her and never does.

To my surprise, I got a text message from him shortly thereafter wanting to make dinner date plans! We went out to eat at the Trout River Brewery for our first date and clicked so well. It was just the beginning of many more dates and adventures. We spent winters tearing up the snowmobile trails and summers mingling with friends and four-wheeling! We fell in love and became best friends at the same time. Our friends quickly nicknamed us the "Power Couple," and two and half years later we tied the knot in Montpelier. What a spectacle it was!

Jamie and I had the perfect place in mind for our wedding! We had attended a friend's wedding at the Capitol Plaza in Montpelier and were so impressed with the beautiful ballroom, service, and incredible meal. The bride and groom raved about their experience and gave it their highest recommendation.

We felt that the Capitol Plaza would accommodate our fairly large crowd, provide our guests with the convenience of reserving a room on premises for after the party, and the wedding packages had all the little details already built

*We ended up kissing by the fire after everyone else had gone back inside. I definitely had his attention that time around!*

*continued on page 66*

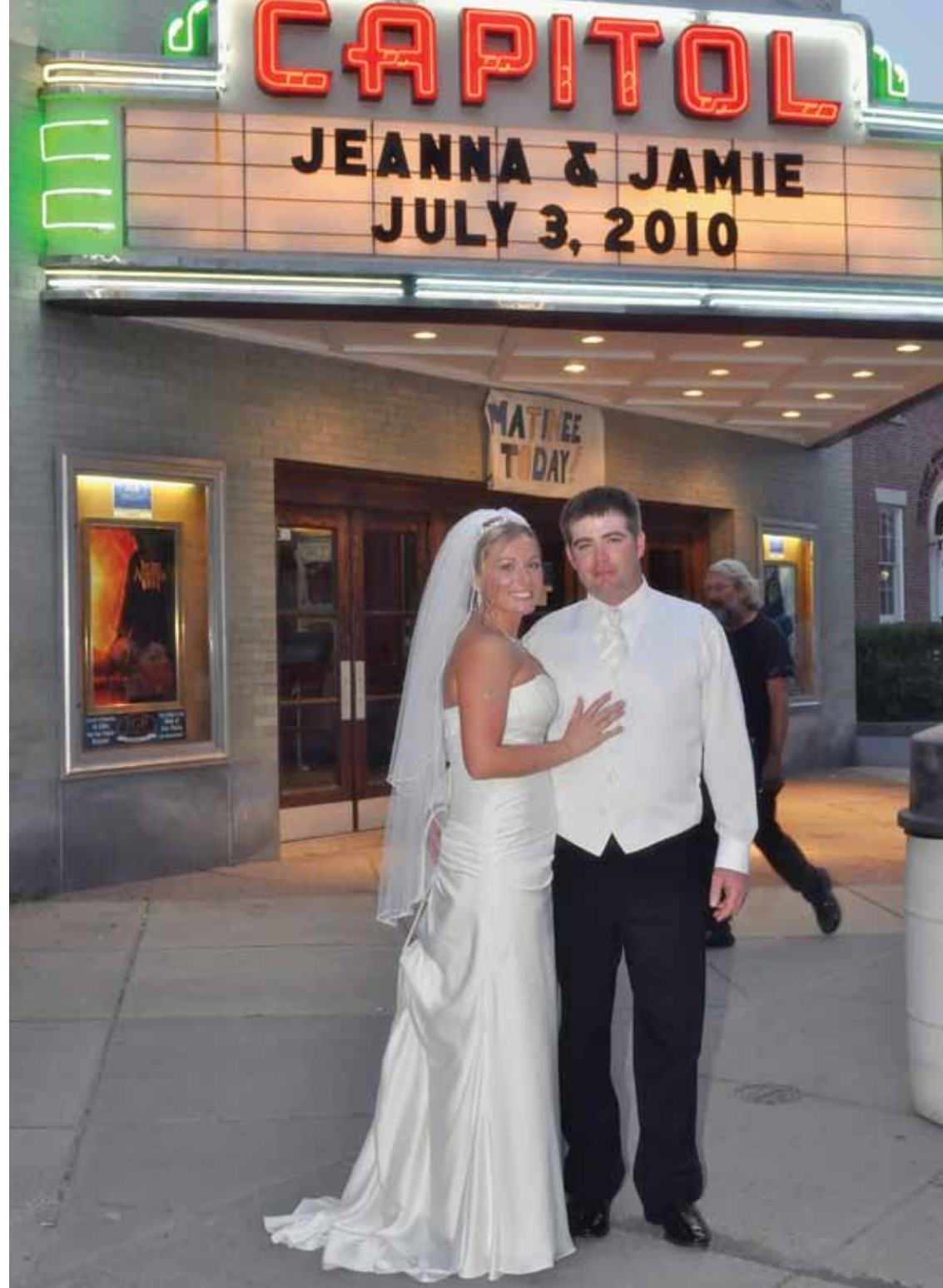
Photo: Around The Bend Photography



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We felt that the Capitol Plaza would accommodate our fairly large crowd, provide our guests with the convenience of reserving a room on premises for after the party



**Love Story: Jeanna (Bowen) & Jamie Brochu**

Continued from page 65

in. The catering, included in the package and located onsite, was fabulous! If you want to sample the food, you can visit J. Morgan's Steakhouse which is located in the Capitol Plaza building.

The flower arrangements for the tables, table linens and napkins, limo service, champagne toast, cheese platter, and accommodations for the bride and groom the night of the wedding were included in the package! In my opinion, the most valuable advantage included at the Plaza was the wedding coordinator, Brian Cain. He

participates, guides you through the process, thinks of all the tiny details, and puts together a finished product that you never imagined would fall together so perfectly.

One thing I want to give Brian huge credit for is arranging a very special grand entrance to the reception. The date we chose was the same day as Montpelier's 4th of July festivities, including a parade. Timing was a big issue. We wanted the ceremony to begin at 4:30, but the

*continued on page 68*

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**Jeanna (Bowen) & Jamie Brochu Wedding**

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**Cake:** Made by bride's mother

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**Engagement ring:** Goodfellows Jewelers, Barre, VT

**Florist:** Jerome the Florist, Barre, VT

**Hair/Make-Up:** Shear Sensations, Lyndonville, VT

**Necklace & Earrings:** Lubiana's Bridal

**Wedding Bands:** Kay Jewelers, South Burlington, VT

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kingdomweddingphotography.com

Around the Bend Photography -  
aroundthebendphotography.com



Nearly every guest was standing on the street when we got out of the limo, jumping up and down and congratulating us!

**Love Story: Jeanna (Bowen) & Jamie Brochu**

Continued from page 67

parade was set to start at 6:00 and the street would be blocked to traffic at 5:45 which would cut into our formal photo time. Brian stepped in and solved the dilemma. He approached parade officials and got clearance for our limo to enter the parade from the church's driveway and follow the travel path which went right past the Plaza!

**July 3, 2010**

The ceremony was beautiful. Afterward, the guests dispersed to enjoy cocktails in the Governor's Ballroom at the Plaza. We took photos on the grounds of the church for an hour and loaded into the awaiting limo. We entered the parade in front of a marching band and waved to the crowd. The spectators went absolutely crazy! It was so touching to see all the excited faces in the crowd. They shouted and waved all the way to the steps of the Capitol Plaza.

Nearly every guest was standing on the street when we got out of the limo, jumping up and down and congratulating us! The band played a powerful song as we entered our crowd of loved ones into a frenzy of hugs, kisses, and excitement for the first time as Mr. and Mrs.!

The night went off without a hitch! We partied and celebrated late into the night and even got a front row seat to watch Montpelier's fireworks display which went off right outside the ballroom doors! It was a truly magical ending to a perfect day.



*Photos on pages 68-69: Kingdom Wedding Photography*

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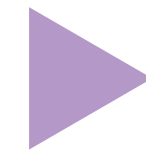
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THE FIT SPOT



By Toria Cornett

## Fitness and Nutrition Tips for Preparing for the **BIG DAY**



A common statement that I hear from the soon to be bride goes something like this: "I need to lose weight and look my absolute best for my wedding day."



Your wedding day is when YOU are the center of attention, so of course you want to look like a knockout for your friends, family, and of course your groom.

Here are some tips that I commonly give my clients:

1. Your physique is determined by three things: 10% exercise, 10% genetics, and 80% diet.

This might shock some readers because exercise is not a very big percentage. Of course it plays a big role in how you will look, however, if your diet is not the best then you will not have the best physique. If you want to look and feel better, pay attention to what you are putting into your mouth! I recommend lean proteins, complex carbohydrates, fruits, vegetables and lots of water. You also need to keep in mind your portion sizes and calorie intake. So make sure you are choosing nutrient dense foods.

2. Combine weights and cardio and keep your workouts interesting.

It depends on your body type to determine when you will see gains in muscle definition and a reduction of overall body fat. However, a fitness routine combined with a clean diet will help you reach your wedding day body easier.

*I personally like shorter workouts, because with a very hectic schedule, not to mention the wedding planning, who has time for an hour and a half workout?*

I recommend doing interval training (quick bursts of energy) and circuit training (a series of exercises performed for a certain amount of time and quickly moving from one exercise to the next). These workouts can be short

*continued on page 72*

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## The FIT SPOT: Fitness and Nutrition Tips for Preparing for the BIG DAY

Continued from page 71

(roughly 20 minutes) and they will rev up your metabolism (your fat burning ability) and keep it elevated for several hours after the workout. Since wedding gowns are typically sleeveless or thin strapped, I recommend when you are lifting weights concentrate on your shoulders, back, biceps and triceps. One move that will cover all of these body parts is the old fashion push-up.

3. Get plenty of sleep and don't stress (if possible).

According to WebMD.com, sleep affects certain hormones that will control your appetite and satiety. Studies show that people who get less than 8 hours of sleep have higher levels of body fat than people

Sleep affects  
certain  
hormones that  
will control  
your appetite  
and satiety.



who get 8 or more hours of sleep a night. Stress increases levels of cortisol in your blood which is a hormone that tends to cause you carry extra body fat in your waist line area. You also have to be careful if you are an emotional eater. Make sure you have healthy coping mechanisms when dealing with your stress and get plenty of sleep.

*Bottom line is this: Your wedding day is YOUR day. Try to enjoy every moment of it from the proposal and the planning all the way up to the honeymoon and most importantly the many years to follow spent with your lifetime partner.*

**Take care of yourself** by eating right, getting exercise and a proper amount of sleep. When you are taking care of yourself and feeling good, everything else will fall into place.

### RECOGNITION AWARD FOR TORIA CORNETT

FoodScience Corporation's Wellness Program Director, Toria Cornett, ATC, CSCS, will receive the 2011 Recognition Award on March 29, 2011, presented by Governor Peter Shumlin and the Governor's Council on Physical Fitness and Sports Worksite Wellness Committee.

Toria's implementation of workplace health and wellness programs has earned her this esteemed award. Congratulations, Toria!



**Toria Cornett, ATC, CSCS**, has over 19 years experience in the health and wellness field. She has Certificates in Athletic Training, Sports and Conditioning, Sports Nutrition, and Health Education. She is also mother to her adorable 3-year-old daughter, Emma.

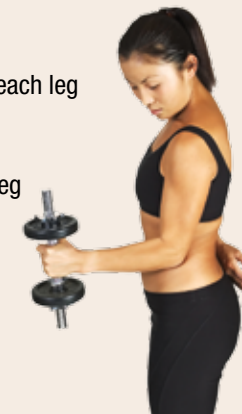
Contact Toria at [toriadawn@yahoo.com](mailto:toriadawn@yahoo.com) or [www.toriaswellness.com](http://www.toriaswellness.com) for information on how to get your best bridal body with individual fitness designs, nutritional counseling, and wellness programs.

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(10-15 minutes) By Toria Cornett

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- Shoulder Press – 12 reps
- Stationary Lunges – 10 reps on each leg
- Regular Squats – 10 reps
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- Sumo (wide) Squats – 10 reps
- Ab crunches – 20 reps
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## No Headache Wedding Planner's Checklist

### 12 MONTHS PRIOR TO WEDDING

1. Book ceremony and reception locations (often it is wiser to contact these sites before you choose date)
2. If you have preferred vendors they should be booked early to guarantee availability (florist, cake makers, photographers, DJ, limousine services, musicians, hairdresser...)
3. Create guest list and decide on budget.
4. Decide on wedding party.
5. Shop for bridal gown and dresses

### 9 MONTHS PRIOR TO WEDDING

1. Purchase bride's gown and order bridesmaids' dresses
2. Attend bridal shows to choose and book any vendors that you have not already booked.
3. Send out save the date invitations to family members and guests.
4. Make appointments to meet with vendors.
5. Plan honeymoon.
6. Register with favorite shops.

### 6 MONTHS PRIOR TO WEDDING

1. Buy shoes to match dresses when they come in.
2. Order wedding invitations and when they come in address them (also order thank you cards)
3. Book accommodations for out-of-town guests.
4. Book honeymoon.

### 3 MONTHS PRIOR TO WEDDING

1. Any creative do-it-yourself projects should be completed and stored in a safe place (favors, centerpieces, pew bows, welcome baskets, homemade invitations)
2. Send out wedding invitations.
3. All dress alterations should be completed and dresses picked up.
4. Pick up wedding bands and make sure they fit.
5. Purchase marriage-license.
6. Contact vendors and officiates to go over details.

### 1 MONTH PRIOR

1. Contact guests who have not returned RSVP and ask if they will attend (this can be a real money saver).
2. Do a hair and makeup run-through (with headpiece)
3. Make list of when final payments are due (paying ahead will reduce wedding day headaches).
4. Go dress shopping with mothers if they haven't purchased a dress by now.

### 1 WEEK PRIOR

1. Create time schedule sheet for rehearsal and wedding day, and give it to vendors, parents, attendants and anyone else who is actively involved in the wedding. This should include addresses, maps and phone numbers for locations.
2. Give Readers copies of the scripture or creative piece they will be reading at your ceremony.
3. Go over final guest counts with vendors (caterer, florist, cake makers).
4. Pick up tuxes, check to make sure they and the shoes fit.

### 5. Pack for honeymoon!



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Putting a personal touch to your wedding music



## Selecting Unique Music for Your Wedding

# Music For Your Wedding

By Lisa Carlson

**W**hether you're the tradition lover who must have the Mendelssohn Wedding March for your recessional, or whether you feel that you absolutely must make completely unique choices, your repertoire choices will color the mood of your day as much as your choice of gown, flowers, and location.

First, I'd like to state that the traditional pieces always feel fresh to me because they're reflecting the new life that each couple brings to them. If you know and love these pieces, you might know right off that they will bring the ambiance you most want. But even some traditionalists may wish to include an especially personal musical choice somewhere in the day, and some couples may want to steer clear of traditional choices completely, and make only choices that truly reflect their preferences in a personal way. Here are thoughts and examples of some choices couples have made that have colored their wedding day in a unique and memorable way.

*The prelude, music played as your guests are arriving, signals the beginning of your event.*

There's normally no need to worry about prelude repertoire unless you wish. However, sometimes couples or families will choose one or more special pieces, particularly for the end of the prelude. Here are some choices made by couples with whom I've worked in the past:

- "On Eagle's Wings," a hymn by Michael Joncas, played while the bride rode up the hill to the ceremony site in a horse-drawn carriage
- "How Great Thou Art" during the seating of the parents, in honor of the bride's grandmother, who had a special love of the hymn during her life
- Allegro from Vivaldi's "Spring" during the seating of the mothers and grandmother, and in honor of the bride's grandmother, a violinist, who had passed away during the bride's childhood
- The Beatles' "Imagine" shortly before the ceremony

Typically, there tend to be two processions following the prelude. The first is normally for the wedding party, most commonly bridesmaids, flower girls and/or ring bearer. The advantage to just one piece for the entire party is that you'll hear more of the piece, rather than just a brief snippet. On the other hand, a special piece for a special member of the bridal party can have a significant meaning, and this might be a worthwhile choice, particularly if you have a long walk. Here are a few unique choices:

- "Castle on a Cloud" from "Les Miserables" for the "junior bridesmaid" – the daughter of the bride. This had been a special song they had shared together through difficult times in the past, and served as a special song to represent their future as a new family.
- "You Are My Sunshine" specifically for a very special two-year-old ring bearer
- "If We Hold On Together" for a special Maid of Honor
- Largo from Vivaldi's "Winter" played on solo flute for a February wedding; this, the wedding party's processional, was played solo, with the violin half of the duo re-entering for the bride's processional, marking the distinction more clearly
- Adagio from Bach's "Trio Sonata in G" (originally for two flutes and harpsichord)
- Handel's "Rejouissance" from the "Water Music Suite"; I normally recommend this as a recessional option, but we concluded that if played a little on the slow side it worked beautifully as a processional.
- "Flower of Edinburgh," a traditional Scottish tune

The next, and often most important, musical choice you'll be making, is normally the bride's processional. Some examples of unique angles on the process:

- For a very small wedding with no wedding party, "Sheep May Safely Graze" was played specifically for the groom and "Jesu, Joy of Man's Desiring" for the bride.
- For a wedding with two brides, both entered together to "Sheep May Safely Graze"
- For a wedding with two grooms, both entered at the same time from opposite directions, to "I Dreamed a Dream" from "Les Miserables"

Some other uncommon choices for the bride have included:

- "Carol of the Bells" for a December wedding
- "Leezie Lindsay," a traditional Scottish tune
- "Lover's Waltz," a fiddle tune by Jay Unger
- "Meditation" from the opera "Thais" by Massenet
- "The Rose" by Amanda McBroom (popularized as sung by Bette Middler)
- "St. Anthony Chorale" by Brahms

The middle of the ceremony is the most likely place you may enjoy putting a personal touch on your wedding music. Music may accompany communion, candle lighting or other ritual, or a meditative moment. Here are a few choices I've experienced:

- "Simple Gifts," "Amazing Grace," "On Eagles' Wings," "The Rose," or other folk tunes and hymns are all very popular, without feeling common
- "One Bread, One Body" for communion
- "The Prayer" by Celine Dion and Andrea Bocelli immediately following the opening prayer
- Adagio from Loeliet's "Flute Sonata No. 1" for a special ritual in which the bride and groom each watered a potted tree from separate watering cans representing the two families

*continued on page 91*

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How Do I Choose a

# Wedding Photographer?

Choosing the professional with the right skills

*After all the vows are said, and the celebration is over, the images captured are all that is left.*

*By Joe & Linda Crosby*

Once you and your fiancé have chosen the date and the venue for the wedding and reception, one of the very next things that should be booked is your photographer.

After all the vows are said, and the celebration is over, the images captured are all that is left. These captured images will be the memories frozen in time that you will be able to share for generations to come.

When looking for your photographer, start by asking friends or family that have recently gone through the entire process to help point you in the right direction.

Vermont Bride Magazine offers a handy listing of local talent and their websites that will help you decide who will photograph your most important day.

In your search you will want to consider some of these key questions that will help you narrow your selections.

What is our budget for photography? Does this business have good references? What is their level of experience? Do they shoot film or digital? Is there an experienced second shooter? If so, how well do they work together? Are they using professional gear such as pro camera bodies and fast lenses and have mastered their use? Do they have back-up gear in case of malfunction? If they shoot film, how many rolls do they normally shoot? If they shoot digital, as most do today, do they have a good understanding of postproduction? Are they taking advantage of the many image enhancement tools available such as Photoshop to achieve optimal results? Does this business have a solid reputation for delivering in a timely manner? Do they have a solid customer service that will provide the type of photos we are expecting to display on our



walls and in our wedding album and remain within our budget? What is their dominant shooting style?

## Now, what should you be looking for to give you some insight into different styles of photography?

A good traditional wedding photographer is well organized. They must have a good understanding of what is expected of them at the venue. They are courteous at all times and are good listeners. They will have scouted the venue in advance for well-lit areas to take advantage of natural available light with interesting backgrounds, and leading lines. They might also add fill light with strobes off-camera especially during formal shots. They communicate well with small and large groups. They effectively direct posing, in an attempt to create a desired mood. All this and within the allowed shooting schedule.

A good photojournalistic photographer should have the people skills of the traditional. Most shut off the flash to remain stealthy and shoot the majority of the wedding day in natural light. Most images will not have the subject looking at the camera, but will rather be capturing the moments rather than creating them. The true photojournalist photographer only intervenes when necessary.

Today's modern wedding photographer who combines the traditional and photojournalistic styles are referred to as portrait journalists. They have the necessary skills to combine both styles into fine art and fashion into your wedding album to achieve the best of both worlds. It is important that they are able to show you samples of at least two complete wedding packages. Look for

these different styles when you view their portfolios.

Next, you must determine your budget. A good benchmark is to consider spending between ten and fifteen percent of your budget on the photography. Years from now, the photographs and albums of your special day will be the tangible items that you have to be able to share your day (and all the planning that went into it) with family and friends. In these hard economic times, some photographers might allow you to pay in monthly installments, up to the date of the wedding, but typically expect a 25-50 % deposit.

## Start with your top three choices and make appointments to meet each of them in person to see samples of their work.

Ask for a copy of their typical wedding contract that highlights in detail what their services are and what is delivered. It is important to carefully read the entire contract.

## Ask to see some enlargements to help you determine their file quality is high enough if you decide to print large.

You also must determine how comfortable you are around your potential photographer. Remember that you will be spending most of your wedding day with them. If after meeting all photographers and viewing their samples in person, you are still not sure, set up another meeting to go over more details and answer questions you may have before deciding. If you are having a lot of children at the wedding, you may want to ask about their experience dealing with kids.

Still not decided? Then perhaps you might consider asking your top choice to do your engagement shoot. This will give you the opportunity to see how they work and interact with you during a shoot. The shoot is usually only an hour or so and can run from \$125 to \$750, so be sure to ask how much first.

Take the search for your professional photographer seriously. Try not to be overwhelmed by all the variables. Be sure to allow yourself plenty of time so you don't rush into your decision. Take it one step at a time. Be diligent and you will no doubt have the outcome you desire.



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## BACHELORS and Bachelorette Parties:

Making them Memorable

By Pat Esden

**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, VT, she sees the yearly changes in wedding styles and is familiar with the time-honored traditions and in tune with the new conventions.

**Bachelor and bachelorette parties have one goal—fun.**

Whether the party is a bachelor, bachelorette or a Jack and Jill, it's easy to make it an occasion to be remembered. The key is to plan the party far enough ahead of time, personalize it and take safety into account.

Usually the maid of honor or the best man plan and host the party, however sometimes parents or even the bride or groom organize it themselves. Unlike the bridal shower, the bride and groom often know when the bachelor party will take place and should be asked if they prefer separate parties or wish to have a combined one.

**No matter who is hosting the party it should be planned several months ahead of time and guests should be notified of the date well in advance.**

The actual date it occurs is most often within a couple of weeks of the wedding or even the night before the ceremony. The problem with having the party the night before is that it can lead to the bride or groom being hungover or exhausted on the wedding day.

Once a date is chosen, some thought should be put into how the party can be personalized. Instead of having a lackluster bachelor party in someone's basement with stag movies and beer or sitting in a living room playing the same old bachelorette games, focus the party on something that the bride and groom es-

pecially enjoy. What is the bride's favorite sport? The groom's favorite food? An afternoon playing golf followed by drinks and dinner at the clubhouse is easy to organize. A girls' only weekend of skiing and partying in a resort pub wouldn't be expensive if a friend or family member has a ski area condo they'd lend for the weekend. A champagne breakfast at a favorite restaurant, overnight shopping trips, white water rafting, a day at the spa, paintball, fly fishing lessons, a concert or dinner theater—what would be fun for the bride and/or groom and the rest of the guests?

There is no tradition about who should be invited to the party. Sometimes parents are included, but more often only the attendants and closest friends. Keeping the guest list small—most likely under a couple dozen people—will help maintain a personal feeling. However, more people may be invited to a Jack and Jill party, which are as common as the traditional bachelor and bachelorette parties.

If there is going to be drinking at the party and the guests aren't staying overnight, then it is a good idea to rent a limo or designate a driver ahead of time. The designated driver can be a spouse or friend who is willing to be "on call," or a local taxi could be hired instead.

**With just a little preplanning and thought as to the bride and/or groom's taste, the bachelor party will be safe, fun and something everyone will remember and talk about for years to come.**

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**Sara  
(Forest)  
and  
Paul  
Sokolowski**

*May 15, 2010  
at Stratton Mountain Resort, VT*



Photography: Polis Photography | 802-733-5413 | polisfoto.com

# Sara (Forest) and Paul Sokolowski

May 15, 2010

at Stratton Mountain Resort, Vermont



*Vermont Bride Magazine Love Story*

### How they met:

Sara and Paul should have crossed paths years before they did. At the time, Sara's friend was dating Paul's best friend. Paul was shown a picture of Sara by Sara's friend and was told that she was a nice down-to-earth girl and that he should call her.

Sara, on the other hand, didn't know this happened until she received a phone call from her friend saying she had given Sara's phone number to a nice guy. Sara was deciding up to the moment Paul called if she would actually answer the phone. She did! They talked that night for what seemed like eternity.

After the first call they continued to talk on the phone; they were living one hour away from one another. They made a time to go out on a date in Rutland where Paul was living. Sara drove up, waited for him and soon found out Paul was usually running late, and this day was no exception; he had gotten a flat tire. Sara, in the meantime, was almost ready to drive back home, but she stayed and was glad she did!

That hour drive seemed to Sara like an eternity. When she arrived there was no friend waiting to meet her. They hiked, and at the top of the mountain Paul proposed. This came to a complete shock to Sara, after she said yes, she asked Paul if he asked her father, and he had, so it was all okay.

*...Sara, on the other hand, didn't know this happened until she received a phone call from her friend saying she had given Sara's phone number to a nice guy.*

They celebrated that night by going out to eat; Sara ordered her favorite food, grilled cheese.

### Wedding planning:

They had a long engagement, which was nice to spread out the planning. The first item checked off the list was Sara's dress! She went with her sister and mother and

### The proposal:

Paul proposed on September 20, 2008.

Sara was running a tag sale that day, she was up very early and not dressed up at all. She received a phone call from Paul telling her that he wanted her to meet him in Rutland so they could go hiking. Sara was not for this idea, all she wanted to do was go home and relax. Paul convinced her by saying that one of his friends was down for the weekend and that he really wanted her to meet him.



*continued on page 84*

“That hour drive seemed to Sara like an eternity. When she arrived there was no friend waiting to meet her. They hiked, and at the top of the mountain Paul proposed.”

**Love Story: Sara (Forest) and Paul Sokolowski**  
Continued from page 83

found one on the first day. They both knew they wanted to marry in Vermont; Sara had lived there all her life and Paul lived there since he was very young. They attended many bridal fairs, much to Paul's dismay. Eventually they decided on Stratton Mountain Resort. Paul had worked there, so he was very familiar with the mountain. While walking into the reception area, they knew this was the venue. It suited their personalities very well. Sara had her materials from various fairs, and continued the hunt to find a photographer, DJ and all the rest of the details.

*continued on page 86*



*Sara and Paul should have crossed paths years before they did.*



**Get more tips and advice** on how to organize your wedding by visiting Vermont Bride Magazine online at [www.vermontbridemagazine.com](http://www.vermontbridemagazine.com)

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**Love Story: Sara (Forest) and Paul Sokolowski**

Continued from page 84

**Advice for future brides:**

**Make a budget first!**

Work with what you can afford, all will come together! Stay organized, make a binder just for wedding items. If family or friends want to help, let them!

Sara couldn't have gotten through the planning without her mother's sound advice. Stay calm and focused on the meaning of your wedding.

**On your wedding day, take a couple minutes to step away from the guests and look at your wedding with your husband.**



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# Vermont Bride Magazine ONLINE!

The screenshot shows the Vermont Bride Magazine website with a navigation bar at the top. The main content area features several article thumbnails:
 

- Winter Issue NOW AVAILABLE THROUGHOUT VERMONT**: Features weddings at The Edson Hill Manor, The Spirit of Ethan Allen III, and The Stone Mountain Resort. Includes 29 feature articles, wedding tips, and a brief history.
- Fall Issue 2010 Now Online**: Offers a PDF format (18.7 MB) or a download-only version (2.3 MB).
- Reviving Old traditions**: Discusses traditional wedding customs like exchanging rings and throwing the bouquet.
- Best Plans and Imperfections**: A Q&A piece about wedding planning.
- Sabrina's Top Ten Tips for Brides**: Advice from a bride on planning.

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[vermontbridemagazine.com](http://vermontbridemagazine.com)

### Selecting Unique Music for Your Wedding

And here are a few of the least common recession choices I've experienced:

- "Somewhere Over the Rainbow"
- "Do You Hear the People Sing?" from "Les Miserables"
- "Get Happy" by Judy Garland
- A medley of show tunes
- Allegro from Bach's "Brandenburg Concerto in F"
- The Beatles: "All You Need is Love"
- Handel's "Hallelujah Chorus"

And finally, there are many possibilities for special music during your reception. Probably the most unusual and memorable for me were the combination of "Jockey to the Fair" to honor British neighbors who had shared their land and barn for the occasion, and "I'm Gonna Wash That Man Right Out of My Hair" and "My Way" for a lesbian couple. The possibilities here are endless!



I hope the above allows your imagination to find the breadth of options for making your day unique. These are not intended so much as lists to choose from, but as examples of couples who chose to put a personal musical stamp on their most special day.

*And please note that some instrument combinations work better than others for some of the selections – so please consult with your musicians in exploring your options!*

I wish you laughter and tears of joy and sentiment as you explore, together with your partner and perhaps your family, the music that marks a special place in your heart, brings to mind a special person, or helps you and your guests to feel the range of moods you would most like for your wedding day.

Vermont Bride Magazine is proud to recommend the following featured wedding professionals for all your live musical entertainment needs:

#### 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.lisafute.com](http://www.lisafute.com))
- **Vermont Wedding Violinist** for solo or duet violinist, with optional piano accompaniment. ([www.vtweddingviolinist.com](http://www.vtweddingviolinist.com))

#### 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 Huckett** - guitar, solo or duos with viola or flute in repertoire to suit your interests. ([www.dayvehuckett.net](http://www.dayvehuckett.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, 80s, rock, classics, modern hits and more. ([www.shakedownmusic.com](http://www.shakedownmusic.com))



#### Lisa Carlson

Lisa Carlson freelances throughout Vermont in collaboration with numerous instrumentalists, offering a trio of flute with violin and cello, duos of flute with harp, violin, piano, oboe, or cello, as well as solo flute and other combinations. She also teaches private flute lessons in Central Vermont. She maintains a web site at [www.lisafute.com](http://www.lisafute.com) and a wedding music blog at [www.lisafute.com/weddingblog](http://www.lisafute.com/weddingblog). Lisa can be reached at 802-229-9901 or [lisa@lisafute.com](mailto:lisa@lisafute.com).

#### Quick Quips

Bring a second pair of shoes for the reception. Plan the bachelorette party a few days or weeks before the wedding day. No hangovers or exhaustion due to too much partying the night before. Have a photo taken with each of your bridesmaids.

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# Cleaning Your Financial House

Planning, consolidating, and getting ready for the best future...

Congratulations on getting married! Marriage is a major milestone in your life. However there may be many more milestones to come such as home purchases, children, college, and retirement, to name a few. In short, the best way to prepare for future goals is to plan and save.

In past articles I have discussed the importance of creating a financial plan with your spouse, including savings and debt reduction plans, investing your assets, retirement planning, insurance, estate planning and more.

In this article I will discuss the more mundane housekeeping tasks that you can do to streamline your finances. Here is a checklist of some of the more important logistical items that are key steps to getting your finances updated to your new status of married couple.

**Beneficiaries:** For any investment and retirement accounts that you both own it is very important to update the beneficiaries listed on the account. If you were previously single, you may have a sibling or your parents listed on these accounts. In most cases, you will want to update this to have your spouse as your primary beneficiary. Many times this update can be done online. If not, call the financial firm or in the case of your current retirement plan, your employer to get the proper forms to update your beneficiaries.

**Review and select company benefits:** If both of you are working, review carefully both company benefits and utilize the best combination. For example, if you are both working at companies that provide benefits, you will probably want to choose one company's health insurance over another to save money and improve your overall protection.

Be sure to utilize both companies' savings plans and save at least up to the matching company contribution level on both plans.

**Consolidate your assets:** Most couples choose to treat all of their assets together, although some choose to keep their assets separate. This is a choice you need to make sooner rather than later. If you have savings outside of your respective employer's plans, many times it is much easier to manage and monitor all of your investments when they are at one firm. Do you have 401ks or other retirement plans from a company you no longer work for? Consider rolling over those assets into an IRA at an investment firm that will provide you with more choices and flexibility on your investments. Consolidating makes it easier to monitor and invest your money. Checking and savings accounts can also be consolidated to make managing your budget that much easier.

**Consolidate credit cards and reduce debt:** For better management of debt and monitoring of expenses, you could benefit from consolidating your credit

By Benjamin Nostrand, CFP®



cards. Do you really need more than one or two credit cards? Choose the credit card with no annual fees, best features, and if you carry a balance, the lowest rates. Pay off the credit cards with the largest interest rates and set up a plan to reduce and eventually eliminate any credit card balances.

**Insurance:** Review your beneficiaries on your life insurance. You may want to increase your life insurance, especially if you are going to have children. Be sure you have enough disability insurance to support you if you become ill or disabled. As well, update your home or renters insurance and auto insurance to include the two of you together - you could end up with substantial savings by consolidating these policies.

...update your home or renters insurance and auto insurance to include the two of you together - you could end up with substantial savings by consolidating these policies.

**Estate planning:** Contact a lawyer to help you draft living wills, durable power of attorney and wills.

**Get help:** Just as you might employ an architect to design a house properly, you may want to use a financial planner to help create your financial plan and/or guide your investments to meet your goals. Constructing a portfolio can be a daunting task

that requires a great deal of time, knowledge, and diligence. A financial planner can help you create a plan, assess your risk tolerance, and choose the proper investments to achieve your goals, provide you with peace of mind, and leave more time for you and your spouse.



**Ben Nostrand CFP®** is the president and founder of Nostrand Financial Planning, LLC; an independent, registered investment advisor.

As a CERTIFIED FINANCIAL PLANNER™ practitioner with 25 years of experience in the financial industry, Ben provides investment management and financial planning to individuals and families located nationwide on a fee-only basis (no commissions involved). Contact Ben for a free initial consultation at (802) 496-7001, email [ben@nostrandfinancial.com](mailto:ben@nostrandfinancial.com) or visit [www.nostrandfinancial.com](http://www.nostrandfinancial.com)

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By Gayle Oberg, Realtor®

We're  
**Ready**  
to Look at  
Homes!



Things can move fast once you have tied the knot and settled down. You've established a rapport with a lender, reviewed your finances and determined what your price range is. Now it is time to find a REALTOR® and begin to visit properties. This is a very exciting part of the process. It may be your first home purchase. It is important to look at everything in your price range and geographical area. The information you will gather as you compare properties will be very helpful. At the end of the day, after viewing properties, as you are relaxing, make notes of the pros and cons of each property. This will help you remember what you liked and disliked as you continue to view properties.

Once you have reviewed the options available, determine your top two or three. Spend a little time in each area, visit at different times of the day, and even take a walk down the streets. If there is a local restaurant, stop in! This will help you get a feel for the area. Drive around the entire neighborhood. Next, visit your top properties a second and even a third time. Bring family and friends along with you if you want.

A building inspection should be a part of the process, and your inspector will inform you of the current condition of the property, but before you get that far,

take a look at the four most expensive and important components: the roof, the heating system, water supply and the septic system (if it is not on municipal water & sewer). These are important to be aware of in case one (or more) will need to be replaced or repaired in the near future.

As you are considering your top choices, ask for the annual expenses for the property. If it is in a homeowners association, be sure to ask what the monthly fees are, what they cover and if there are any expected/planned special assessments coming. Your goal here is to make sure you are getting into something that fits into your budget.



Gayle Oberg

This is one of the biggest decisions you will make, and one of the most important investments of your life! Gather as much information as you can about the property. Ask your agent for market data on the area and comparable houses that have sold in the past 6 to 12 months. Once you are fully educated about the process and the market, you will be ready to make an offer! Try to keep your emotions in check

as you negotiate with the seller. It is best to decide ahead of time what the top price you will pay it. If you have discussed this first, it is easier to stay within your budget.



One important thing to consider as you go through this process is that this will take time and energy. Be prepared to spend time looking and energy educating yourselves about the properties and the process. You should feel confident and comfortable with your decisions.

Kelli Driscoll joined Gayle in September of 2010 and **The Oberg Team** was formed. E-mail: [gayle@theobergteam.com](mailto:gayle@theobergteam.com). Please visit online at [www.theobergteam.com](http://www.theobergteam.com).

Look for Gayle's next article in the summer Issue of *Vermont Bride*: "What Are the Expenses Involved in Purchasing a Home?"

*Vermont Bride Magazine* is proud to recommend the following featured Vermont Realtor professionals:

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**FOOTNOTES**

- a The Wedding Report. "Wedding Statistics," <http://www.theweddingreport.com>.
- c Connolly, Katie. <http://blog.newsweek.com/blogs/thegaggle/archive/2009/10/20/why-so-few-dc-residents-are-married.aspx> "Why So Few D.C. Residents Are Married." Newsweek.com. October 20, 2009.
- g Harare, Sari and Rita DeMaria. 2007. *The 7 States of Marriage: Laughter, Intimacy, and Passion*. Pleasantville, NY: Reader's Digest Books.

# Jewish Wedding Breaking the Glass

By Rabbi Howard Cohen

Mazal tov!

... you found your beshert (Hebrew for *intended one*). You located a rabbi to officiate at your ceremony. You picked out a ketubah (Jewish marriage license). Color schemes are resolved and all necessary deposits are paid. Now let's take a few moments and explore one of the most widely recognized rituals of a Jewish wedding, the breaking of a glass at the end of the ceremony.

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

**The origin of this tradition dates back over two thousand years.**

It is first mentioned in the Talmud in two places. In one version Mar, the son of Ravina, thought that the rabbis were getting too merry at his son's wedding. For reasons not stated he felt this was inappropriate so to sober them up he took a valuable glass object and smashed it. The other version describes the same situation only the name of the father of the groom was Rav Ashi. These two stories differ from how the tradition has come down to us in two ways. First, it is the father who breaks the glass, not the groom. Second, the purpose is intended to subdue the revelers, not initiate the celebration of the wedding.

It is not clear why these two fathers felt it was important to sober up their guests. However, the most enduring explanation provided by later rabbis linked Mar's and Rav Ashi's actions with the sadness associated with the destruction of the Temple in Jerusalem in 70 CE. Thus, the purpose of smashing the glass is to remind us that even in times of great joy, like a wedding, we should not forget that there is much sadness in the world. Of course this explanation does not provide insight into how the ritual evolved into it being the groom, and often the bride as well, that breaks the glass. This will have to remain a mystery for now.

Today many people continue to embrace the ritual as a way of remembering that there are still people, Jewish and non-Jewish, that lack the freedom to freely celebrate their religion. Others like to understand it homiletically: Just as the glass, when it is broken, enters a state from which it will never emerge, so too may it be that this couple will never emerge from their married state. Alternatively, some prefer explaining it allegorically by pointing out that although glass is made from sand, a very common and cheap material, it can be turned into something of beauty and value. But if one is not careful the glass can be broken. So too, a marriage is something common yet beautiful, but if one is not careful it can be broken like glass. Lastly, those with a penchant for the arcane might prefer seeing it as an action intended to chase away demons that might threaten the couple as they pass through the liminal period between being unmarried and married.

The ritual of breaking a glass has evolved in many ways over the years. Regardless of what interpretation with which we invest the ritual, it nevertheless calls upon us to reflect on the holiness of the moment and consider that life and marriage are fragile, holy and beautiful.

Howard is an 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.





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*You need a moment to relax. Many bridal parties are feeling the fatigue of the event before the party has even started.*

# Relax, Renew and Restore Before Your Wedding

By Sara Daly

**Y**ou need a moment to relax. Many bridal parties are feeling the fatigue of the event before the party has even started. It is important to realize that you will need moments to take a deep breath, close your eyes, connect with your body, and enjoy the moments of your wedding weekend.

Leave relaxing up to the experts. A spa's mission is to take care of you from the moment you enter the spa until the moment you leave. Being in an environment where you are encouraged

to relax is exactly what you need in the days before your wedding.

Spas understand what you need for pre-wedding relaxing. Many spa treatments are perfect the day before your wedding. Spa manicures and spa pedicures are the most popular treatments, as the nail treatments feel wonderful and brides and their attendants require elegant nails. Massage for both men and women is the perfect

*continued on the next page*

### Massage:

This is perfect for both men and women. Whether a gift for attendants or a special day to relax while preparing for the big day, a spa visit has something for every member of the wedding party.



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.

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**Five Elements Salon & Day Spa**  
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**LUMINA (Med-Spa)**  
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So. Burlington, VT  
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**Moon Studio Day Spa**  
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## SPA CENTER: Relax, Renew and Restore Before Your Wedding

Continued from page 97



*Studies have shown that without relaxation, stress changes our body in a negative way.*

way to de-stress and take care of yourself. An exceptional wedding gift for attendants is a day at the spa!

Imagine that you have all arrived at your wedding destination. You are connecting with friends and family whom are your most beloved people in the world. You all lead hectic lives and knowing you each have a moment to slow down with one another in a spa setting is delightful.

Studies have shown that without relaxation, stress changes our body: our concentration is worse, we become tense, lose sleep, have poorer diets, develop high blood pressure, have less energy and are generally not as happy as we could be.



**Sara Daly** is a Physical Therapist, Massage Therapist, and owner of Waterfalls Day Spa located at the historic Middlebury Inn in downtown Middlebury, Vermont  
www.middleburyspa.com

### Tips to Help You Relax Before the Big Day

- Contact your spa at least 3 months from your event date.
- Work with your spa coordinator to plan your day of relaxation. Many spas have a designated coordinator to help wedding parties.
- Decide who you want to join you and what services you will require.
- Explain your time constraints so that the spa can help coordinate and you can fully relax while you are there.
- Find out if your spa offers food and beverage. If they don't, ask to bring food in. If they do, select your menu options prior to arrival.
- Ask for an email confirmation of your day: this should indicate guests' names, services and times, menu choices, cancellation policies and general spa information.
- Designate a member of your wedding party to relay information to each spa guest in your party.

# Ceremony Sound Tips for Brides

By Grant Allendorf

*How to make sure everyone at the ceremony can hear what is happening*

## Have you ever been to a wedding ceremony and nobody could hear the officiant or the bride and groom when they said their vows?

One of the most important elements of a wedding ceremony is hearing the officiant and the bride and groom's vows. Many times the officiant is soft spoken and only the first few rows hear what he or she has to say. Wind and road noise can sometimes make it difficult to hear the all important words of the officiant. The way to ensure that everyone will hear the ceremony would be to hire a sound, entertainment, or DJ company to provide the correct equipment for this all important segment of the day

We at Supersounds provide two mics at each ceremony: one on a stand for singers and readers and one wireless over the ear (lemo –broadway) for the officiant (Shure and Audio-Technica sell this product). This mic is important because it is unobtrusive (flesh colored) and has a small wire that goes half way down the side of the officiant's face.

You don't want a mic on a stand for the officiant because it would be in every photo.

The officiant also has to have their hands free to hold their script or binder so holding a mic isn't an option. With the ear worn mic the entire crowd will hear every word of the ceremony, and if the bride and groom are within a foot of

the officiant their vows will also be picked up through the ear worn mic of the officiant. These mics are coupled with a mixer and two powered speakers (JBL, QSC or similar brand) on tall speaker stands. They are set up on the side so they don't interfere with photos. The sound technician or DJ will run the sound so everything is mixed perfectly. This type of sound system should be used whether the ceremony music is live or recorded.

Many times when duos or trios are hired there is no amplification but the music is only one part of the ceremony. We have done many ceremonies where fantastic trios and duos have performed, and we provide the sound system for the officiant and readers or singers because quality sound is a priority for those particular brides and grooms.

Lastly, make sure that all guests turn off (not just put on vibrate) cell phones and pagers. It is even more important that all bridesmaids and ushers (bride and groom too) have their cell phones and pagers turned off as they are close to the officiant who is wearing the wireless ear worn mic. Cell phones and pagers can cause interference with wireless mics and it is appropriate for the officiant to make an announcement before the start

of the ceremony about turning them off. Take some time to plan out the sound aspects of your ceremony and your ceremony will win a Grammy on your big day!



**Grant Allendorf** is the owner of **Supersounds Entertainment** (www.supersounds.com), **Video Memory** and **Green Mt. Photobooth** (www.greenmtphotobooth.com).

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## 2011 Tax Law Changes Passed at the Last Minute! (and what this means for couples)

By Roger A. Schoenbeck, CPA

### The Facts

With the signing of the Tax Relief, Unemployment Insurance Reauthorization and Job Creation Act on December 17, 2010, the tax rates and rules that were in effect in 2010 were extended for another two years. The new law (short title: 2010 Tax Relief Act) also extended unemployment benefits for an additional 13 months.

Here's an overview of the tax provisions included in the law.

**Individual Income Tax Rates.** A tax law passed in 2001 created what has become known as the "Bush-era tax cuts." Those tax cuts, including the tax rates in effect for 2010, were set to expire December 31, 2010, and, had that occurred, everyone's taxes would have gone up in 2011. The 2010 Tax Relief Act extends the Bush tax rates for all taxpayers for another two years. Therefore, the federal income tax rates for 2011 and 2012 will be 10%, 15%, 25%, 28%, 33%, and 35%.

**Tax Rates on Capital Gains and Dividends.** The new law continues the 2010 tax rates on capital gains and dividends through 2011 and 2012. The maximum rate remains at 15% for taxpayers in the top four regular tax brackets and at 0% for those in the 10% and 15% tax brackets. Without this extension, the maximum capital gains rate would have risen in 2011 to 20%, and dividends would have been taxed at ordinary income rates as high as 39.6%.

**Itemized Deductions and Personal Exemptions.** Higher-income taxpayers are entitled to full deduction of their personal exemptions and itemized deductions for 2010. The new law continues this full deduction for 2011 and 2012. Without this extension, those whose incomes exceeded certain threshold amounts would have had their itemized deductions limited and their personal exemptions phased out.

*Marriage Penalty Relief. The new law extends the current marriage penalty relief for two years. The standard deduction for married couples filing a joint return will be twice the amount for a single taxpayer, and the size of the 10% and 15% tax rate brackets for couples will be twice that of single taxpayers.*

**Child Tax Credit and Earned Income Credit.** The \$1,000 tax credit for each child under age 17 was set to revert to \$500 in 2011. The new law extends the credit at \$1,000 for two years and continues the increase in the refundable portion of the credit. The law also extends the enhanced earned income tax credit through December 31, 2012.

**American Opportunity Tax Credit.** A 2009 tax law expanded the Hope education credit and renamed it the American Opportunity Tax Credit. The 2010 law extends the credit through 2012, providing a \$2,500 maximum credit for qualified higher education expenses. The law also extends the higher income limitations through 2012. Phase out of the credit will begin at \$80,000 of income for individuals and at \$160,000 for married couples.

**Other Education Breaks.** The new law keeps the income exclusion for up to \$5,250 of employer-provided education assistance for an additional two years. The student loan interest deduction as structured for 2010 will be extended through 2012.

**Coverdell Education Savings Accounts (ESAs)** were enhanced by the 2001 tax law, and those enhancements will continue for another two years. The maximum ESA contribution will remain at \$2,000, and qualified expenses will continue to include elementary and secondary education costs as well as higher education expenses.

**Alternative Minimum Tax (AMT).** Without Congressional action, the AMT would have applied to more than 20 million taxpayers in 2010. The AMT is a separate tax calculation originally designed to keep the wealthy from escaping all income tax through the use of various tax breaks. Because the exemption from the tax did not include inflation adjustments, the tax has begun to hit more and more middle-income taxpayers each year.

The new law provides a two-year "patch" to the AMT by raising the exemption amounts. For 2010, the exemption is \$47,450 for individuals and \$72,450 for married couples filing jointly. For 2011, the exemption is \$48,450 for singles and \$74,450 for couples. Without this patch, the exemption amounts for 2010 and 2011 would have been \$33,750 for singles and \$45,000 for couples.

**Payroll Tax Cut.** The law creates a new tax break for working taxpayers who pay social security taxes. For 2011, the social security portion of

payroll tax paid by employees will be reduced from 6.2% to 4.2% on wages up to \$106,800. This new tax break replaces the Making Work Pay credit which expires after 2010. Self-employed individuals will pay 10.4% on self-employment income up to \$106,800.



The employer share of social security tax paid on employee wages up to \$106,800 will continue to be 6.2%. The payroll tax rate cut does not affect the Medicare portion of the tax.

**"Extenders" for Individuals.** Certain tax breaks known

collectively as "extenders" are typically allowed to expire and then extended retroactively for a year or two. The new law extends a number of these breaks that had expired at the end of 2009, making them effective for 2010 and 2011 tax returns.

The items extended include the following:

- the option for deducting state and local sales taxes in lieu of deducting state and local income taxes.
- the above-the-line deduction for up to \$4,000 for higher education expenses.
- the above-the-line deduction of up to \$250 for classroom supplies purchased by teachers.
- allowing taxpayers 70½ or older to make tax-free contributions of up to \$100,000 from an IRA to a charity.

The 2010 Tax Relief Act gives taxpayers some certainty, if only for the next two years. Had the law not passed, all taxpayers would have seen their taxes increase in 2011. The new law will have a significant impact on individuals: cutting payroll taxes for workers, preventing the AMT from hitting millions more taxpayers, continuing tax breaks for education expenses, and cutting estate taxes.



**Roger A. Schoenbeck** is an experienced and professional CPA dedicated to providing you with the highest quality accounting and tax services. An introductory consultation is available at no cost to discuss your needs and requirements. Roger can be reached at his office at 1009 South Main Street in the Lower Village, Stowe, by phoning 802-253-4121 or via his website, [www.rogervtcpa.com](http://www.rogervtcpa.com).

The heated debate over technology seems never ending – is it going too far, are we losing the ability to be self-sufficient, is it our savior? – but in many ways, it is *the* defining element of our generation.

While at college, I am a four and a half hour drive from my friends and family, and without cell phones, instant messaging and email, our relationships would fall apart. My boyfriend and I have embraced the technical revolution, and speak nightly using web cams or instant messaging. Though I'm less than thrilled that my contemporaries have become addicted to technology, I feel that Chris and I have struck a balance.

We use Skype (an instant messaging system) to talk about our days, and we use other Internet resources to connect as well. Online games are just one of the ways we bond while apart. We celebrate our geekdom, and delight in playing online fantasy games playing characters of elves and dwarves trying to solve the next puzzle or defeat the next boss. Despite the separation, running around middle-earth on the weekend shrinks the distance. Not only are we talking to one another, but we're both working towards the same goal.

Not only do we chat and play games, but we've both made blogs. For those who don't know, a blog is essentially an online journal with photos, video and written posts. Anytime Chris or I update our blog, an email is sent telling the other to look. These blogs contain recipes we've invented (such as iron board grilled cheese), photos of bad hair days and notes to one another.

*A blog is more of a passive way of keeping in touch. The posts are long, take some sorting through, and require a fair amount of time to enjoy.*

When I have a moment of free time at lunch, I can look at his blog and see what's on his mind, how his family is doing and so on. It serves as a daily reminder that we're both experiencing new wonders each and every day.

## Technology from a young love perspective

By Kayla Sturtevant

*My boyfriend and I have embraced the technical revolution, and speak nightly using web cams or instant messaging. Though I'm less than thrilled that my contemporaries have become addicted to technology, I feel that Chris and I have struck a balance.*



Though the Internet can never replace face time, it's enough to hold us over until breaks or the occasional weekend visit. Perhaps we are bit more reliant on computers than we would like, but computers and phones allow us stay close night to night. Instant messaging may not have the charm of an old fashioned letter. Playing video games on the computer lacks the excitement of playing a board game by the fire place, but these are all substitutions that hold us together through the long days we spend a state apart.



### About Kayla Sturtevant

I'm a freshman at PrattMWP in Utica, NY and Chris is working full time and living in Westford, VT before he starts college full time next year. We use technology as a way to close the distance.

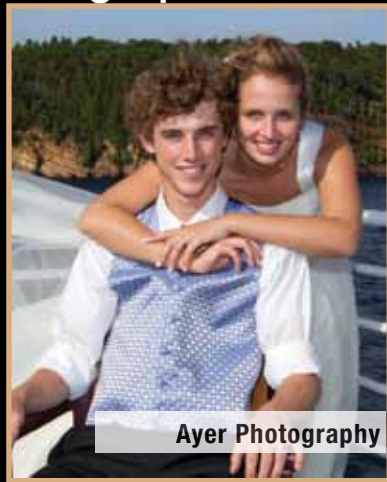
### Quick Quips

Insist on getting a proof of your invitations from the stationery store or printer. Double check spelling and wording before ordering.

Remember the license! The Marriage License must be given to the officiant before the ceremony can be performed.



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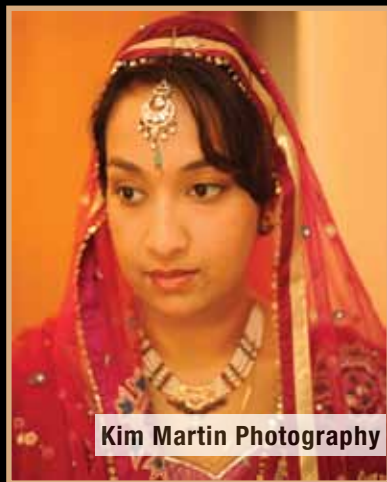
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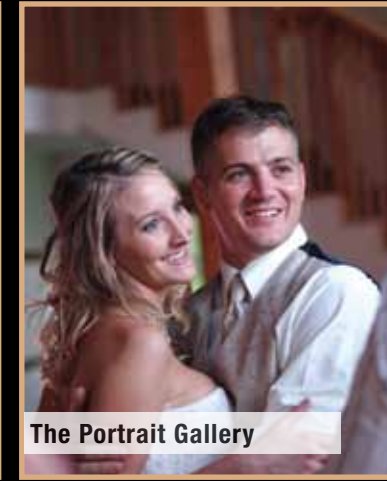
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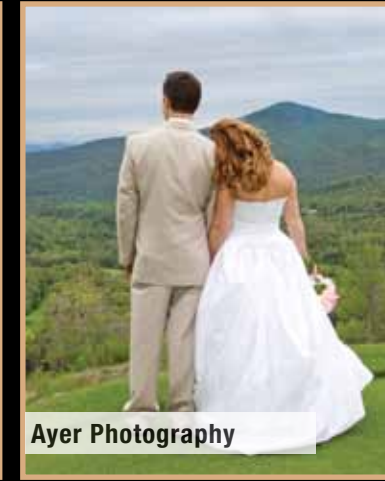
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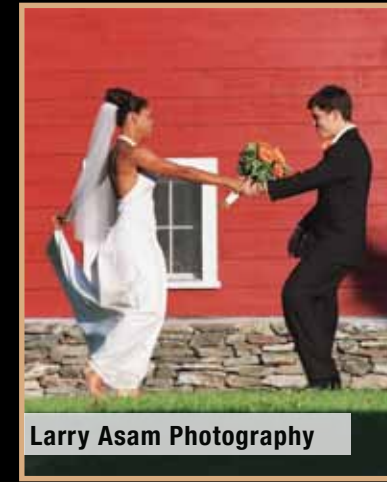
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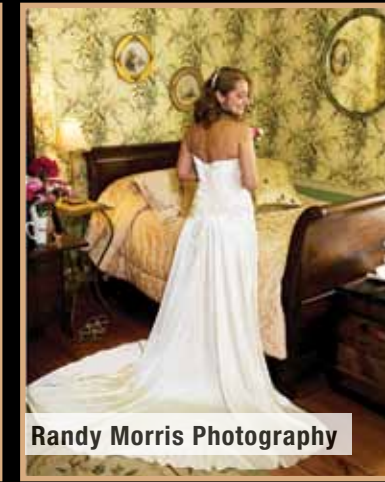
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**The Portrait Gallery**  
800-286-4418  
1500 Hinesburg Rd. So. Burl., VT  
pgallery@comcast.net  
portraitgallery-vt.com

**RaidenShine Photography**  
802-598-9186  
128 Sandra Circle, Burl., VT  
customer\_service@raidenshine.com  
raidenshine.com

**Randy Morris Photo**  
802-377-8232  
info@randymorrisphoto.com  
randymorrisphoto.com

**Jeff Schneiderman Photography**  
802-878-0769  
2393 Oak Hill Rd., Williston, VT  
jsphotos@aol.com  
jeffschneiderman.com

**Lauren Stagnitti Photography**  
802-888-5433  
PO Box 955, Stowe, VT  
lauren@laurenstagnitti.com - laurenstagnitti.com

**Whipple's Studio**  
802-334-8138  
387 Union St, Newport, VT  
drwhip@kingdomcolor.com  
donwhipplephotography.com

**Weddings By Expressions**  
802-775-2549  
107 Franklin St., Rutland, VT  
courtney@weddingsbyexpressions.com  
weddingsbyexpressions.com

**RECEPTION SITES - WEDDING VENUES**

**The Abbey**  
800-696-4748  
6212 VT Rte 105, Enosburg Falls, VT  
Rachel@abbeygroup.net  
abbeygroup.net

**Arlington Inn**  
800-443-9442  
Historic Route 7A, Arlington, VT  
stay@arlingtoninn.com  
arlingtoninn.com

**Barn at Boyden Farm**  
802-598-5509  
44 VT Route 104 Cambridge, VT  
boydenevents@gmail.com  
boydenfarm.com

**Boyden Valley Winery**  
802-644-8151  
64 VT Route 104, Cambridge, VT  
info@boydenvalley.com  
boydenvalley.com

**Hampton Inn**  
802-655-6177  
42 Lower Mtn View Dr. Colchester, VT  
burlingtonvt.hamptoninn.com

**Hildene, The Lincoln Family Home**  
802-367-1144  
Manchester, VT  
burks@hildene.org  
hildene.org

**Hilton (Burlington) Hotel**  
802-658-6500  
60 Battery Street, Burlington, VT  
Katie.McAllister@hilton.com  
burlington.hilton.com

**Holiday Inn Burlington**  
802-419-6218  
1068 Williston Rd, So. Burlington, VT  
ashleychaffee@innvermont.com  
hiburlington.com

**Holiday Inn Rutland/Killington**  
802-773-6130 (x 313)  
476 US Route 7 South Rutland, VT  
weddings@hivermont.com  
hivermont.com

**Brandon Inn**  
800-639-8685  
20 Park St., Brandon, VT  
brandoninn@hotmail.com  
historicbrandoninn.com

**Burlington Country Club**  
802-864-4683 (ext. 104)  
568 South Prospect St., Burl., VT  
Kim.Hein@burlingtoncountryclub.org  
burlingtoncountryclub.org

**Capitol Plaza**  
**Hotel & Conference Center**  
800-274-5252  
100 State St, Montpelier, VT  
info@capitolplaza.com  
capitolplaza.com

**Catamount Country Club**  
802-878-7227  
1400 Mtn.View Dr, Williston, VT  
alex@catamountgolf.com  
catamountcountryclub.com

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

**ECHO at Leahy Center**  
802-864-1848 (ext. 124)  
One College St, Burlington, VT  
vschueler@echovermont.org  
echovermont.org

**Echo Lake Inn**  
800-356-6844  
2 Dublin Road, Ludlow, VT  
echolakeinn@aol.com  
echolakeinn.com

**Edson Hill Manor**  
800-621-0284  
1500 Edson Hill Rd, Stowe, VT  
info@edsonhillmanor.com edsonhillmanor.com

**Ethan Allen Center of Champlain College**  
802-651-5957  
298 College St, Burl., VT  
eventcenter@champlain.edu  
champlain.edu/eventcenter

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

**Essex Resort & Spa**  
800-727-4295  
70 Essex Way, Essex, VT  
info@vtculinaryresort.com  
vtculinaryresort.com

**Golden Eagle Resort**  
800-626-1010  
511 Mountain Rd, Stowe, VT  
info@goldeneagleresort.com  
goldeneagleresort.com

**Stables & Inn at Pigeon Hill Farm**  
802-933-2719  
286 Montgomery Rd., E. Berkshire, VT  
pigeonhill@pigeonhillfarm.com  
pigeonhillfarm.com

**Sheraton Burlington Hotel & Conference Center**  
802-865-6620 (toll-free 800-325-3535)  
870 Williston Rd., Burlington, VT  
www.sheraton.com/burlington

**Sophie's American Bistro**  
802-878-6100  
18 Severance Green, Colchester, VT  
sophiesamericanbistro.com

**Stowe Mountain Resort**  
800.253.4SKJ  
5781 Mountain Rod., Stowe, VT  
info@stowe.com  
stowe.com

**White Rocks Inn**  
802-446-2077 (toll free 866-446-2077)  
1774 US 7 South, Wallingford, VT  
info@whiterocksinn.com  
whiterocksinn.com

**Jeff's Restaurant**  
802-524-6135  
65 Main St., Saint Albans, VT  
jeffsmaineseafoodrestaurant.com

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

**Lilac Inn**  
800-221-0720  
53 Park St., Brandon, VT  
innkeeper@lilacinn.com | lilacinn.com

**Michele's of New York**  
5131 US Avenue, Plattsburgh, NY  
michelesofnewyork.com

**Middlebury Inn**  
800-842-4666 (ext. 280)  
14 Court Square Middlebury, VT  
weddings@middleburyinn.com  
middleburyinn.com

**Montgomery House Inn**  
802-326-3269  
Route 118, Montgomery Village, VT  
montgomeryhouseinn.com

**Mountain Top Inn & Resort**  
802-483-2311  
195 Mountain Top Rd., Chittenden, VT  
khele@mountaintopinn.com  
mountaintopinn.com

**Northern Lights Lake Champlain Cruises**  
802-864-9669  
1 King St., Burl., VT  
info@lakechamplaincruises.com  
lakechamplaincruises.com

**Old Lantern**  
802-425-2120  
3260 Greenbush Rd., Charlotte, VT  
rolands@gmavt.net | oldlantern.com

**One Federal Restaurant & Lounge**  
802-524-0330  
1 Federal Street, St. Albans, VT  
onefederalrestaurant@live.com  
onefederalrestaurant.com

**Ponds at Bolton Valley Resort**  
877-9BOLTON  
4302 Bolton Access Rd, Bolton Valley, VT  
info@thepondsvt.com | thepondsvt.com

**Quality Inn Burlington**  
802-985-8037  
2572 Shelburne Rd, Shelburne, VT  
qualityinnvt.com

**Southern Vermont Arts Center**  
West Rd., Manchester, VT  
802-362-1405, (ext. 19)  
info@svac.org | www.svac.org

**Spirit of Ethan Allen III**  
802-862-8300  
348 Flynn Ave., Burlington, VT  
spirit@soea.com | soea.com

**Stowe Inn**  
800-546-4030  
123 Mountain Road, Stowe, VT  
hello@stoweinn.com | stoweinn.com

**StoweLake Mountain Resort & Spa**  
800-253-2232  
Mountain Rd. Stowe, VT  
reservations@stoweLake.com | stoweLake.com

**Sunset Ballroom - Waterfront Catering Group**  
802-658-3663  
1712 Shelburne Rd, S. Burl., VT  
gary@vermontspecialoccasions.com  
vermontspecialoccasions.com

**Tabor House Inn**  
802-868-7575  
58 Homestead Rd, Swanton, VT  
taborhouseinn@gmail.com  
taborhouseinn.com

**Tourterelle Inn, Dining & Events**  
802-453-6309  
3629 Ethan Allen Hwy, New Haven, VT  
info@tourterellevt.com  
tourterellevt.com

**Trapp Family Lodge**  
800-826-7000  
700 Trapp Hill Rd, Stowe, VT  
rh@trappfamily.com | trappfamily.com

**West Monitor Barn**  
802-434-3969  
cailie.burns@vycoc.org  
monitorbarn.org

**Wilburton Inn**  
800-648-4944  
River Rd., Manchester Village, VT  
wilbuinn@sover.net | wilburton.com

**Ye Olde England Inne**  
800-477-3771  
433 Mountain Rd, Stowe, VT  
englandinn@aol.com | englandinn.com

**REHEARSAL DINNERS**

**The Abbey**  
800-696-4748  
6212 VT Rte 105, Enosburg Falls, VT  
Rachel@abbeygroup.net  
abbeygroup.net

**Arlington Inn**  
800-443-9442  
Historic Route 7A, Arlington, VT  
stay@arlingtoninn.com  
arlingtoninn.com

**Barn at Boyden Farm**  
802-598-5509  
44 VT Route 104 Cambridge, VT  
boydenevents@gmail.com  
boydenfarm.com

**Boyden Valley Winery**  
802-644-8151  
64 VT Route 104, Cambridge, VT  
info@boydenvalley.com  
boydenvalley.com

**Brandon Inn**  
800-639-8685  
20 Park St., Brandon, VT  
brandoninn@hotmail.com  
historicbrandoninn.com

**Burlington Country Club**  
802-864-4683 (ext. 104)  
568 S Prospect St. Burl., VT  
Kim.Hein@burlingtoncountryclub.org  
burlingtoncountryclub.org

**Capitol Plaza Hotel & Conference Center**  
800-274-5252  
100 State St, Montpelier, VT  
info@capitolplaza.com  
capitolplaza.com

**Catamount Country Club**  
802-878-7227  
1400 Mtn.View Dr, Williston, VT  
alex@catamountgolf.com  
catamountcountryclub.com

**Chow Bella**  
802-524-1405  
24 N. Main St., Saint Albans, VT  
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111 Church St, 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
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
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
Ethan Allen Center of Champlain College	100	Y	N	Y(23)	N	2-12	N	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
Hildene, The Lincoln Family Home	250	N	N	N	Y	12	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
Jeff's Restaurant	150	150	Y	N	N	3	N	Y(4)
Junior's Italian	50	Y	N	N	Y	3	N	N
Lilac Inn	130-250	Y	N	Y	Y	3-6	Y	Y
Michele's of New York	150	Y	N	N	Y	3-6	N	Y

\*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 Spring 2011

Continued from page 111

### ECHO at Leahy Center

877-324-6386 (ext. 101)  
One College St, Burlington, VT  
myevent@echovermont.org  
echovermont.org

### Echo Lake Inn

800-356-6844  
2 Dublin Road, Ludlow, VT  
echolakeinn@aol.com  
echolakeinn.com

### Edson Hill Manor

800-621-0284  
1500 Edson Hill Rd, Stowe, VT  
info@edsonhillmanor.com  
edsonhillmanor.com

### Ethan Allen Center of Champlain College

802-651-5957  
298 College St., Burl., VT  
eventcenter@champlain.edu  
champlain.edu/eventcenter

### Equinox Resort & Spa

800-362-4747  
3567 Main Street Route 7A,  
Manchester Village, VT  
rwhitelaw@equinoxresort.com  
equinoxresort.com

### Essex Resort & Spa

800-727-4295  
70 Essex Way, Essex, VT  
vtculinaryresort.com

### Golden Eagle Resort

800-626-1010  
511 Mountain Rd, Stowe, VT  
info@goldeneagleresort.com  
goldeneagleresort.com

### Hampton Inn

802-655-6177  
42 Lower Mtn View Dr. Colchester, VT  
burlingtonvt.hamptoninn.com

### Hildene, The Lincoln Family Home

802-367-1144  
Manchester, VT  
burks@hildene.org  
hileene.org

### Hilton (Burlington) Hotel

802-658-6500  
60 Battery Street, Burlington, VT  
Katie.McAllister@hilton.com  
burlington.hilton.com

### Holiday Inn Burlington

802-419-6218  
1068 Williston Rd., So. Burl., VT  
ashleychaffee@innvermont.com  
hiburlington.com

### Holiday Inn Rutland/Killington

802-773-6130 (x 313)  
476 US Route 7 South Rutland, VT  
weddings@hivermont.com  
hivermont.com

### Jeff's Restaurant

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

### Junior's Italian

802-655-5555  
85 South Park Dr. Colchester, VT  
juniorsvt@hotmail.com | juniorsvt.com

### Lilac Inn

800-221-0720  
53 Park St., Brandon, VT  
innkeeper@lilacinn.com | lilacinn.com

### Michele's of New York

5131 US Avenue, Plattsburgh, NY  
802-425-2120  
3260 Greenbush Rd. Charlotte, VT  
rolands@gmavt.net | oldlantern.com

### Middlebury Inn

800-842-4666 (ext. 280)  
14 Court Square Middlebury, VT  
weddings@middleburyinn.com  
middleburyinn.com

### Montgomery House Inn

802-326-3269  
Route 118, Montgomery Village, VT  
montgomeryhouseinn.com

### Mountain Top Inn & Resort

802-483-2311  
195 Mountain Top Rd, Chittenden, VT  
khele@mountaintopin.com  
mountaintopin.com

If you are a Vermont Wedding Professional, then you need to advertise in Vermont Bride Magazine, call 802-879-3157 or vtbride@vermontbridemagazine.com

## Vermont's First and Foremost Bridal Publication now in its 22nd Year

Facility Name	Max Party	Catering provided	Choice Caterer	Guest Rooms	Separate Area Ceremony	Months To Plan Ahead	Reception Area Outside	Dance Floor
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
Northern Lights – Lake Champlain Cruises	149	Y	N	N	Y	6-12	N	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
Sheraton Burlington Hotel & Conference Center	800	Y	Y	Y/ 309	Y	6-12	Y	Y
Sophie's American Bistro	120	Y	N	N	Y	3-6	Y	Y
Stowe Mountain Resort	350	Y	N	Y	Y	9-12	Y	Y
Southern Vermont Arts Center	275(19)	N	Y	N	Y	6	Y (cocktails)	Y
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
West Monitor Barn	200	N	Y	N	Y	5-12	N	N
White Rocks Inn	220	Y	Y	Y	Y	6-12	Y	Y
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. 23) We do offer campus housing from May 15 through August 15

### Northern Lights Lake Champlain Cruises

802-864-9669  
1 King St., Burl., VT  
info@lakechamplaincruises.com  
lakechamplaincruises.com

### Old Lantern

802-425-2120  
3260 Greenbush Rd. Charlotte, VT  
rolands@gmavt.net | oldlantern.com

### One Federal Restaurant & Lounge

802-524-0330  
1 Federal Street, St. Albans, VT  
onefederalrestaurant@live.com  
onefederalrestaurant.com

### Ponds at Bolton Valley Resort

877-9BOLTON  
4302 Bolton Access Rd Bolton Valley, VT  
info@thepondsvt.com  
thepondsvt.com

### Quality Inn Burlington

802-985-8037  
2572 Shelburne Rd, Shelburne, VT  
qualityinnvt.com

### Southern Vermont Arts Center

West Rd., Manchester, VT  
802-362-1405, (ext. 19)  
info@svac.org | www.svac.org

### Spirit of Ethan Allen III

802-862-8300 | 348 Flynn Ave., Burlington, VT  
spirit@soea.com | soea.com

### Stables & Inn at Pigeon Hill Farm

802-933-2719  
286 Montgomery Rd., E. Berkshire, VT  
pigeonhill@pigeonhillfarm.com  
pigeonhillfarm.com

### Stowe Inn

800-546-4030 | 123 Mountain Road, Stowe, VT  
hello@stoweinn.com | stoweinn.com

### Stoweflake Mountain Resort & Spa

800-253-2232 - Mountain Rd. Stowe, VT  
reservations@stoweflake.com  
stoweflake.com

### Sheraton Burlington Hotel & Conference Center

802-865-6620 (toll-free 800-325-3535)  
870 Williston Rd., Burlington, VT  
www.sheraton.com/burlington

### Sophie's American Bistro

802-878-6100  
18 Severance Green, Colchester, VT  
sophiesamericanbistro.com

### Stowe Mountain Resort

800.253.4SKI  
5781 Mountain Rod., Stowe, VT  
info@stowe.com  
stowe.com

### Sunset Ballroom - Waterfront Catering Group

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

### Tabor House Inn

802-868-7575  
58 Homestead Rd, Swanton, VT  
taborhouseinn@gmail.com | taborhouseinn.com

### Tourterelle Inn, Dining & Events

802-453-6309  
3629 Ethan Allen Hwy, New Haven, VT  
info@tourterellevt.com  
tourterellevt.com

### Trapp Family Lodge

800-826-7000  
700 Trapp Hill Rd, Stowe, VT  
rh@trappfamily.com | trappfamily.com

### West Monitor Barn

802-434-3969 - caillie.burns@vjcc.org  
monitorbarn.org

### White Rocks Inn

802-446-2077 (toll free 866-446-2077)  
1774 US 7 South, Wallingford, VT  
info@whiterocksinn.com  
whiterocksinn.com

### Wilburton Inn

800-648-4944  
River Rd., Manchester Village, VT  
wilburton@sover.net | wilburton.com

### Ye Olde England Inne

800-477-3771  
433 Mountain Rd, Stowe, VT  
englandinn@aol.com | englandinn.com

### TRANSPORTATION

**The Abbey's Event Limousine Services**  
800-696-4748 (ext. 10, Rachel)  
Enosburg Falls, VT

### Burlington Limousine & Car Service

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Create an artful bouquet that will tell the story of your Wedding Day!!

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P.O. Box 423, Middlebury, VT  
transit@middlebury.net | middleburytransit.com

**Notch Above Tours**  
800-639-2367  
P.O. Box 367, Jeffersonville, VT  
info@notchabovetours.com  
notchabovetours.com

**Vermont Chauffeured Transportation**  
800-388-0150  
limo@limovermont.com  
limovermont.com

### TENTS & RENTALS

**Celebration Rentals**  
802-247-0002  
86 Park St, Brandon, VT  
celebrationrent@aol.com  
celebrateinvermont.com

**Classy Potty's - Portable Restroom Services**  
802-928-3572  
classypotty@yahoo.com  
classypotty.vpweb.com

**Claussen's Florist & Greenhouse**  
Toll-free: 800-287-2361  
187 Main St., Colchester, VT  
retail@claussens.com | claussens.com

**Weddings, Tents & Events**  
888-898-3839  
155 Carroll Rd., Waitsfield, VT  
amyw@weddingstentsevents.com  
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**Needleman's Bridal & Formal**  
Toll free: 800-924-Gown (4696)  
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**Brigid Bridal Boutique**  
802-496-6672  
4318 Main St., Waitsfield, VT  
brigidbridal@yahoo.com  
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**KS Videography**  
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429 Lake Rd, St. Albans, VT  
ksvideography@yahoo.com  
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**Video Memory**  
802-899-2823  
P.O. Box 214, Underhill, VT 05489  
supersounds.entertainment@gmail.com  
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**Time Capsule Video Productions**  
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timecapvideo.com

### WEDDING COORDINATORS - EVENT PLANNERS

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### WINERIES - VINEYARDS

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# Michele's of New York

## Catering special moments in New York, Vermont, and Canada

Located a mile from downtown Plattsburgh, Michele's offers the North Country a taste of fine French-American cuisine and ambiance. Owner and member of the World Association of Chefs, Howard Fleisher, together with executive chef David Allen (ACF), has over 20 years of experience catering personalized events large and small.

Michele's elegant dining room is perfect for rehearsal dinners



Our new bar and lounge sets the perfect atmosphere for your reception

Two Full Bars

150 sq. ft. Dance Floor

Flexible Menu and Pricing

Off-site Catering Available Throughout the Northeast

Plattsburgh's Premiere Wine List

To view our catering menu, visit:

www.michelesofnewyork.com (518) 561-8142 5133 US Ave. Plattsburgh

Get Ready

The Summer issue of Vermont Bride Magazine is coming in June 2011!



# A picturesque rolling Vermont countryside will be the setting for your most memorable day.

Our estate-like terraces, lawns and gardens can accommodate up to 300 people. For the reception, select from innovative American cuisine as served in the inn's nationally acclaimed dining room.

Twenty five beautifully appointed guest rooms are available for overnight lodging. We offer a full range of outstanding wedding services from food, flowers, and carriage rides to assistance with photographers and entertainment.

Our consultants and chefs would be pleased to discuss details of your wedding to assure a perfect day.

Contact Billy O'Neil for complete details.

*Named One of the Six Best Inns in North America for Dining* - COUNTRY INNS MAGAZINE

*"If I could return to only one (inn)...it would be Edson Hill Manor... I can think of nothing more appealing than...lingering over one of the inn's matchless menus as the moon rises over the mountains."*

-SAN FRANCISCO EXAMINER

*"The day was so perfect...I felt as though my wedding was being held at a private estate"*

-LINDA K., CALIFORNIA

*"I had no worries - all I had to do was put on my wedding dress. The staff was so accommodating and attentive. I couldn't have asked for anything more."*

-IRENE T., FLORIDA



## EDSON HILL MANOR

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