

www.vermontbridemagazine.com

Vermont Bride



SUMMER 2011

4 Love Stories

In Their Own Words

**Realizing Your Vermont
Summer Outdoor
Wedding Dream**

**A Big Piece of
Wedding Cake**

**Professional DJ or
iPod for your Wedding?**

**Vermont Bride
2nd Annual Gala!
SAVE THE DATE
Oct 9, 2011!**

Real Vermont Brides - Real Vermont Love Stories



The Hampton Inn @ Event Center

802.655.6177

Receptions | Celebrations | Ceremonies | Lodging
42 Lower Mountain View Drive
Colchester, VT 05446
www.burlingtonvt.hamptoninn.com

YOUR FIRST STOP FOR YOUR NEXT EVENT.



Weddings, Tents & Events is dedicated to providing customized quality service that encompasses the needs of each client. With over twenty years in the rental business we make the perfect wedding look easy. From the engagement party to the wedding day, we help you along the way.

Plan a visit to our showroom, where one of our event coordinators will happily assist you throughout your planning process. In addition we specialize in providing all your rental needs including – crystal, china, linens, as well as tables, chairs, lighting, and more!



WEDDINGS, TENTS & EVENTS

155 CARROLL ROAD

WATTSVILLE VT 05673

TOLL FREE 888.898.3839 VERMONT 802.496.3545

WWW.WEDDINGSTENTSEVENTS.COM

Elegant,

and ROMANTIC return to the WONDER of a CLASSIC Vermont Inn



The Stowe INN

Special Value Packages Available

**COMPLIMENTARY
BRIDAL SUITE**

...*when booking event or rooms.
Call for details



123 Mountain Road
Stowe, VT 05672

Reservations & Info:

(802) 253-4030

Fax: (802) 253-4031

www.stoweinn.com

Rehearsal Dinners | Wedding Ceremonies | Receptions | Luncheons

The Stowe Inn is situated on a beautiful and lush 4-acre estate perfectly suited to accommodate large weddings and events. With ■ Onsite catering ■ Separate areas for both your ceremony and reception ■ Unique guest rooms ■ Many other special accoutrements available. Remember, the Stowe Inn has it all.



Your Event Is Our Specialty

At Burlington Country Club we begin with an experienced staff, add your creativity and vision to our expertise, and then deliver an event that will make you the toast of your guests. Let us do the work and you enjoy your guests. For a comprehensive menu designed especially for you, please call or e-mail us today.

**BURLINGTON
COUNTRY
CLUB**

802.864.4683 (EXT.104)

www.BurlingtonCountryClub.org

Contact us at events@burlingtoncountryclub.org

Photos by: The Portrait Gallery



Recipe for an
Unforgettable Day

1. Fall in love and
say yes.

2. Choose the ideal setting for your Vermont Wedding. Nestled between the Green Mountains and Lake Champlain, The Essex is the Burlington area's only AAA Four-Diamond Resort, and you are invited to bring your own style to the festivities!



3. Delight in our inspired, award-winning cuisine.

4. Relax as our wedding professionals guide your entire celebration. From the reception and rehearsal dinner to bridal party activities and stylish overnight accommodations, we've got you covered.



5. Spa with your bridal party, gathering between appointments to sip mimosas in your own private lounge. Updos and makeup? Of course! We will pamper you from head to toe with custom designed packages that will guarantee your picture-perfect wedding.

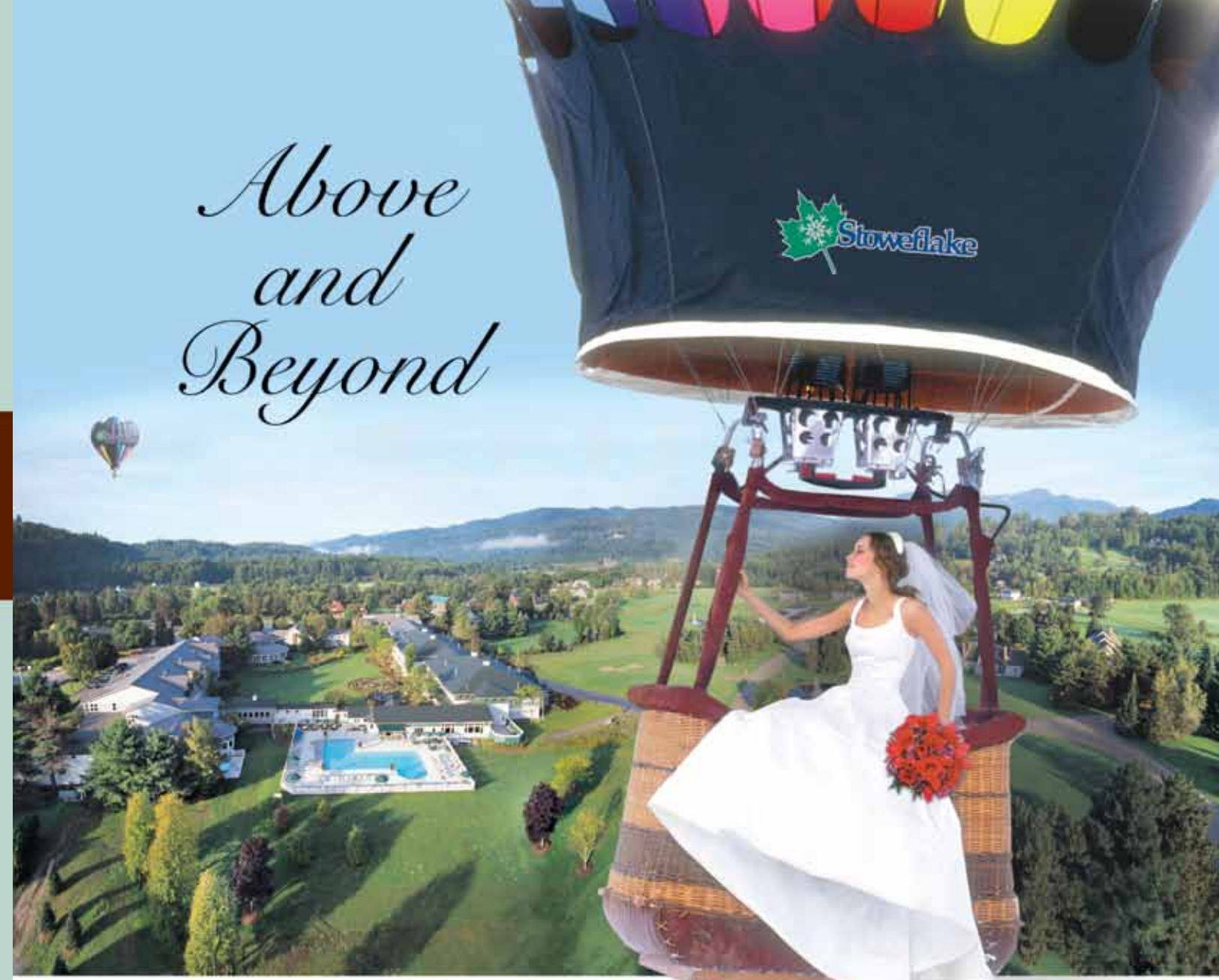
6. Savor these moments for the
rest of your life.



THE *Essex*
VERMONT'S CULINARY RESORT & SPA™



The Essex Resort & Spa, 70 Essex Way, Essex (Burlington), VT 05452 P: 802.878.1100 T: 800.727.4295
www.VtCulinaryResort.com



*Above
and
Beyond*



*World Class Spa
with Spa Bridal Parties
and 120 Treatments*



*Rehearsals, Bridal Luncheons
and Family Events*



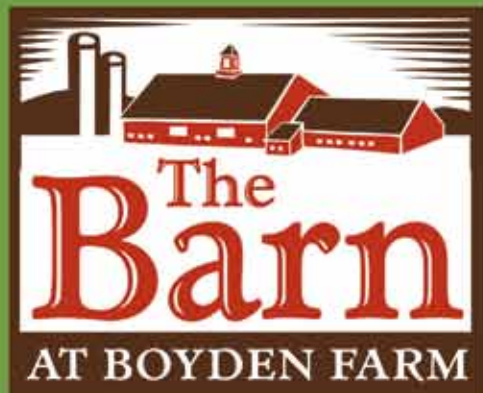
*Outdoor and Indoor
Wedding Receptions with
Ballroom for 400 Guests*



*Luxury Guestrooms and
One, Two, Three Bedroom
Townhouses*



Stowe, Vermont www.stoweflake.com Call our wedding planner: 800-253-2232



Rustic elegance can be felt as you enter our beautifully restored 1800's barn.

OPEN AIR PAVILION FOR CEREMONIES
1800'S RENOVATED HAY LOFT WITH CATERERS PANTRY
NESTLED ALONG THE LAMOILLE RIVER VALLEY
AND MOUNT MANSFIELD

www.boydenfarm.com

Experience the magic of **The Barn.**



Located at the intersection of routes 15 & 104 in Cambridge, Vermont. Contact us for availability.

802.598.5509

SAVE THE DATE

Vermont Bride ^{2nd Annual} 2011

Gala

Sunday, October 9, 2011
2:00-5:00 pm

@ The
Barn At Boyden Farm

- Enjoy Wedding Fashion
- Explore the Themed Decor
- Gourmet Eats
- Dessert & Dancing
- Music & Entertainment
- Photography Gallery
- Meet VT's Finest Wedding Professionals and more!

For more information visit Vermont Bride's website:
www.VermontBrideMagazine.com

Hosted by:



Experience the magic of the Barn!

Sponsored by:





The Kitchen Store at J.K. Adams in Dorset and Waterbury, Vermont

Enjoy a lifetime of cooking and entertaining together.

The kitchen is the heart of the home and The Kitchen Store at J.K. Adams offers all you'll need to begin your new life together. We believe wedding registry should be an easy and enjoyable experience. Through the years, our sales associates have helped countless couples choose the right products to outfit their kitchens, products that express the couples' taste and lifestyle. We offer a large assortment of cooks' tools, cookware, cutlery, electrics, dinnerware, bakeware, cutting boards, and more. Choose from brand names such as Le Creuset, All Clad, Viking, Wusthof, Emile Henry, Simon Pearce and of course, our own J.K. Adams wood products. For over 65 years, J.K. Adams Company has been handcrafting timeless designs in kitchen wood products in our factory in Dorset, Vermont. Register to own a piece of Vermont history from J.K. Adams' line of wood cutting and serving boards, spice racks, bowls, wine and stemware racks, knife blocks, and pot racks. Our personalized engraved boards make beautiful wedding party gifts that with proper care, will last a lifetime, just like a marriage!



To begin your registry, call for an appointment or simply stop in and allow one of our professional sales associates to assist you.

Win a Vermont weekend getaway!

Register with us by August 31 and be eligible to win a Vermont weekend getaway for two. This mini vacation includes a two night stay at The Essex Resort & Spa, a cooking class for two and two massages at the spa!



The Essex Resort & Spa

Visit The Kitchen Store at J.K. Adams in one of two locations: 1430 Route 30, Dorset, VT 802-362-4422

Route 100 Cabot Complex
Waterbury, VT 802-560-4116
www.thekitchenstoreonline.com
www.jkadams.com



Something old, something new ...

A Wedding Tradition at Hildene



Introducing Our 2012 Exclusive Wedding Team
Wedding Director Sheila Burks, Catering by Pangaea Restaurant
and Flowers by Nancy Bishop Floral Designers

For information and a wedding package contact Sheila at 802.367.1144 or burks@hildene.org
Hildene, The Lincoln Family Home Manchester, Vermont www.hildene.org

The Vermont Bride Magazine

SUMMER 2011

Vermont's First & Foremost
Wedding Publication

CONTENTS

Orchids

Spotlight on Flowers



Health Nuggets

Preparing for Your Weight Loss Journey



SUMMER 2011 BRIDAL RESOURCE GUIDE
Over 250 Vendor Entries
Page 106

Center Stage-NEWS FLASH!
People and Places on the Go
Page 54



LOVE STORIES

- 31** Our Love Story: Leah (Harstenstein) & Greg Morse
- 64** Cover Bride Love Story: Amanda (Menard) & Jason Giroux
- 83** Our Love Story: Heather (Wright) & Brian Vickery
- 97** Our Love Story: Erica (Rustad) & Nelson J. Ferreira



FEATURES

- 25** Plan Your Pre-Wedding Massage *By Sara Daly*
- 27** Sabrina's Top 10 Tips for Brides *By Sabrina (Sikora) Dommengue*
- 28** Spotlight on Wedding Flowers: Orchids *By Karen Sturtevant*
- 34** Realizing Your Vermont Summer Outdoor Wedding Dream *By Susanna Keefer*
- 40** Your Wedding Your Way: Sacred Sites and Readings for Your Ceremony *By Dr. Rev. Michael Caldwell*
- 41** Should I discourage friends and family from bringing cameras? *By Joe & Linda Crosby*
- 44** The Informed Traveler Discovers Peru *By Carrie McDougall*
- 48** Health Nuggets Preparing for your weight loss journey *By Megan Daigle*
- 48** Get Ready! the Legal Details for a Vermont Wedding
- 49** Engagement: Lauren Jean Cole and Dustin Charles Weir
- 51** Bridal Skin Care *By Kim Scofield*

COMPLETE VENDOR INDEX

Abbey, The.....	95	Mountain Top Inn & Resort, (The).....	23
Abbey's Event Limousine Services ...	107	Nataschas-Photography.....	110
Arlington Inn	53	Needlemans Bridal & Formal.....	50
Armstrong Handmade Papers	51	Northern Lights - Lake Champlain	
Ayer Photography	53	Cruises	23
BakeAria, LLC	77	Northern VT Oral & Facial Surgery.....	37
Bakery at Junior's,(The)	106	Nostrand Financial Planning.....	88
Barn at Boyden Farm, (The).....	8	Old Lantern, (The)	37
Bayberry Cottage	56	One Federal Restaurant & Lounge.....	91
Ben & Jerry's.....	29	Orah Moore Photography	36
Ben Hudson Photography.....	18	Party Store, (The)	79
Betty's Flower Basket	24	Peak Entertainment DJ	79
Boyden Valley Winery.....	106	Peck's Flower Shop.....	109
Brandon Inn	14	Perfect Image Fashions.....	93
Brigid Bridal Boutique	106	Portrait Gallery, (The)	73
Buri Limo & Car Service.....	30	Precious Things Jewelers	40
Burlington Country Club	5	Princess House	36
Capitol Plaza.....	58	Purple Sage Salon & Spa	93
Captivating Weddings & Events, LLC..	70	Quality Inn (Burlington) Hotel.....	109
Carman Brook Farm	70	RaidenShine Photography	43
Catamount Country Club.....	19	Randy Morris Photo	22
Celebration Rentals.....	30	Sewing Basket, (The)	39
Chow Bella	76	Shelburne Country Store.....	70
Classic Consort.....	88	Sheraton Hotel & Conference Center	115
Classy Potty's.....	53	Signature Properties of Vermont.....	90
Claussen's Florist & Greenhouse	19	Simplify Your Health Now	48
COLDWELL BANKER - Gayle Oberg	96	Skinny Pancake, (the)	15
Colonial Styling Center.....	18	Snaffle Sweets.....	109
Crimson Poppy Flower Shoppe.....	106	Sophie's American Bistro	22
Cultural Crossroads	111	Spirit of Ethan Allen III	15
Danforth Pewter.....	111	Spirit of Ethan Allen III	90
Dayve Huckett	70	Stables & Inn, (The).....	46
Delicate Decadence	56	State Street Catering	18
Eaton's Fine Jewelry	57	Stowe Inn & Tavern, (The)	4
ECHO at Leahy Center.....	18	Stowe Mountain Resort.....	47
Echo Lake Inn	75	Stoveflake Mountain Resort & Spa.....	7
Edson Hill Manor	116	Sunset Ballroom	24
Esden Florist.....	53	SuperSounds DJ	52
Essex, (the), Resort & Spa	6	Susanna's Catering.....	95
Ethan Allen Ctr of Champlain College ..	49	Sweet Crunch Bakeshop & Catering	17
Fiori Bridal Boutique.....	71	Tabor House Inn	36
Five Elements Salon & Day Spa.....	71	Tasty Persuasions Catering	46
Gerry Lawrence (DJ).....	21	Time Capsule Video Productions	39
Golden Eagle Resort.....	111	Tourterelle - Inn, Dining & Events	16
Green Mountain Photobooth.....	21	Trapp Family Lodge.....	22
Green Mountain Swing.....	111	Truly Noted	106
Hair Loft Design Center - Salon & Spa	37	Vela-Shape (Dr. Fisher).....	49
Hampton Inn	2	Vermont Wedding Violinist.....	109
Hawley's Florist	75	Video Memory.....	108
Hildene, The Lincoln Family Home.....	11	Village Green Florist.....	108
Hilton Burlington	21	Vermont Bride 2nd Annual Gala!.....	9
Holiday Inn - Rutland	58	VT Enchanted Events	42
Holiday Inn - Burlington	110	VT Mountain Syrup - Michael Caldwell	51
Howards The Flower Shop	22	VT Symphony Orchestra (VSO)	39
Jay View Wedding Flowers	57	VT Weddings by Kim	108
Jeff Schneiderman Photography	37	Waterfalls Day Spa.....	51
Kim Martin Photography	72	Wedding DJ Vermont	108
Kitchen Store at JK Adams.....	76	Weddings by Expressions.....	14
KS Video + Nailz by Sue.....	77	Weddings Tents & Events.....	3
Larry Asam Photography.....	93	Wendy Kluin - Makeup Artist.....	51
Lauren-Stagnitti-Photography.....	23	West Monitor Barn	74
Lilac Inn, (The)	50	Wetherbee's Catering	30
Linco Entertainment.....	81	Whipple Photography.....	39
Lisa Carlson	91	White Rocks Inn	47
Love That Duo!!	74	Wilburton Inn	29
LUMINA (Dr. Fisher)	17	X-Press.....	107
Makeup by Kathryn.....	22	ye Olde England Inne	81
Mary Kay	110		
May Walton Photography	24		
Middlebury Inn.....	16		
Montgomery House.....	110		
Moon Studio Day Spa.....	17		

Member of
VERMONT
Chamber of Commerce

PRINTED BY
LANE PRESS

Come Visit Us Online at
www.vermontbridemagazine.com
contents©Vermont Bride Magazine

Vermont Bride
P.O. Box 143
Westford, Vermont 05494
802.879.3157

Are you ready to make a little history of your own?



Special wedding packages available



BRANDON INN

Est. 1786

historicbrandoninn.com
800.639.8685



Listed on the National Historic Register

Erica (Rustad) and Nelson J. Ferreira
August 7, 2010



97

Photo: Larry Asam Photography

CONTENTS con't

- 54** Center Stage-NEWS FLASH! People and Places on the Go
- 56** Potted Plants: The Ideal Accent for Your Vermont Wedding
By Pat Esden
- 59** A Big Piece of Wedding Cake Yesterday and Today
By Karen Sturtevant
- 70** Congratulations, you're engaged! Four Tips for the Wedding Journey
By Jackie Watson
- 72** The Fit Spot: The Importance of Water
By Toria Cornett and Karen Sturtevant
- 76** Professional DJ or iPod for your Wedding? *By Grant Allendorf*
- 78** Music for Your Wedding "Music Pachelbel Canon in D"
By Lisa Carlson
- 80** Proper Parent Phrasing How to keep everyone happy when wording your invitation *By Colleen Kuerth*
- 82** How To Write a TOAST Making them Memorable
By Julie Subotky
- 89** Happily Ever After With Full Financial Disclosure
By Benjamin Nostrand
- 92** Picture Perfect Weddings *By Susan Lackey*
- 96** What Are the Expenses Involved in Purchasing a Home?
By Gayle Oberg
- 101** Get Ready, Get Set, Lose the Weight the Healthy, Fun, and Simple Way!
By Megan Daigle
- 102** Pieces of the Planning Puzzle *By Lauri Boyden*
- 103** The Stress of a long-distance relationship from a young love perspective
By Kayla Sturtevant

EVERY ISSUE

- 20** Inside Vermont Bride Staff Notes
- 104** Vermont Bride Photographers' Showcase
- 106** Bridal Resource Guide Summer 2011
- 112** Accommodations Chart

the Beauty, the Emotion, the Love

Where Fairy Tale Meets Affordable on Lake Champlain.

MIDDLEBURY INN



Start your own tradition with the historic Middlebury Inn

- ◉ WEDDING RECEPTIONS, REHEARSAL DINNERS AND BRUNCHES FOR UP TO 150 PEOPLE WITH A VARIETY OF SETTINGS AVAILABLE.
- ◉ SUMPTUOUS FOOD, A RELAXED ELEGANCE AND A PERFECT LOCATION ACROSS FROM THE TOWN GREEN.
- ◉ 71 NEWLY REFURBISHED ROOMS FOR OUT OF TOWN GUESTS.
- ◉ WATERFALLS DAY SPA FOR THAT SPECIAL PAMPERING.



14 COURT SQUARE MIDDLEBURY, VT 05753
800-842-4666 WWW.MIDDLEBURYINN.COM



The Beauty of Simplicity in the Vermont Countryside.

Tourterelle



We specialize in custom-designed weddings for up to 200 guests in an elegant and intimate barn setting. We serve French-inspired cuisine, made with fresh local products.

Rehearsal dinners and catering also available.

New Haven, Vermont
tourterellevt.com
802.453.6309

Before you say "I do"...



say "YES" to FREE products, personal service and satisfaction guaranteed!

Princess House products are the perfect marriage of quality and style. Best of all, you can get them FREE through our Bridal & Gift Registry... Please call me so that I can show you all of the wonderful things

Princess House has to offer!
Laurie G Malenfant
802.233.7675

PRINCESS HOUSE
BRIDAL & GIFT REGISTRY

www.PrincessHouse.com/LMalenfant
OurPrincessHouse@aol.com



**Spa
Wedding
Packages**

4070 Shelburne Rd.
Shelburne, VT
802-985-9049
www.moonstutodayspa.com

Relax & Care of to us!

Bridal Serenity Package
Signature facial, spa manicure & pedicure & paraffin hand treatment.

Champagne Chocolate for the Groom
Massage, spa manicure & pedicure, champagne & decadent chocolate truffle.

Euphoria - for Ladies in Waiting
Massage, hair style & makeup plus mimosas!

We customize packages just for your wedding party. Shower & spacious dressing area available.



WOMEN'S HEALTHCARE & AESTHETICS

LUMINA...

Unique Med Spa Setting

- Comprehensive Gynecology
- Skin Rejuvenation
- Laser Hair and Vein Removal
- Cellulite Reduction
- CoolLipo
- Botox & Fillers
- Peels / Facials / Microdermabrasion
- Acupuncture & Chinese Medicine
- Nutrition and Lifestyle Counseling



Nancy Carlson Fisher, MD

Changing the Way a Woman Sees the Doctor

1775 Williston Road South Burlington, VT
802-861-0200 • nancyfishermd.com

*Delicious Ingenuity
Impeccable Service*



Let us help you plan the perfect event
Catering for weddings, offices, private parties and any type of event.



Hyde Park, VT
802-888-4887
sweetcrunchbakeshop.com

Colonial Styling Center
Specializing in all your
Bridal Party needs.

Wedding Styles
only \$38.00
St. Albans, VT
802.524.5630

**Ben Hudson
Photography**
benhudsonphotography.com

*Classic Elegant Weddings
in a unique Country Setting*

1400 Mountain View Road
Williston, VT 05495
(802) 878-7227

- Reasonable Rates
- Onsite Ceremonies
- Accommodations for 200 People
- Breathtaking Mountain & Garden Views

Catamount Country Club

www.catamountcountryclub.com

Photos: Sina Plant Photography

Quick Quips summer edition

Working out and setting a budget is one of the first things that should be done once the date is set.

Ramp up your wedding program with messages to your guests and details on how you two met, your first date, engagement memories, explanations of why you chose your music, colors, food, and dress. Make the program a keepsake booklet.

Ask your photographer to take group photos of your guests.

Print your engagement photo with the title "Words of Advice" or "Words of Wisdom" on card stock and place around the reception (with pretty pens). Guests can write their thoughts, love, and wishes!

To get a close-to-accurate count of guests for the reception, take the total number of people invited, multiply that number by .66, and multiply that number by 1.15.

For example: 100 invited x .66 = 66 x 1.15 = 76 people expected.

State Street Catering

*Great Food Makes Great Memories,
and We Make Great Food!*

from Uncle Mike's Deli
8 State Street, Montpelier, VT
(802) 229-6788
statestreetcatering.com

Claussen's
FLORIST
Greenhouse & Perennial Farm

187 Main St.
Colchester, VT
800.287.2361
www.claussens.com

*Let your magical day of dreams,
romance and memories come together
with elegant floral creations by our
professional floral designers.*

Photo: Bill Boccio

Only at ECHO.

With our Lakefront location, breathtaking views of the Adirondacks, three floors filled with sparkling aquariums, and elegant indoor and outdoor spaces for ceremonies, receptions, meetings, and parties, you'll find ECHO to be the most memorable and unique location in Vermont.

- Exclusive Building Rentals
- Private Room Rentals
- LEED Certified Building
- Green Weddings

For more information check out our website under facility rentals or call to speak with a private events coordinator.

eCHO LAKE AQUARIUM AND SCIENCE CENTER
LEAHY CENTER FOR LAKE CHAMPLAIN
BURLINGTON WATERFRONT • ECHOVERMONT.ORG • 877.324.6386

GET CLOSER TO THE LAKE
ECHO

Picture courtesy of Patricia Tedesco, Photography by Patricia

Inside Vermont Bride: Staff Notes

Real. Authentic. True. Three words to describe *Vermont Bride*. Real Vermont brides, authentic love stories, and true professionals dedicated to weddings. Locally owned, published, and printed, this magazine has authenticity written on every page. In each issue we offer real-life advice, love stories, and recommendations from those who adore weddings as much as we do.

Mark your autumn calendars for *Vermont Bride's* *Second Annual Bridal Gala*, to be held at The Barn at Boyden Farm on October 9, 2011. Watch for details! But, before we jump to the season of turning leaves, let's kick off summer with this edition filled with dedicated vendors, articles both informative and inspiring, and love stories that will make you smile. Did we mention the chance to win

a honeymoon and a weekend getaway? Raise a toast to our joyful couples, refill your water bottle, and savor the beauty of the season.

This is the summer of 2011, and it will only happen once. Make it count!

SAVE THE DATE!
VERMONT BRIDE
Gala

HOSTED BY
 Sunday, October 9, 2011
2:00 - 5:00 pm
at the Barn at Boyden Farm

*Travel is more than just A to B.
Travel should launch life's greatest journey.*

Whether it's the rehearsal dinner, wedding ceremony, reception, honeymoon suite, guestrooms for out-of-town guests, or brunch, let the Hilton Burlington make your special day the perfect beginning to your happily ever after.

60 Battery Street, Burlington, Vermont 05401
1-802-658-6500 burlington.hilton.com

Hilton
Burlington
Travel should take you places®

For Your Wedding Reception
let **Gerry Lawrence** provide
DANCE MUSIC - at its best!
All the Latest Hits & Oldies too!

FEATURING:

- Variety-Danceable rock, latest hits, tunes from the 40's to the present!
- Music played professionally by a professional DJ.
- Excellent quality sound.
- Lighting.
- Affordable.
- Will host your reception as required.

For booking info call today!
(802) 655-7534
gerry@accuritepayroll.com

Vermont Bride
HELPING BRIDES PLAN PERFECT WEDDINGS SINCE 1990

PUBLISHERS
Vickie Karnes, Steven Karnes

EDITOR IN CHIEF
Karen Sturtevant

ART DIRECTOR
E.E. Weems

Vermont Bride • P.O. Box 143
Westford, Vermont 05494
vtbride@vermontbridemagazine.com
802.879.3157
Copyright © Vermont Bride Magazine
www.vermontbridemagazine.com

CONTRIBUTING PHOTOGRAPHERS
Larry Asam Photography
Ayer Photography of Vermont
Green Mountain Photobooth
Ben Hudson Photography
Kim Martin Photography
Orah Moore Photography
Randy Morris Photo
Natascha's Photography
Photo Booth Rental of VT
Polis Photography
Portrait Gallery
RaidenShine Photography
Jeff Schneiderman Photography
Lauren Stagnitti Photography
May Walton Photography
Weddings By Expressions
Whipple Photography

CONTRIBUTING WRITERS
Grant Allendorf
Lauri Boyden
Michael Caldwell
Lisa Carlson
Toria Cornett
Linda & Joe Crosby
Megan Daigle
Sara Daly
Tracy Davies
Pat Esden
Erica (Rustad) Ferreira
Susanna Keefer
Colleen Kuerth
Susan Lackey
Carrie McDougall
Leah (Harstenstein) Morse
Benjamin Nostrand
Gayle Oberg
Kim Scofield
Sabrina (Sikora) Dommengé
Karen Sturtevant
Kayla Sturtevant

SALES & MARKETING
Lynn Roberge
Joe Karnes

Cover by RaidenShine Photography

Julie Subotky
Heather (Wright) Vickery
Jackie Watson

COPY EDITORS
Karen Sturtevant
Erik Weems

Vermont Bride is published quarterly and is available throughout Vermont and internationally via mail. Statements and opinion published within Vermont Bride Magazine does not necessarily reflect the opinions of the publishers. Every effort is made for accuracy for all material printed herein, however the publishers of Vermont Bride disclaim all responsibility of liability for omissions and errors.

PHOTOS

Take Your Photo

6 Different Poses in B+W Color

Green Mountain Photobooth

The highest quality photobooths on the market.
802-899-2823
Serving VT, NH, & NY

Smile.
You're about to create some great memories.
And we're here to help.

2 Photobooths to choose from:
The "Contemporary" and the "Classic"

- Unlimited photos, color or black & white.
- Formal attired attendant.
- Scrapbook option.
- Free prop box.
- DVD of all photos.

Super Fast 10 Second Delivery!

Classic
Package: \$1,300 for 5 hrs.
(same options as the Contemporary)

Contemporary
Package: \$1,300 for 5 hrs.

Travel fees apply outside of Chittenden County
www.greenmtphtobooth.com

From elegant to simple, we take your thoughts and ideas and create a day to remember.

Howards
The Flower Shop
81 North Main St.
St. Albans, VT 05478
800-371-5715
howardstheflowershop.com

Randy Morris Photo

randymorrisphoto.com

Modern.
Classic.

802-377-8232

LAUREN STAGNITTI
Fine Art Wedding Photography

Stowe, Vermont | 802-888-5433
laurenstagnitti.com

Set Sail...
Be the exclusive party on board the Northern Lights for your wedding day!

Find us on Facebook

- Packages priced to match any budget
- All wedding packages include the help of our professional wedding coordinators
- Perfect for all private events and corporate gatherings

With exclusive catering by
Burlington Bay Catering

NORTHERN LIGHTS

For more information on Lake Champlain's premier cruise ship, please visit: www.lakechamplaincruises.com or call: (802) 864-9669

Sophie's
American Bistro

Experience comfortable yet sophisticated dining

- ~ Lunch
- ~ Dinner
- ~ Sunday Brunch

18 Severance Green Colchester, VT
802.878.6100

Come in and enjoy a gourmet twist on comfort food
www.sophiesamericanbistro.com

Bridal Showers
Rehearsal Dinners
Intimate Ceremonies

Imagine a Perfect Day to Celebrate Your Love.

Weddings, from simple to elaborate, and all that you dreamed it could be.

Let us create your perfect day, just as you always imagined.

Trapp Family Lodge
A little of Austria. A lot of Vermont.

ROMANTIC GETAWAYS • FAMILY VACATIONS
CORPORATE RETREATS • WEDDINGS
SOCIAL EVENTS

700 TRAPP HILL ROAD STOWE, VERMONT
800 826 7000 WWW.TRAPPFAMILY.COM

PHOTO CREDIT: LAUREN STAGNITTI

Every season ...

...we offer breathtaking natural beauty for your special day

Follow us

THE MOUNTAIN TOP INN & RESORT Just a short drive from Killington.

Members of Vermont Wedding Association

195 Mountain Top Road Chittenden, Vermont 802.483.2311 www.mountaintopinweddings.com

Makeup by Kathryn - 802-355-4583

Providing professional makeup services for bridal, fashion, beauty, commercial photography and special events.

kcannata@gmail.com • www.myspace.com/kathryncannata

Plan your special day at the...



Newly renovated and expanded for up to 300 guests!

Sunset Ballroom

Truly unique venue overlooking Lake Champlain and the Adirondacks with beautiful attached patio for Spectacular Sunsets.

Wedding Packages - including off-peak Discounts

802-658-3663

Gary@VermontSpecialOccasions | www.VermontSpecialOccasions.com



Photos by: Mager Studios

SPA CORNER

By Sara Daly

Plan Your Pre-Wedding Massage

Massage is one of the best ways to de-stress, rejuvenate and give your mind and body a chance to relax. Massage is an important part of a wellness inspired lifestyle.

Massage is recommended prior to your wedding to give you and your husband-to-be a special moment to relax, unwind, and connect with your bodies. Massage has been proven to help fight infection, boost immune systems, reduce blood pressure and heart rate, and provides a surge of feel good hormones.

It can be baffling to know which massage will suit you best. Here is a quick guide to differentiate the massages when you browse thru the spa menu.

Swedish: A traditional full body massage with firm, but gentle pressure. Swedish massage focuses on long flowing strokes and muscle kneading. Most spas offer this classic massage.

Hot Stone Massage: Hot stones are used to further relax and de-stress your muscles. The basalt stones are black volcanic rock that are smooth and absorb and retain heat. Your therapist holds the warmed stones in her hands as your muscles are heated and lengthened. Muscles release more quickly when stones are used in combination with Swedish techniques.

Aromatherapy Massage: Essential oils are used to heighten the senses. Traditionally, a therapist will take you on a "smell journey" and present a spectrum of aromas that you like. Some oils are stimulating, while others are calming. You can decide where you want to go in your massage. Pick a citrus scent for a tropical escape or sandalwood for an earthy feel.

Deep Tissue or Sports Massage: This massage style focuses on deeper pressure to targeted tissue for restorative benefits. Frequent areas of concentration are neck and shoulders, low back, and hamstrings. Stretches are often incorporated to further elongate the muscles. Hot towels and heated tables also encourage



more blood and lymph flow in and out of the area to rehabilitate the muscles. Athletes prefer this massage as the goal is to reduce pain and enhance performance.

Couples Massage: A great pre-wedding or post wedding massage for the bride and groom. Many spas have couples suites where two tables are set up side-by-side and each of you will have a massage therapist performing a massage of your choice. One of our favorites is a side-by-side Warm Stone massage with champagne after in the relaxation room.

Four Handed Massage: If you can get your hands on one of these, try it! Two massage therapists will massage you at the same time in a coordinated Swedish style massage. It is a decadent massage that you will be talking about for years.

Many spas have couples suites where two tables are set up side-by-side...

continued on the next page

May Walton Photography



maywaltonphotography.com (802)236-5538

Exquisitely crafted, unique artistic floral creations.

Sarah's Weddings
Bridal

BETTY'S FLOWER BASKET
9 Bank Street, ST Albans, VT
802-524-4146 | bettysflowerbasket.com



Spa Corner: Plan Your Pre-Wedding Massage

Continued from page 25

Whatever massage you choose, here are a few practical tips to get the most out of your massage:

- Be sure to give yourself enough time before and after your massage to relax and enjoy the entire experience.
- Talk to your therapist. They will want to know the areas that are bothering you and your massage preferences. You can always talk to your therapist during a massage and request pressure changes.
- Relax and clear your mind. The hour you are in the massage has been reserved for you and it is your time.
- Leave cell phones in your locker or in your car.
- Undress to your comfort level. You will be properly draped during your massage, so removing all your clothes for a massage is the preferred option.
- If you have scheduled a Swedish style massage, but decide you want to change it to an Aromatherapy massage, ask. Most spas can accommodate a menu change.
- If it is your first time having a massage ever, let your therapist know. You will receive more explanations and will be asked more often about your comfort level.
- Drink water after your massage. A massage releases waste products into your system and drinking water will encourage them to leave your body.

Visit your spa on your wedding weekend to untie your knots!



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

Vermont Bride 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.

Colonial Styling Center, Inc.
 St. Albans, VT
 802-524-5630
 see our ad at
VermontBrideMagazine.com

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

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

Five Elements Salon & Day Spa
 802-773-8005
 Rutland, VT
www.fiveelementsdayspa.com

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

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

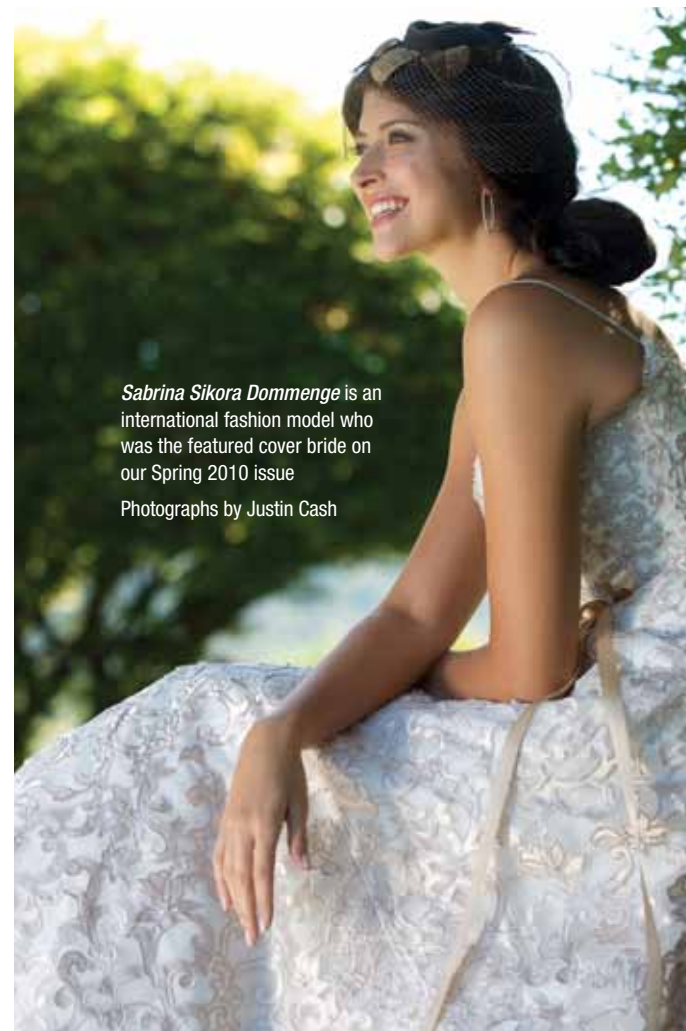
Moon Studio Day Spa
 802-985-9949 | Shelburne, VT
www.moonstudiodayspa.com

Purple Sage Salon & Spa
 802-879-1160
 Essex Jct., VT
www.purplesagesalonspa.com

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

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

Sabrina's TOP 10 TIPS for Brides By Sabrina (Sikora) Dommengé



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

Photographs by Justin Cash

1. Have an open mind.

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

2. Try bartering for goods and services.

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

3. Mix and Match to show your style

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

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

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

4. Get a great photographer.

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

5. Wear comfortable shoes

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

6. Create a wedding Website

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

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

7. Treat the weary travelers well!

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

8. Stick to your budget.

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

9. Make the Name Change easy!

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

10. Have Fun! Relax! Smile!

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



Spotlight on Wedding Flowers: Orchids

By Karen Sturtevant



Family: Orchidacea is the largest family of flowering plants in the world and includes Vanilla (the genus of the vanilla plant).

Botanical Name: *Orchis*

There are between 25,000 to 30,000 different species of orchids growing wild worldwide. Between 200 to 300 new species of orchids are found annually. Discovered in 2002, the *Phragmipedium kovachi* orchid, with its vivid purple flowers, made *New York Times* headlines stunning orchid enthusiasts. Valued for their exotic appearance and slight, sweet scent, orchids are an impressive choice for wedding focal flowers.

Availability: Several species are available year round with the most popular being the *Dendrobium*, *Cymbidium*, and *Phalaenopsis*. Orchids can be found in all hues from earthy tones to bright pink and inky black. No blue orchid has ever been found growing naturally.

Meaning: Love, beauty, wisdom, strength, and thoughtfulness. In China, refinement and innocence of children are associated with orchids.

Long life: Orchids, as cut flowers, have amazing vase life, lasting three weeks or longer. Some house-plant orchids, including *Phalaenopsis* display their blooming flowers for three months or longer.

Three popular orchids:

Dendrobium (Singapore orchid)

Ten to twelve delicate florets, 1 to 2 inches across, bloom in colors of creamy white, bright magenta, purple, green, pink, and bicolor on slender, sturdy stems. Found in southeast Asia from northern India to the islands off the East coast of New Guinea and Australia to Polynesia.

Cymbidium (boat orchid):

Thick, fleshy roots give life to waxy textured flowers, which have rounded sepals with each petal having the same dimensions. Available in standard (approximately 5 inches across in diameter) and miniature (approximately 2 to 3 inches across in diameter), *Cymbidium* orchids originate from Thailand and are found in colors of cream, white, green, yellowish-green, yellow, pink, red, and brown.

Phalaenopsis (moth orchid):

With five petals on each 2 to 4 inches in diameter

bloom, this orchid resembles a moth in flight and available in white, pink, lavender, and yellow. A single multi-branching flower spike between 12 and 18 inches in length can have more than 20 flowers. Native to southeast Asia, most grow upon another plant, even trees or on rocks. Highly adaptable, species are found below the canopy of moist, humid forests, or seasonally dry or cool environments.

Uses: Bouquets, boutonnieres, corsages, hair accents, centerpieces, cake decor.

Fun Facts

Vanilla flavoring is derived from the pods of the *Vanilla planifolia*, a leafy climbing orchid.

There are nearly four times the number of orchid species than there are mammal species.

Approximately 800 new orchid species are added each year from horticulturalists and orchid growers.

Orchids can be found on every continent except Antarctica.

Most orchids grow anchored in trees in subtropical and tropical climates and are considered epiphytes meaning they do not need to have their roots in soil to grow.

The seeds produced by orchids are the smallest among all flowering plants.

The heaviest orchid, *Grammatophyllum speciosum*, has the capacity to weight up to 2,000 pounds. In nature the adult orchid produces up to 10,000 blooms.

Karen Sturtevant is a freelance writer, editor of *Vermont Bride*, and has a stunning white *Phalaenopsis* sunning itself on her kitchen windowsill.

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

Sarah's Weddings by Betty's Flower Basket

toll-free: 800 892-7259 (or)
802-524-5703
www.bettysflowerbasket.com

Claussen's Florist & Greenhouse

toll-free: 800-287-2361
802-878-4286
www.claussens.com

Crimson Poppy Flower Shoppe

802-434-5143
crimsonpoppy@myfairpoint.net
See our ad @ VermontBrideMagazine.com

Esden Florist

802-827-6160
See our ad @ VermontBrideMagazine.com

Hawley's Florist

toll-free: 800-841-4601
802-775-2573
www.hawleysweddingflorist.com (or)
www.hawleysflorist.com

Howards The Flower Shop

toll-free: 800-371-5715 (or) 802-524-5715
www.howardstheflowershop.com

Jay View Wedding Flowers

802-744-6463
www.jayviewweddingflowers.com

Peck's Flower Shop

toll-free: 800-540-2336 (or) 802-888-2332
www.pecksflowershop.com

Uncle George's Flowers

toll-free: 800-624-0099 (or) 802-253-9900
www.UncleGeorgesFlowers.com

Village Green Florist

toll-free: 800-610-7980
802-879-7980
www.thevillagegreenflorist.net



Photo Julie Photography

*Your Destination
Wedding Estate*

*Stay, Celebrate and Enjoy.
Twenty private acres above the valley
with breathtaking mountain views in
Manchester. Perfect for elegant
wedding ceremonies and receptions,
rehearsal dinners, barbecue parties
and goodbye brunches.*

**Wilburton
Inn**

Manchester, Vermont
800.648.4944 wilburton.com



Photo Fran Janik Photography



Peace, Love
& Ice Cream



Super Premium Catering

We take care of the details;
you take care of the rest.

802.222.1665

Ben & Jerry's Homemade, Inc. 2011 Cows by Woody Jackson 1997 183066

Celebration Rentals, Inc.



Rentals for Weddings and Special Events
Tents and Accessories

802.247.0002



Call today for your
free consultation.

86 Park Street
Brandon, Vermont 05733

www.celebrateinvermont.com

*Elegance
Style
Comfort*

**BURLINGTON LIMOUSINE
AND CAR SERVICE**

Reliability

Extensive Fleet of Luxurious Limousines,
Stretch SUVs, Cadillac Sedans, Executive Vans, and Mini-coach
for All Your Wedding Transportation Needs.

Offering Customized Comprehensive Wedding
Packages for the Bridal Party, Family Members and Guests.

Call or E-mail our Wedding Planning Associates Today!
(802) 861-2600 • 1-888-666-3471
Email: llmo@sover.net
www.burlingtonvtllmo.com

SINCE 1947

Wetherbee's CATERING

Weddings are our Specialty

1st Place Readers Choice Award

Over 50 Years in Business

PHOTO: Balentine Photography

(802) 878.3743 Toll Free: 800.974.6102
www.wetherbeescatering.com

Leah (Harstenstein) & Greg Morse

On Halloween night, 2003, while attending my first year at Wagner College in New York City, I met Greg, another freshman. He was from upstate New York and ran on the Division I track team. We spent the night watching the famous Greenwich Village Halloween parade with a group of close friends. I was dressed as a Christmas tree, Greg as himself. We both had fun that night but did not think much of it. As college started to fly by we became the best of friends. Everyone thought we were dating, but we just loved spending time together! Finally, when it just so happened that we were both single, we decided to try dating.

As college finished, Greg took a Wall Street job and I stayed in school to pursue my master's degree. We stayed very close, both living on the Upper East side and enjoyed time together.

Our Engagement

We both love to travel! We were on a two week trip to South America with my parents; on our second night in Chile, there was an incredible sunset over the ocean. We were sipping wine on a balcony staring off into the sky when Greg told me he'd be right back. He came back and gave me a small Tiffany's box, but not a ring box. I opened it and there was a beautiful necklace with the initials "LKM." My last name started with an "H" so I was not sure if the store made a mistake. I gave him a puzzled look, he asked me if I knew what the necklace meant. Before I could say anything, he said, "They are your new initials if you say yes." He pulled my grandmother's amazing engagement ring out of his pocket and that was it!

Our Wedding Venue

Growing up in Vermont, it was definitely where we wanted to be married. We chose the Basin Harbor Club and the Lake Champlain Maritime Museum for our celebration. I had previously worked at the Basin Harbor Club and Greg agreed it was a beautiful location. The rehearsal dinner and ceremony were held at the Club. Immediately after the ceremony, guests walked over to the Museum where cocktail hour was held in the boat building area. The reception took place under a large tent from Celebrations Rentals.

continued on page 32

Photos by Daria Bishop Photography

October 2, 2010 & Vergennes, Vermont
at the The Basin Harbor Club, Lake Champlain



ENTERTAINMENT/CEREMONY
Lisa Carlson

ENTERTAINMENT/RECEPTION
Peak Entertainment DJ, Inc.

CAKE
Ben & Jerry's

TENT & RENTALS
Celebration Rentals, Inc.

PHOTOGRAPHY
Daria Bishop

See Complete Vendor list on page 31



Leah (Harstenstein) & Greg Morse

Featured Vermont Bride professionals:

Entertainment/ceremony: Lisa Carlson, flute
802-229-9901 | lisafute.com

Entertainment/reception: Peak Entertainment DJ, Inc.
802-888-6978 | peakdj.com

Cake: Ben & Jerry's | 802-222-1665 | benjerry.com

Tent & Rentals: Celebration Rentals, Inc.
802 247-0002 | celebrateinvermont.com

Additional Professionals:

Accommodations: The Basin Harbor Club

Catering: Occasions Catering

Ceremony Location: The Basin Harbor Club

Cocktail Hour & Reception: The Lake Champlain Maritime Museum

Entertainment: A House on Fire (reception band)

Entertainment: Cassarino Music (cocktail hour)

Floral Design: Flowers in Season

Hair & Makeup: Shear Cuts in Vergennes

Photography: Daria Bishop | dariabishop.com

Wedding Gown: Nadine Kaprelian (dress maker)



Love Story: Leah (Harstenstein) & Greg Morse

Continued from page 31

Our Wedding Roles

Greg and I were both very involved in the wedding planning. Greg focused on the honeymoon and wedding cake but helped with input on everything. We also looked to our parents for lots of advice and ideas.

Favorite Wedding Moments

The ceremony location at the Basin Harbor Club is just stunning. The beautiful weather, amazing string trio, and incredible surrounding gardens made the day.

The guests had bubbles to blow at us as we walked back down the aisle.

The Ben & Jerry's ice cream wedding cake was great!

Advice for Brides and Grooms

Be different! Modern times allow for wedding flexibility. Just because a book says one way, doesn't mean that is the only way.

The Lake Champlain Maritime Museum never had a wedding on site before. We asked and they said yes! We ended up with exactly what we were looking for.

Have an indoor site as backup for inclement weather.

Read all the fine print in wedding contracts. Make a chart to pay everyone on time. We asked many vendors if we could mail the final payment a week before the wedding because we left for our three week honeymoon the day after the wedding.

Ask for lots of help! One person cannot do it all!

Things will go wrong even if you spent more than 18 months planning, but at the end of the day, you will still be married to the person you love.

Splurge on photography—it's what you have to keep forever.



[Left] Tent provided by **Celebration Rentals, Inc**

“Be different! Modern times allow for wedding flexibility. Just because a book says one way, doesn't mean that is the only way.”



Planning an outdoor summer wedding can be a challenging and sometimes overwhelming endeavor!

By Susanna Keefe

Realizing Your Vermont Summer Outdoor Wedding Dream

Susanna, chef and owner of Susanna's Catering, answers prospective brides' questions and helps to elucidate some of the challenges as well as the joys of planning your dream Vermont wedding.

Am I suited for an outdoor Vermont wedding?

If you have a true love of the outdoors and wish to celebrate your marriage at a special locale which has a deep meaning to you both, an outdoor wedding and reception can be an excellent choice.

An afternoon ceremony followed by a summer garden party with plentiful hors d'oeuvres, iced drinks and desserts is a lovely idea and again a good choice if you want to invite young children and spend hours basking in the glorious Vermont sunshine.

The larger space provided outdoors could also be a bonus if you are inviting many children and would like to include your favorite pets in the ceremony. You will need to be flexible, adaptable and spontaneous as weather can play a part in the day's events. You will also need to be organized and have a strong support team including your caterer to insure that all details have been addressed and perfected.

What are my options for an outdoor wedding in Vermont?

Along with the many resorts and hotels sporting decks and gardens, there are a plethora of stunning locations available to host your outdoor event. Beautiful restored barns such as Boyden Farm Barn in Cambridge, The Webster Barn in Hyde Park, The Lang Farm Barn in Essex and Sleepy Hollow

Barn in Huntington to name just a few have been especially renovated and equipped to accommodate both casual and lavish weddings. For those on a tighter budget, the Vermont State Park's website offers 40 unique locations. These areas are easily accessible, many equipped with picnic pavilions and shelters and all boasting the most spectacular and romantic views in our state.

There are private estates and open air galleries and museums which have the advantage of good facilities and already installed decorative art to combine with your personal touches. And, let's not forget your own gardens and back yards. These are a great choice if you have the space and are looking for a truly personalized and intimate setting.

I want to take full advantage of the afternoon sunshine, but do I have to serve my guests dinner?

You have so many choices regarding reception style. Consider having

Celebrate your special day by incorporating aspects of your life that have meaning that you enjoy together and are comfortable with.

a midmorning ceremony followed by a delicious brunch or a noontime ceremony followed by a luncheon reception. These choices allow you to keep the menu light and budget friendly while still offering your guests a feast of grilled fare and summer salads—if many guests are traveling from afar this might not be a timely choice.

An afternoon ceremony followed by a summer garden party with plentiful hors d'oeuvres, iced drinks and desserts is a lovely idea and again a good choice if you want to invite young children and spend hours basking in the glorious Vermont sunshine.

A later afternoon early evening ceremony followed by cocktails and then a wedding dinner would be the most elegant of choices with the stunning sunset supplying a romantic backdrop for your wedding photos. Remember that whatever decision you make regarding feeding your guests, be absolutely clear on the invitation what you will be offering so that they know what to expect and to dress accordingly.

What are appropriate themes for summer weddings?

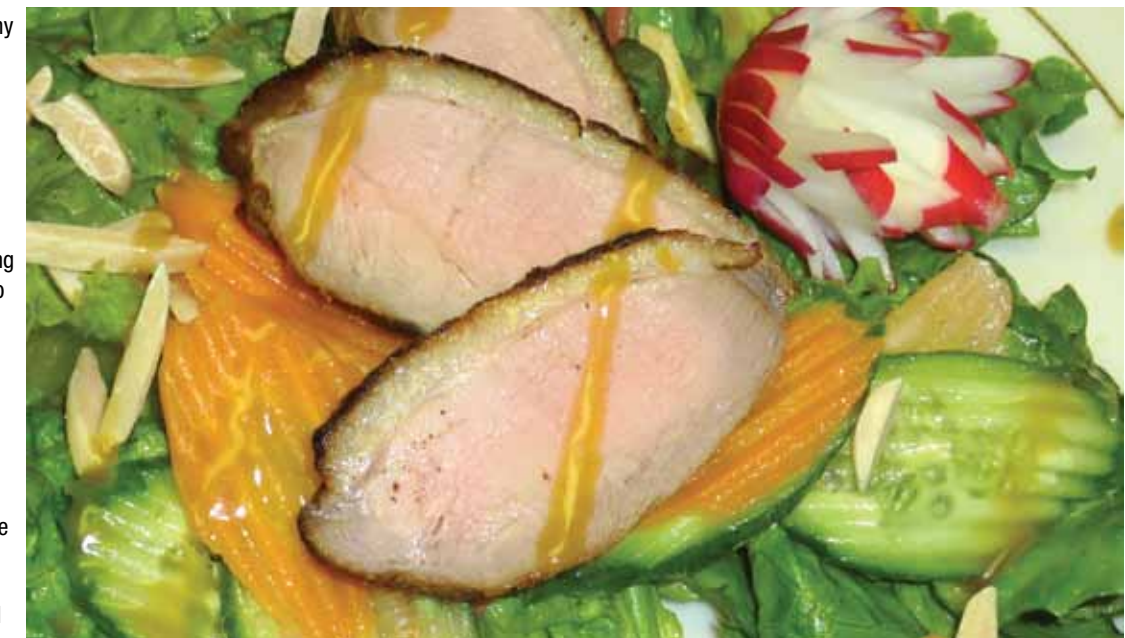
Celebrate your special day by incorporating aspects of your life that have meaning that you enjoy together and are comfortable with. If you enjoy summer fairs and carnivals, why not give your guests miniature corn dogs, shrimp and chicken on a stick, grilled ears of native corn with a choice of dustings, caramel apples and large jugs of slushy pink lemonade. Upscale picnic receptions are perfect if you want to keep it rustic and casual or if you are holding your reception close to water. Checkered tablecloths, wild flowers and a delicious buffet of BBQ chicken, pulled pork and grilled freshwater trout complimented by fresh, crunchy and colorful sides and an ice cream bar are a sure hit.

For a more elegant feel, a French country wedding reception with dainty hors d'oeuvres served with rose wines and champagne followed by stations of Mediterranean tapas, delicate fish choices, herb-infused local meat dishes and Provencal-style vegetable sides. Finish with a crepe bar for dessert.

continued on page 38



Photo Orah Moore Photography



Photos courtesy of Susanna's Catering



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
www.susannascatering.com

Photo by Orah Moore Photography

Oran Moore

PHOTOGRAPHY



*Fresh, Vibrant & Playful
Wedding Photography*

802.888.2309 oranmoore.net

Tabor House Inn

on Lake Champlain, Vermont
Located on the shores of Maquam Bay



easy elegance on the lake



Individualized menus, attention to detail and a warm and welcoming professional staff committed to making your wedding day all that you have dreamed.

West Swanton, VT
802.868.7575 | taborhouseinn.com

Would you like to reverse the sun damage to your skin?

Do you have unwanted hair you would like removed permanently?

We offer a wide range of Aesthetic Procedures and Services for Men and Women including:

- Laser hair removal
- Laser removal of facial blemishes
- Photo rejuvenation of skin
- Laser treatment of spider veins
- Botox cosmetics
- Facial sculpting/fillers to reduce deep wrinkles

Gift Certificates Available

Northern Vermont Oral & Facial Surgery (NVOFS) is pleased to offer a home therapeutic skin care program that gives you the ability to recapture the glowing freshness of a younger complexion. Ask about our line of therapeutic cosmetic products that can be used with our facial rejuvenation services to enhance results or independently to improve the texture, tone and vibrancy of your skin. Products are available in all our office locations.

NORTHERN VERMONT ORAL & FACIAL SURGERY

more information www.nvos-vt.com

310 Fisher Road Berlin, VT 223-2364	1 Place Notre Dame St. Johnsbury, VT 473-4150	8 Carmichael Street Essex Jct., VT 872-3593	17 Catherine Street St. Albans, VT 524-0490
---	---	---	---

Jeff Schneiderman
Photography

www.jeffschneiderman.com
802 878-0769

Before you say "I do"...

say "YES" to FREE products, personal service and satisfaction guaranteed!

Princess House products are the perfect marriage of quality and style. Best of all, you can get them FREE through our Bridal & Gift Registry – Please call me so that I can show you all of the wonderful things Princess House has to offer!

Laurie G Malenfant
802.233.7675

PRINCESS HOUSE
BRIDAL & GIFT REGISTRY
www.PrincessHouse.com/LMalenfant
OurPrincessHouse@aol.com

A CHARMING RUSTIC LOCATION FOR WEDDINGS & SPECIAL EVENTS.

We offer the finest cuisine, a charming setting for receptions and ceremonies, the perfect place to create the memory of a lifetime.

Our chef, Roland Gaujac, a graduate of the Grenoble Hotelery School in France, is delighted to have you as our guest and will provide the perfect menu for your wedding celebration.

Excellent situated, the Old Lantern is only 15 miles from Burlington and only 20 miles from Middlebury. We can accommodate both small and large parties, up to 300 guests. Please visit us at www.oldlantern.com or call 802.425.2120 for more information.

The Old Lantern
3260 Greenbush Road, Charlotte, VT 05445
www.oldlantern.com

St. Alban's Premier Salon & Spa

A Perfect Start for a Perfect Day

Take not only His, but Everyone's Breath Away

- Full Service Hair Salon
- Special Event Styling
- Manicures, Pedicures & Gel Nails
- Hair Extensions
- Eyelash Extensions
- Electrolysis
- Waxing
- Tanning
- Massage
- Facials

524-2146
387 Lake Str., St. Albans Vermont

Hair Loft
Design Center
SALON & SPA

Photo by Pollis Photography

Realizing Your Vermont Summer Outdoor Wedding Dream

Continued from page 35

What are the differences in costs for buffet verses plated verses family style verses stations?

It really depends on quality and choices of the protein portion of the meal. A buffet dinner invariably has a higher food cost because you cannot control the portions but labor costs are lower for buffets.

A plated meal can have a lower food cost because you know in advance the exact portions but definitely has a higher labor cost. Family style is somewhere between the two for labor and food costs.

Stations can be the highest in food cost depending on the amount of protein that you serve.

It depends on what you are comfortable with as far as cost and formality. If you love the idea of family style because it symbolizes your family tradition, then that should be your choice.

If you want your guests to mingle thoroughly then a buffet or stations would be the better decision.

Bottom line, choose the style that suits your personal taste and find a caterer you are willing to work with your budget.

What basic equipment will a caterer need for an outdoor wedding?

If there is no equipped kitchen on the site, then the caterer is going to need a cook tent of at least 20 feet by 20 feet. This tent will need power and lighting. To prepare and cook your meal, the caterer will require a convection oven and a gas powered or charcoal grill. Running water and some form of refrigeration are a necessity. Preparation tables and smaller cooking equipment will be needed depending on the menu.

How do we prepare for rain showers or other inclement conditions?

As there is no way to accurately predict the weather, it is always necessary to have a backup plan.

You do need to shield guests from intense sun as well as rain showers. If there isn't enough room in your wedding barn or reception tent for the cocktail hour, think about reserving a smaller tent which could be used for the

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

The Abbey

800-696-4748 Enosburg Falls, VT
www.abbeygroup.net

Ben & Jerry's

802-222-1665
www.benjerry.com

Chow Bella

802-524-1405 St. Albans, VT
www.chowbella.us

Junior's Long Island Catering Co.

802-655-5555 Colchester, VT
www.juniorsvt.com

One Federal Restaurant & Lounge

802-524-0330 St. Albans, VT
www.onefederalrestaurant.com

The Skinny Pancake

Two convenient locations:
Burlington, VT 802-540-0188
Montpelier, VT 802-262-CAKE (2253)
www.skinnypancake.com

Sophie's American Bistro

802-878-6100 Colchester, VT
www.sophiesamericanbistro.com

State Street Catering

802-229-6788
Montpelier, VT
www.statetstreetcatering.com

Susanna's Catering

802-635-9094 Johnson, VT
www.susannascatering.com

Sweet Crunch Bakeshop & Catering Co.

802-888-4887
Hyde Park, VT
www.sweetcrunchbakeshop.com

Tasty Persuasions Catering

802-372-3123 Grand Isle, VT
www.tastypersuasions.com

Tourterelle - Inn, Dining & Events

802-453-6309 New Haven, VT
www.tourterellevt.com

Waterfront Catering Group

802-658-3663 South Burlington, VT
www.vermontspecialoccasions.com

Wetherbee's Catering

800-974-6102 Colchester, VT
www.wetherbeescatering.com

ceremony as well as the cocktail hour to shade as well as to keep dry. Walkway canopies are another very useful rental item to have on hand as are many umbrellas if it looks like it could rain.

Regarding the food, it is important to have displays of food covered and shielded from the sun. Colorful market umbrellas are a low budget yet efficient and fun way to shade an appetizer display.

If it is bug season, use citronella torches to create a circle around your reception area and have your caterer tie Bounce dryer sheets discreetly around the table legs to ward off biting insects—sounds silly but it works!

I want to support Vermont farms but cannot afford to serve local beef tenderloin.

There are so many ways to include the wonderful produce of Vermont in your wedding menu.

The key is to keep it seasonal and be creative. Ask your caterer what is native to the local area and what he or she has access to, whether it be local greens, summer vegetables, fruits and berries, cheeses, breads, meats, maple syrup or other interesting local Vermont products.

Make use of the more expensive ingredients in the appetizers to keep the costs down. Incorporate what you can where you can and be proud that you are serving the best and freshest of what is available.

How can I tone down the bold and vibrant summer colors on my food displays?

The use of earth tones and rustic linen colors can calm and balance the brilliant and striking shades of summer. Natural wood chargers and copper, brass and bronze platters have a similar effect.

How can I make my wedding food memorable for my guests?

Keep it simple, fresh and fun. Treat your guests to cool appetizers, miniature foods with a lot of flavor, tangy gazpacho shots garnished with a shrimp kebab, grilled fruit skewers and miniature salads served in cucumber and tomato cups.

Stay away from anything heavy and over sauced. Grilled meats and poached fish dishes need only a light herb or fruited salsa to enhance their own delicate appeal.

Play to the comfort of your guests and your wedding party; serve homemade frozen popsicles in interesting and delicious flavors to quench their thirst as well as treating their taste buds.



Whipple STUDIO
Fine Photography ~ Signature Service
387 Union Street, Newport, VT | 802.334.8138
www.donwhipplephotography.com

Let us capture all the love, the laughter and emotion of your wedding day.... for all times.

We have captured hundreds of weddings and love stories at small churches and halls all across the north country, from the majestic mountains and fields of the **Trapp Family Lodge** in Stowe, the historical **Woodstock Inn** in Woodstock VT, to the **Basin Harbor Club** on picturesque Lake Champlain, and many of the very beautiful communities all across upstate New York and Vermont. With over 25 years in wedding video capture and production, We offer you the finest in all digital **HD** video recording and post-production services.

WE NOW VIDEO EXCLUSIVELY IN STUNNING.. HIGH DEFINITION!


HDV
Visit us online at www.timecapvideo.com for more details and pricing!
Or call us at **802-524-3633**



OUTPUT TO STANDARD DVD OR BLU-RAY DISC AVAILABLE!

Giving the gift of memories!
TIME CAPSULE VIDEO PRODUCTIONS
Experienced, talented and professional
www.timecapvideo.com

WEVA **HDV**



Vermont Symphony Orchestra Ensembles
Professional classical musicians for your wedding
Contact Rebecca, Ensemble Coordinator: Rebecca@vso.org | (800) VSO-9293 x13

The Sewing Basket
"A professional Sewing Service"
ALTERATIONS AND TAILORING FOR THE WHOLE WEDDING PARTY

Let us custom fit your wedding apparel for the perfect look on your special day.

We also offer Wedding Gown Cleaning and Preservation.

MONOGRAMS AND EMBROIDERY ADD AN ELEGANT TOUCH

Gifts for Attendants, Bride and Groom. Towels, Sheet Sets, Hankerchiefs, Ring Bearer Pillow, Quilts, Shirts, Sweaters, Ties, Hats, and more...



Three Convenient Locations:
325 N Main St., Barre, VT 802.476.8389
168 River St., Montpelier, VT 802.778.9311
159 Pearl St., Essex Jct., VT 802.878.7181
judi@sewbasket.com | www.sewbasket.com

28 YEARS THE SEWING BASKET

**HONESTY,
INTEGRITY,
& KNOWLEDGE**

Precious Things Jewelers
349 Main St.
Enosburg Falls, VT
(802) 933- 4503
preciousthingsjewelers.com

Your Wedding Your Way

SACRED SITES AND READINGS FOR YOUR CEREMONY

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

When Luke and Betsy planned their wedding, they were determined, more than anything else, that it have spiritual depth. They knew, in this day and age, that unless their marriage had a spiritual basis to it that it could founder sooner or later as did half of all American marriages.

Luke's background in the Methodist Church had shown him older couples whose marriages weathered the test of time, and who knew it took a power "greater than themselves" to stay monogamous and together for life. Betsy was equally committed to the traditional vows they saw themselves saying to each other. But her theological outlook was based in the Native American spirituality she found during her college years.

One way they found consensus in preparing for the wedding was discovering the Mountain Chapel on the Toll Road at Stowe as the site for their ceremony. It fit their expectations perfectly for sacred space that had an outdoor feel to it even though it was a rain-proof building modeled on chapels high up in the Alps of Europe. They found it online through the Stowe Mountain Resort's website. They contacted the resident chaplain to make an appointment to see it.

Driving the two miles up the Toll Road felt like a way to bring elevation, and a sense of the mountains they both loved, to the big day. When they parked at the Chapel, they knew right away – before even going inside – that it was what they wanted. It was love at first sight. June mayflowers and trillium dotted the border of the grassy lawn. The blended wood and stone of the round structure made it seem a part of the mountain.

When the chaplain gave them a tour of the interior, they looked at each other with a thankful knowing that they'd found the perfect venue for exchanging vows. Simple wooden benches, an altar set into a slightly raised stone nave, small vertical windows, and a skylight combined to make for quintessential rustic sacred space.

Thankfully, their guest list was small. Fifty people might come. The chaplain hesitated, explaining that it would mean standing room only for half their guests. It would be tight. But with no heat in the space and the possibility of a cool Vermont day for their September wedding, the more bodies the better, they decided.

They sat together on the benches talking about their hopes. When the chaplain heard them talk about their backgrounds and their search for depth, he suggested two readings that could symbolize the two spiritual orientations that moved them. The one that could represent Luke's tradition was from the story of Jesus turning water into wine, symbolizing the way the touch of the Holy can transform our sometimes feeble human attempts to love into a forgiving transcendent love. The one that could reflect Betsy's orientation was "The Hands," a compelling Apache blessing that spoke so tenderly of the marital bond that when the chaplain read it they wept together on the spot...and also immediately knew a joint friend they would ask to read it:

These are the hands of your best friend, young and strong and full of love for you, that are holding yours on your wedding day, as you promise to love each other today, tomorrow, and forever.

These are the hands that will work alongside yours, as together you build your future.

These are the hands that will passionately love you and cherish you through the years, and with the slightest touch, comfort you like no other.

These are the hands that will hold you when fear or grief fills your mind.

These are the hands that will countless times wipe the tears from your eyes, tears of sorrow and tears of joy.

These are the hands that will tenderly hold your children.

These are the hands that will help you hold your family as one.

These are the hands that will give you strength when you need it.

And lastly, these are the hands that even when wrinkled and aged, will still be reaching for yours, still giving you the same unspoken tenderness with just a touch.



Rev. Dr. Michael Caldwell (whose parishioners call "Rev Michael") runs the Partnership Center of Vermont (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



By Joe & Linda Crosby

Should I discourage friends and family from **bringing cameras?**

With the advent of digital photography and the amazing price reduction in the entry level DSLR cameras, more and more amateur photographers are bringing their cameras to their friends' weddings.

Sometimes it can be annoying to you and to your official photographer, but it is part of the day, and becoming more and more common.

A wedding photographer's job is one of the most difficult jobs in the industry. Anyone can take a picture, but the pro is contracted to deliver professional quality images of the wedding in a timely manner. This is where careful planning of a photographic timeline is important.

Most times the sea of inexpensive point-and-shoot cameras blinding the bride and groom is rarely an issue. The amateur with the expensive DSLR can sometimes create obstacles and issues for the professional to have to work through and around. Pro photographers in the business refer to these individuals as "Uncle Bob's." Remember, "Bob" doesn't have a timeline to follow unless he is working with the hired pro.

Wedding photographers find themselves competing for key camera positions and their subject's attention all the time. "Bob" usually positions himself behind the pro's back capturing the very same images the pro is contracted to capture. With too many people trying to take pictures the subjects become confused as to which camera they are supposed to be looking at costing precious time allotted for photography.

The well-meaning friend doesn't realize that their excitement to get "the shot" has possibly interfered with the pro photographer.

Some will offer gentle reminders to the guests with cameras that they should try to shoot without flash to minimize the risk of over-illuminating a shot that the hired photographer has just spent precious minutes adjusting his camera's settings to get the perfect lighting and mood.

At some point early at the reception, before you are introduced you could ask

the MC to make an announcement to observe the duties of the pro photographer and to yield any key camera positions they might have staked a claim in. We have had individuals refuse to give up their positions because they got there first; and therefore had to move the bride and groom to get the best angle for the "book shot!"

In addition, there are sometimes uncomfortable instances where "Uncle Bob" offers to photograph your wedding either instead of your paid photographer or "in addition to" your photographer. How do you respond?

"Bob" has a really awesome digital DSLR camera, and offers to photograph at no charge. He wants his images to be your wedding gift. He says he will provide you with a CD of the images. **He may be well meaning, but this may make it more difficult for your pro photographer.** It becomes complicated because with your permission to be the secondary photographer, he might feel empowered to step in front of your pro photographer, try to attract the subject's attention to his lens, or even try to set up his own group shots on his timeline.



Sounds like an offer too good to be true—who wouldn't want more pictures? However, the additional timing constraints and other complications can throw off a delicately balanced timeline. In addition, what "Bob" isn't going to tell you is that he might be considering breaking into the wedding business and needs to build a portfolio of images, and will use images of your special day to promote himself. With no contract with "Bob" you have no say in where these images will end up on the Internet or how he uses them. Keep in mind that contracts between you and your photographer protect your rights and how your images are used.

continued on the next page



Designing Your Dreams



802-324-1433 | Jeffersonville, VT
www.vtenchantedevents.com

Should I discourage friends and family from bringing cameras?

Continued from page 41

Realize that even if you were to tell Uncle Bob, no thank you, that he might still decide to do things on his own. There are several ways to handle both Uncle Bob and the sea of overzealous guests.

First and foremost, know your guests, and advise your hired photographer of the people that will be most likely to try to upstage them and perhaps ruin a shot.

Your photographer, being a pro, will know how to work with you and them to make the most of your day.

Most couples will choose to advise their guests that there will be plenty of time for picture taking at the reception and to please enjoy the cocktail hour while they are having the formals taken—this way all the attention is on the photographer and the timeline runs more smoothly. If you know it is just not possible, perhaps arrange for the shoot to take place somewhere between the service and reception site with only the subjects in attendance. Take your time and scout out the area between the two locations for the “perfect” spot, or ask your photographer to suggest a place between the two as they may have shot in that area before.

Some couples choose to engage some of their more

overzealous guests with tasks for the wedding day that will keep them from popping up in front of the photographer’s camera to get “their” shot. Tasks can be as simple or as important as you choose. Make it clear and simple for guests to know exactly where they will be sitting by having table assignments. This will assure that everyone is seated by a certain time to await your arrival and introduction.

One of our favorite approaches is for the bride and groom to enlist the help of their guests. Let them know that after the formals are taken and the reception begins, you will be coming around and allowing for everyone to get some candid of you two. Ask them to provide you with a copy of the images so that you can collect them into a homemade album and ask that they refrain from picture taking until that point.

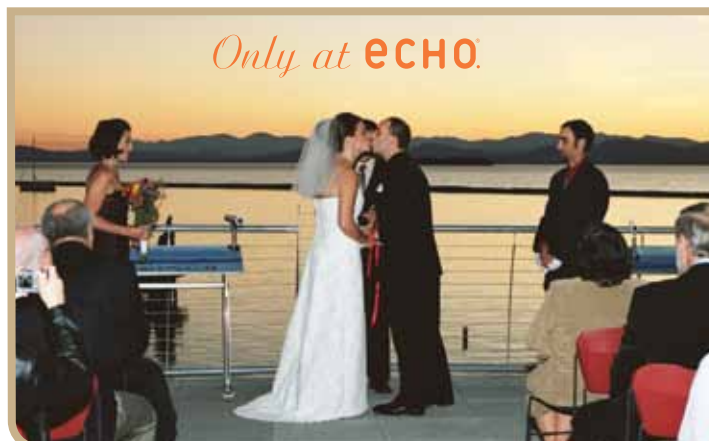
It could be as fun and spontaneous as you want and will keep them thinking about what they will do when it is their turn to take your image. If you tell a few key people, the word will get around to your guests and it can be a fun time for everyone.

In closing, keep in mind that your guests love you and just want to share in your joy and your day. Bringing a camera to a wedding is something most guests will want to do, so don’t discourage them; rather help them find an outlet for that love without taking over your day.

The RaidenShine Photography team

consists of two dedicated photographers that have a passion about wedding photography, quality and customer service. Joe and Linda Crosby are both award-winning photographers in their own right and combine to make a great team. Active members of Wedding and Portrait Photographers International (WPPI), they meet annually with other WPPI photographers from all over the world to exchange ideas, new products, and new technologies so that they can bring those ideas and technologies to their Vermont Brides.

www.raidenshine.com.



Only at ECHO.

With our Lakefront location, breathtaking views of the Adirondacks, three floors filled with sparkling aquariums, and elegant indoor and outdoor spaces for ceremonies, receptions, meetings, and parties, you’ll find ECHO to be the most memorable and unique location in Vermont.

- Exclusive Building Rentals
- Private Room Rentals
- LEED Certified Building
- Green Weddings

For more information check out our website under facility rentals or call to speak with a private events coordinator.



Vermont Bride is proud to recommend the following featured wedding professions for all your wedding photography needs:

Larry Asam Photography

802-244-7954
www.Lasamphoto.com

Ayer Photography

802-338-9193
www.ayerphoto.com

Ben Hudson Photography

802-598-6366
benhudsonphotography.com

Kim Martin Photography

802-598-4007
www.kimmartinphoto.com

Natascha’s Photography

802-238-4480
NataschasPhotography.com

Orah Moore Photography

802-888-2309
www.orahmoore.net
(or) www.haymakerpress.com

Randy Morris Photo

802-377-8232
randymorrisphoto.com

Polis Photography

802-733-5413
www.polisfoto.com

The Portrait Gallery

toll-free 800-286-4418
(or) 802-864-4411
www.portraitgallery-vt.com

RaidenShine Photography, LLC

802-598-9186
www.raidenshine.com

Jeff Schneiderman Photography

802-878-0769
www.jeffschneiderman.com

Lauren Stagnitti Photography

802-888-5433
lauren@laurenstagnitti.com
www.laurenstagnitti.com

May Walton Photography

802-236-5538
www.maywaltonphotography.com

Weddings By Expressions

802-775-2549
weddingsbyexpressions.com

Whipple Studio

toll-free 800-640-8138
(or) 802-334-8313
www.whipplephotography.com



Discovers PERU

By Carrie McDougall

Perú is a land rich in color, with world-class gastronomy, rich cultural traditions, spectacular scenery, handicrafts, archeology, rain forests, jungles, and beaches. Its diverse offerings make it a great place for a honeymoon.

Sitting in the West of South America and bordered by Ecuador, Colombia, Brazil, Bolivia, Chile and the Pacific Ocean, it is home to one of the world's oldest civilizations.

Machu Picchu

The fifteenth-century Incan ruins of Machu Picchu were abandoned high atop a mountain. The 100th anniversary of the rediscovery of Machu Picchu by Yale archeologist, Hiram Bingham, is marked in 2011, so there will be lots of festivities in and around the area. Machu Picchu can be reached by train from Cusco or by hiking the Incan Trail.

Best time to go

June to October when the weather is dry and mild. July and August are the busiest months.

Lima

Founded in the 1500s by the Spanish, Lima is Peru's lively capitol of over eight million people, with great restaurants, nightlife, museums, churches, colonial architecture and its historic city and shops.

Best time to go

Peru's summer from December to March is sunny and mild with humidity, making it feel warmer.

The Beaches of Peru

Peru's 1500 mile coastline boasts world-class resorts, beaches, surfing, boats, clubs and entertainment and great food. The best beaches include Punta Hermosa, Pucusana, El Silencio, and Santa María. For great surfing head to Costa Verde, Punta Rocas and Herradura.

Best time to go

In the South the beaches are used year-round. In the North they are used most often from December to March.

Routes go through colonial villages with descendants of Pre-Incan communities, past lakes, through mountains with snowcapped peaks, arid land and terraced slopes. Wildlife includes giant condors, llamas, alpacas, and vicuñas.



Photos courtesy of Cultural Crossroads

Cusco

Cusco, a historic city center, was once the capital of the Inca Empire. It has some of the best cuisine in Latin America, with Incan, Spanish, African and Asian influences. It is a great base point before going to the Sacred Valley or Machu Picchu (a four-hour train ride).

Best time to go

April, May, September and October. June and August are the busiest months.

The Sacred Valley

The Sacred Valley has some of the most spectacular countryside of Peru, from the fields to the snowcapped peaks of the Andes, and is a peaceful spot to relax and enjoy your honeymoon.

Best time to go

Like Cusco, April, May, September and October are the best months to go. June and August are the busiest months.

Puno and Lake Titicaca

Puno is a popular spot on the shores of Lake Titicaca, the highest navigable lake in the world (an area of over 5,000 square miles). It is also home to Lake Titicaca National Reserve and to over 60 bird species, 14 native fish species and 18 types of amphibians.

Best time to go

May to October enjoy sunny days and little rain, but note that temperatures can be in the 80s during the day and in the 30s at night.

Arequipa and the Colca Valley

Known as the 'white city' for its white stoned buildings made from the local quarried volcanic stone, Arequipa is the second largest city in Peru. At just over 7,500 feet above sea level, it lies under the dormant El Misti Volcano. Founded in the 1500s, descendants of the Spaniards and the indigenous people can be found here.

Trekking is popular in the Colca Valley. Routes go through colonial villages with descendants of Pre-Incan communities, past lakes, through mountains with snowcapped peaks, arid land and terraced slopes. Wildlife includes giant condors, llamas, alpacas, and vicuñas. The volcanoes in the area (dormant and active) range from 19,000 to 21,000 feet and the Colca River, which is one of the sources of the Amazon, boasts a gorge twice as deep as the Grand Canyon.

Best time to go

Arequipa is warm, sunny and dry year-round. Temperatures can be in the 70s during the day and in the 40s at night. The dry season of the Colca Valley is May to November, but the best time to see the majestic condors is June to September.

continued on page 46

Peru's coastal country of varied landscapes, climates, historic civilizations, customs, and cultures, make it a very special place to visit.



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, or visit www.CulturalCrossroads.com.



Photos courtesy of Cultural Crossroads



The Informed Traveler Discovers Peru Continued from page 45

Iquitos

Sitting on the Amazon River, Iquitos is the largest city in the Peruvian rainforest and is a base for tours of the Amazon rainforest and the Pacaya-Samiria National Reserve. The Reserve is home to an abundant and varied wildlife.

Best time to go

While hot and humid, the best time to go is from June to December during the dry season, although there can be occasional showers.

Peru's coastal country of varied landscapes, climates, historic civilizations, customs, and cultures, make it a very special place to visit.



THE STABLES & INN
AT PIGEON HILL FARM

The English style country gardens, the 1870's Carriage Barn and Victorian Inn, make for the perfect outdoor setting.

268 Montgomery Rd.
East Berkshire, VT 05447
(802) 933.2719
pigeonhill@pigeonhillfarm.com www.pigeonhillfarm.com

Tasty Persuasions Catering

Vermont Catering Services including
Wedding Receptions, Rehearsal Dinners, Bridal Showers,
Holiday Parties, Company Gatherings and More.

Tasty Persuasions Catering offers exceptional catering services at realistic prices. Our food quality is among Vermont's finest. We personalize menus for every occasion and appetite. TPC has experience in catering all occasions from large receptions to small intimate engagements. Let us make your event a Tasty one!

www.tastypersuasions.com
802-372-3123 | tina@tastypersuasions.com

Full of history, charm and beauty, the perfect place to say I do.

The Great Room is the perfect location to celebrate the beginning of your new life together.

For a more intimate setting the Cliff House on Mt. Mansfield will take your breath away. Expect nothing less than meticulous planning, world-class menus, warm, exceptional service and memories that you will cherish for a lifetime.

where love is not limited to just one season...

whiterocksinn.com **White Rocks Inn** 1774 US7 South, Wallingford, VT 05773
Wedding & Events Barn 802.446.2077 | info@whiterocksinn.com

Preparing for your weight loss journey

By Megan Daigle

1. Set realistic goals:

Be real with yourself. You are already beautiful. This is about starting your new life with a healthy body and a healthy outlook with the person you love. The side benefit: you'll lose the weight and live happily ever after!

2. Clean out the pantry:

It's time to clean out all the dead food, non-nutritious items in the pantry, especially anything that may tempt you in a hard moment of choice.

3. Ask for support:

Let your friends and loved ones know what you are doing and why. Ask for the support you need on your journey. Better yet, ask them to join you!

4. Keep a journal:

Studies show that those who write down what they ate, when, and why lose double the weight as those who don't stay in awareness.

5. Start reading your labels:

There is a lot of information on a label so keep it simple. The first four ingredients can tell you a lot about the product. Remember, it's not just about the calories. All calories do not hold the same nutritional value to serve your body.

Learn about the **Simplify Your Health Now** contest on page 101



Get Ready! the Legal Details for a Vermont Wedding

Vermont Marriage Law is a remarkably relaxed affair. There is no waiting period or blood test required to receive a marriage license. If you're a Vermont resident, simply visit your town clerk and for a minimal fee of \$45.00, you can legally be married that same day! You can also purchase a license 60 days prior to the ceremony; however, the license becomes void after 60 days and will need to be reissued.



Photo by The Portrait Gallery

Other legal requirements include providing your:

- Legal town of residence
- Place and date of birth
- Parents' names, (including mother's maiden name), and the states where they were born
- Information regarding your race, highest degree of education completed, number of times previously married, and how previous marriages ended.

Proof for information related to the above: birth certificates and/or divorce decrees.

A judge, Supreme Court justice, assistant judge, justice of the peace, or any licensed or ordained minister residing in Vermont and recognized by the state can perform the marriage ceremony. *More info online at vermontbridemagazine.com*

Lauren Jean Cole and Dustin Charles Weir

Brenda Jean Farrell of Williston, VT and Timothy and Tina Cole of Jericho, VT, are proud to announce the engagement of their daughter, Lauren Jean Cole to Dustin Charles Weir, son of Gerri Anne Cutler of Colchester, VT and Steven Weir of Underhill, VT.

Lauren is a 2007 graduate of the Vermont College of Cosmetology and 2010 graduate of the Community College of Vermont. She is employed at FoodScience Corporation in Essex Junction, VT as an account representative. Dustin is employed at Hayward Tyler in Colchester, VT.

After six years of being together, and with the diamond that once belonged to his mother newly reset, Dustin proposed to Lauren. As they looked at wedding dates, they chose the date that would mark their seventh anniversary together.

On June 22, 2012, surrounded by family and friends, Lauren and Dustin will wed at the South Burlington, VT home of Lauren's grandparents.

We wish the two of them many years of love, laughter, and happiness in their future together.



State Street Catering

*Great Food Makes Great Memories,
and We Make Great Food!*

from Uncle Mike's Deli
8 State Street, Montpelier, VT
(802) 229-6788
statestreetcatering.com

Velashape™
As Seen On

Do it for yourself!

Cellulite & Circumferential Reduction

- Dramatic results in as few as 4 treatments!
- Safe • Non-surgical • Clinically Proven • Comfortable

Non-surgical alternative to lipo-suction

An FDA cleared treatment that safely delivers heat into fatty tissue to reduce cellulite and firm problem areas.

LUMINA COSMETIC AND AESTHETIC SERVICES

Nancy Carlson Fisher, M.D.
1775 Williston Rd., Suite 220, So. Burlington, VT
802.861.0200
www.nancyfishermd.com

Open for Memory Making

The Ethan Allen Center of Champlain College

With the main dining area, club room, bar, lower level with game tables and bowling, and full catering and bar services, the Ethan Allen Center lets you host a formal banquet for up to 110 guests, or throw a party for 300 of your closest friends.

- Bridal Showers
- Rehearsal Dinners
- Wedding Receptions
- Bachelor/bachelorette Parties

To book your special wedding event, Contact our Event Planner at (802) 651-5957 or eventcenter@champlain.edu champlain.edu/eventcenter

Quick Quips Summer 2011

Print your engagement photo with the title "Words of Advice" or "Words of Wisdom" on card stock and place around the reception (with pretty pens). Guests can write their thoughts, love, and wishes!

DREAM WEDDINGS
are always in season



The elegant mansion, the courtyard and gardens, the fine food, the attention to detail by all the staff and owners has made The Lilac Inn a favorite year round wedding site since 1991.



800.221.0720 | www.lilacinn.com | 53 Park Street, Brandon VT | Named one of the best 100 U.S. Wedding Destinations



Photo: The Portrait Gallery

Bridal Skin Care

By Kim Scofield



Unlike a lazy river, wedding planning can be stressful. To help avoid facial breakouts from ruining this special time, a good plan of action is needed.

1. Exercise. This helps to trim the body and increase circulation, which promotes healthy skin. It is also a time just for you.
2. Eat a balanced diet. Eating more fruits, veggies and whole grains are very important for maintaining good skin. Drink plenty of water as this will flush out toxins.
3. Schedule regular facials. Having a facial every two weeks will help skin be blemish-free. If a breakout happens, your skin care provider can give you treatments to help heal the skin faster than without using treatments. Use a prescribed skin care system at home; your skin care provider will give you the correct system for your skin type.
4. Avoid overexposure of sun; it is much safer to use a self-tanner. Sunburns will show in pictures.
5. Take time that is just for you to relax!

continued on page 52



VT Mountain Syrup
WEDDING FAVORS
Packaged in a variety & size of bottles; custom labeling available.
Michael Caldwell
1830 Morey Hill Rd., N. Wolcott, VT
802-888-5811 | mcaldwell@vtlink.net

FINISH YOUR LOOK
WITH PROFESSIONAL MAKEUP
WENDY KLUIN
Makeup Artist
PO Box 57, Rochester, VT
802-767-3939
wendelak@aol.com
Over 20 years experience

ARMSTRONG HANDMADE PAPERS
INVITATIONS
BY APPOINTMENT
BRIDAL OPEN HOUSE
AT OUR BARN SHOWROOM IN EAST TOPSHAM VT
AFFORDABLE ELEGANT NO NONSENSE
RICHARD LANGDELL
235 TOPSHAM-CORINTH RD.
EAST TOPSHAM, VT 05076
802-439-6921
armstronghandmadepapers.com

Waterfalls Day Spa
A relaxed bride is a radiant bride!
Ahh...That's more like it!
Located in the lower lobby of the Middlebury Inn
388-0311
www.middleburyspa.com

Needleman's
Bridal & Formal
Vermont's Largest Selection of Bridal & Formal Wear Since 1925
Groom Tux Free with (5) paid Rentals (over 300 styles to choose from)
Wedding Gowns, Sizes 2-30 from \$99.00-\$2000.00
Four Convenient VT Locations:
• 10 Dorset St., So. Burlington
• 75 N. Main St., Barre
• Downtown St. Albans
• Downtown Newport
1-800-924-Gown (4696)
www.needlemanbridal.com
5% of net profits are donated to Make a Wish Foundation.

SUPER SOUNDS DJ Co.

Voted VT's #1 DJ Service
Supporting brides since 1978

Call 802-899-2823 to receive a free dvd demo & wedding package.

(DJ Corey Hevrin with longtime friend/bride Emily Thomas)

www.supersounds.com

Bridal Skin Care

Continued from page 51

Vermont Bride 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.

Colonial Styling Center

802-524-5630
St. Albans, VT
See our ad at VermontBrideMagazine.com

Essex Resort & Spa

800-727-4295
Essex, VT
www.vtculinaryresort.com

Equinox Resort & Spa

800-362-4747
Manchester, VT
www.equinoxresort.com

Five Elements Salon & Day Spa

802-773-8005
Rutland, VT
www.fiveelementsdayspa.com

Hair Loft Design Center

Salon & Spa 802-524-2146
St. Albans, VT
See our ad @ VermontBrideMagazine.com

LUMINA (Med-Spa)

Nancy Carlson Fisher, MD
802-861-0200
So. Burlington, VT
www.nancyfishermd.com

Moon Studio Day Spa

802-985-9949
Shelburne, VT
www.moonstudiodayspa.com

Northern Vermont Oral & Facial Surgery

(4) Convenient Locations:
Essex Jct., VT
802-872-3593

St. Albans, VT
802-524-0490

Berlin, VT
802-223-2364

St. Johnsbury, VT
802-473-4150

www.nvos-vt.com

Purple Sage Salon & Spa

802-879-1160
Essex Jct., VT
www.purplesagesalonspa.com

Spa at Stoweflake

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

Waterfalls Day Spa

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



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 autumn 2011 edition of *Vermont Bride*.

Ayer
Photography of Vermont

... Telling Your Story In Pictures

(802) 338-9193 www.AyerPhoto.com

The Arlington Inn

Receptions
Rehearsal Dinners
Custom Events
In House coordinator

1847
Village Estate

Full Service Inn with 17 Guestrooms & 3 Acres of Gardens

(800)443-9442 Arlingtoninn.com

Vermont's **First** and **Foremost** Bridal Publication now in its **21st Year**



Cover photo by Around the Bend Photography

www.vermontbridemagazine.com
Real Vermont Brides, Real Vermont Love Stories

Classy Potty's

Affordable, Luxury Sanitation
802-928-3572
"The Elegant Portable Restroom"

Specializing in Outdoor Weddings
Available for all Occasions
Flushable Units, Hand Wash Sinks
And More Luxurious Amenities

See our online photo gallery
www.classypotty.vpweb.com
Serving the Champlain Valley

MasterCard VISA

Esden Florist
Master Designers

Serving Northern Vermont for over 25 years.
Call for a free consultation
802.827.6160

Photo: Studio SB

Vermont Bride Center Stage News Flash!

Vermont Wedding Professionals

Center Stage News Flash is the news and happenings of *Vermont Bride* wedding professionals. Send in your news and your special promotions / incentives to bride@vermontbridemagazine.com. If you're not an advertiser, become one today! 802-879-3157

Bayberry Cottage Home Decor and Gifts

has expanded their bridal registry with products from Lakeshore Candles and Heritage Lace Curtains. New table linens and matching dinnerware are now available as well as quilts, picture frames, signs, serving platters, lamps, clocks and a beautiful section of jewelry and gifts for the bridal party. All bridal registries will receive a free wedding photo album. Free gift wrapping and local



delivery available. 802-527-8256, www.bayberrycottagevt.com.

Introducing the newest event setting in the area, the **Beach Pavilion** at **The Mountain Top Inn & Resort** in Chittenden, Vermont. Located at the Resort's private beach, the **Beach Pavilion** is perfect for weddings and rehearsal dinners, with seating for up to 80 guests. Overlooking the lake, framed by the majestic mountains of Vermont, the elevated site



features

a spacious indoor area, a large deck and outdoor patio; it will be available May through October. Just a short drive from Rutland and Killington, the Beach Pavilion is the perfect location for your private event. For additional information or for a tour of the **Beach Pavilion**, call 802.483.2311, www.mountaintopin.com.

Courtesy of Mountain Top Inn and Resort

Lisa Carlson, flutist, announces two separate full hour music programs currently airing on **ORCA Media's "Studio Sessions"** television program. "Turidae," mother/daughter duo of flute with harp and/or violin, recorded with Lisa's daughter, Mariah, in August of 2010, has been appearing sporadically since fall of 2010, and is planned for continued airing in the future and features a wide range of musical styles. "Passeri," trio of flutist, Lisa Carlson; violinist/violist, Elizabeth Reid; and cellist, Michael Close, was recorded at ORCA Media studios in March of 2011 and will be appearing this summer. Excerpts from both programs, and additional videos, can be found on **YouTube at the lisaflyvermont channel** with links and selected audio excerpts found at www.lisaflyvermont.com.

Courtesy of Lisa Carlson, Flutist



Vermont Bride's nutritional and fitness expert, **Toria Cornett, ATC, CSCS**, participated in the KeyBank Vermont City Marathon & Relay on May 29, 2011, and finished in excellent time. Toria is now training for the Burlington Olympic Distance Triathlon to be held on September 11, 2011. The 0.9 mile swim begins at North Beach in Burlington, continues with a 22.7 mile cycle race down North Avenue, back to the Beltline and concludes with a 6.2 mile run to Burlington High School. We wish Toria the best of luck! www.toriaswellness.com.

Enter for a chance to win a Vermont weekend getaway from **The Kitchen Store at J.K. Adams**. Register with J.K. Adams by August 31 and be eligible to win a weekend getaway for two at

The Essex Resort & Spa! This mini vacation includes a two night stay at the Resort, a cooking lesson for two and two massages at the spa.

802-362-4422 or 802-560-4116, www.thekitchenstoreonline.com.



The Essex Resort & Spa

Vermont Bride's Center Stage News Flash!

People and Places on the Go

What's new with *Vermont Bride's* professionals and what's in it for you? New store openings, great promotions and special incentives, that's what! Up-to-date news you can use, right here at your fingertips.

Needleman's Bridal & Formal, Vermont's only locally owned bridal and formal wear shop in Vermont, has relocated their South Burlington location to 10 Dorset Street, South Burlington, VT (in the Mills and Greer building). "This location gives us much more visibility. I could not turn down the chance to increase the size of our store either," comments Mark Needleman. Needleman's offers bridal gowns, dresses for bridesmaids and flower girls, prom gowns, special occasion dresses and a full men's department with suits, and rental and sales of tuxedos. 800-924-Gown (4696), www.needlemansbridal.com.



Northern Vermont Oral & Facial Surgery is pleased to offer their very own home therapeutic skin care program. Northern Vermont Therapeutic Skin Care products give you the ability to recapture the glowing freshness of a younger complexion. Product and gift certificates available. www.nvos-vt.com.



Crickett Polis of Polis Photography is having a solo exhibition at the Southern Vermont Arts Center in Manchester, VT, beginning June 18, 2011. The photography will feature Crickett's fine arts works in floral, landscapes, and farm animals from Washington County and southern Vermont. Join Polis Photography in celebrating the opening of their new studio with cocktails and hors d'oeuvres. Located on 74 acres of their farm in Shushan, NY, just 15 minutes west of Arlington, VT, a garden party and open studio are in the works. Watch for more news and dates of the open studio! Polis Photography is



proud to have their family business expanded with a new third photographer allowing them to maximize the coverage of each event with three talented photographers. Polis Photography's new booking incentive for 2012 weddings, booked in 2011, is an artistically mastered fine art canvas wrap with each package. 518.854.9923, www.polisfoto.com.

Sarah's Weddings, also known as **Betty's Flower Basket**, owned by Sarah Minor, has made many new and exciting changes recently relocating to 9 Bank Street in St. Albans, Vermont. Sarah has been in the floral industry for over ten years creating designs from traditional to country elegant and ultra modern. Visit Sarah's new wedding website: www.sarahsweddings.com, which features a gallery of her wedding work and www.bettysflowerbasket.com for in-season floral arrangements, houseplants, and unique gifts.



Image courtesy of Betty's Flower Basket, photo by RaidenShine Photography

Tasty Persuasion Catering was voted Best Caterer by local brides in The Knot's "2011 Best of Weddings" and received the "2011 Bride's Choice Award" from the Wedding Wire:

"Tasty Persuasions Catering is in the top five percent of the Wedding Wire Community for demonstrating excellence in quality, service, responsiveness and professionalism within the wedding industry."




802-372-3123, www.tastypersuasions.com.

Summer Quick Quips


Double ring ceremonies are a recent event. A groom's wedding band did not appear in the United States until the early twentieth century.

Pack an emergency kit with safety pins, mini sewing kit, comfortable shoes, stain remover, Advil or Tylenol, tissues, water, and eye drops.



Our distinctive line of fine home décor and gifts is designed to compliment every home or occasion

**Quilts • Linens • Signs
Floral • Furniture**



Bridal Registry
complimentary Gift Wrapping
and Local Delivery

Hours: M-F 10-5, Sat. 10-4
85 N Main Street, St. Albans VT
802-527-8256
www.bayberrycottagevt.com



Potted Plants: The Ideal Accent for Your Vermont Wedding

By Pat Esden

Potted plants are beautiful, cost effective and a versatile addition to any wedding.

One of the best places to incorporate plants is at the ceremony. Whether purchased or rented, they are an efficient and dramatic way to make a church or synagogue appear full, especially for buildings with high vaulted ceilings. Larger plants like ficus, Boston ferns and palm trees can be grouped behind the altar to provide a backdrop. Medium-sized and hanging plants (with hangers removed) can be placed in decorative containers and scattered down the aisle to create a lush, garden look. Plants clustered on steps or windowsills will provide splashes of color and a garden ambiance. If your wedding is planned around a holiday, many houses of worship are already decorated with seasonal blooming plants, which are available for the bride to use at no additional cost.

The thing to remember is that green plants in varied texture and sizes will work for any wedding, but blooming plants should be chosen in colors which accent or mirror the tones of the bride and attendants' dresses.

Even an outdoor ceremony in a reception facility's garden or public park can be enhanced by the addition of blooming and green plants. Urns filled with blooming annuals in the wedding colors and placed in the gardens will create the illusion that the entire garden was designed for this one occasion. Larger

potted plants can be added to existing plantings or used alone to create focal points—or grouped to form privacy screens. Plants are also the perfect way to mark aisles or indicate paths from a reception location to where the ceremony is going to take place.

If the bride is concerned about the additional cost of accenting with potted plants, then she should remember that they can serve more than just a decorative purpose. They also make wonderful thank you gifts for the attendants, clergy, readers—or for anyone who has helped with the wedding. Also, if the bride, groom or their parents normally decorate their homes with window boxes, hanging baskets or planters, the wedding plants could be used for this purpose, before and after the wedding. The multipurpose use for plants is not only true for the ceremony flowers, but for the reception centerpieces as well.

At the reception, plants make vibrant, low cost centerpieces and they can be given to the guests as favors. A group of small potted plants (one for each guest who is sitting at the table) can be clustered in a single low container which matches the wedding in style and color, and then set on the reception tables. Or, the plants could simply be placed in individual decorative containers, set on the table and interspersed with votive candles.

Smaller, seasonal blooming plants or African violets mixed with ivy and table ferns work wonderfully for either of these purposes. Using one specific type of plant will lend a more formal look to the wedding.

Mix matching the plants will give a more casual, garden feel.

Single, medium-sized blooming or green plants placed in baskets, ceramic containers or pails are nice gifts and very cost effective centerpieces. Hanging baskets of annuals or ivies (with their hangers removed) will sprawl out to form centerpieces without being overly tall. Likewise at the reception, plants can be used for focal points. They work especially well to create backdrops for the head table, buffet or bar.

When the reception is in a tent, potted plants are particularly useful.

Half-pots hung along the side of the tent look fantastic. Special brackets are available for tent poles. Blooming and green plants can be suspended from these for a beautiful, lush look.

Whether at the ceremony, reception or both, potted plants are the perfect way to add beauty and a feeling of opulence to any wedding for very little additional cost.

Hints and Tips:

1. Flowers which match the wedding colors can be placed in plastic water picks and then placed into outdoor gardens or planters to provide additional color.
2. Watering potted plants a day before they are to be used at the wedding will prevent wilting and eliminate the chance of water leakage.
3. For midsummer weddings at the lowest cost, purchase blooming plants in late June or early July and care for them until the wedding date.
4. Renting is a bride's friend as is letting the professional provide the plants for your wedding—especially when the bride doesn't have a green thumb or enough time.
5. Flower girl baskets can be filled with small blooming plants (like African violets) for a fun look.
6. Small evergreen seedlings tucked into napkins make wonderful keepsakes for the guests.
7. Be cautious of overly fragrant plants—their smell may bother some guests or clash with the savory aroma of the food at the reception.
8. In order for a perennial garden to look full, plant it at least a year before the wedding is to take place.
9. It's a good idea for a bride to buy more plants than needed. If one dies at the last minute, it can be easily replaced.

Did you know...

■ A white New Orleans man in the late nineteenth century transfused himself with blood from a black woman he loved so he could overcome anti-discrimination laws by claiming he was black and marry her.^a

■ Traditionally, bridesmaids would be dressed in similar bride-like gowns to confuse rival suitors, evil spirits, and robbers.^b

See page 75 for reference footnotes

The Meaning of Plants:

- Calla Lilly — Beauty
- Chrysanthemum — You're a wonderful friend, With love
- Crocus — Cheerfulness
- Daffodil — You're the only one
- Daisy — Loyal love, Innocence
- Heather — Wishes will come true
- Holly — Domestic happiness
- Ivy — Wedded love, Fidelity, Affection
- Petunia — Your presence soothes me
- Rose — I love you, Perfect happiness, Joy and gladness
- Tulip — Perfect lover, Declaration of love

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

Vermont Bride is proud to recommend the following featured wedding professionals for all your indoor & outdoor, for sale or rent, foliage needs:

Claussen's Florist & Greenhouse

800-287-2361
187 Main Street, Colchester, VT 05446
www.claussens.com

Claussen's Florist & Greenhouse offers rental services of our foliage plants for your special event. We have Vermont's largest selection to choose from in a variety of sizes and species. Adding foliage is a great way to enhance the look and feel you desire. We'll even deliver and pick up the plants for you. Our rental services also include wicker pot covers and bows to match your décor. Please visit our website, or contact us, for more information. Serving brides since 1973, we welcome the opportunity to take part in your magical day!





*Come as a Customer...
Leave as a Friend*

802-524-4055
30 North Main Street, St. Albans, VT
www.eatonsjewelry.com



LINDA DELOACH
Bridal Designer

Jay View WEDDING FLOWERS



*Weddings,
Custom Designs for Private
& Corporate Events*

Phone: 802-744-6463
Email: linda@jayviewweddingflowers.com
www.jayviewweddingflowers.com

CAPITOL PLAZA



HOTEL & CONFERENCE CENTER

Each Wedding is Treated Like it's the Only One...



New England Wedding Package
(our most popular)

Includes:

- Private Banquet Room with Dance Floor.
- Gourmet Cheese Platter.
- Champagne Toast.
- Tossed Garden Salad with Homemade Maple Vinaigrette Dressings.
- Warm House Made Rolls with *Cabot* Butter.
- Choice of Two Entrees:
 - Roast NY Sirloin with Cabernet Demi-glace.
 - VT Stuffed Chicken with Creamy Cider Sauce.
 - Roasted Salmon in Champagne Sauce.
 - Garlic Encrusted Pork Loin with Bourbon Glaze.
- Custom Wedding Cake from *Snozzle Sweets*.
- Floral Centerpieces & Candles from *Jerome the Florist*.
- Colonial Guest Room for the Bride & Groom.

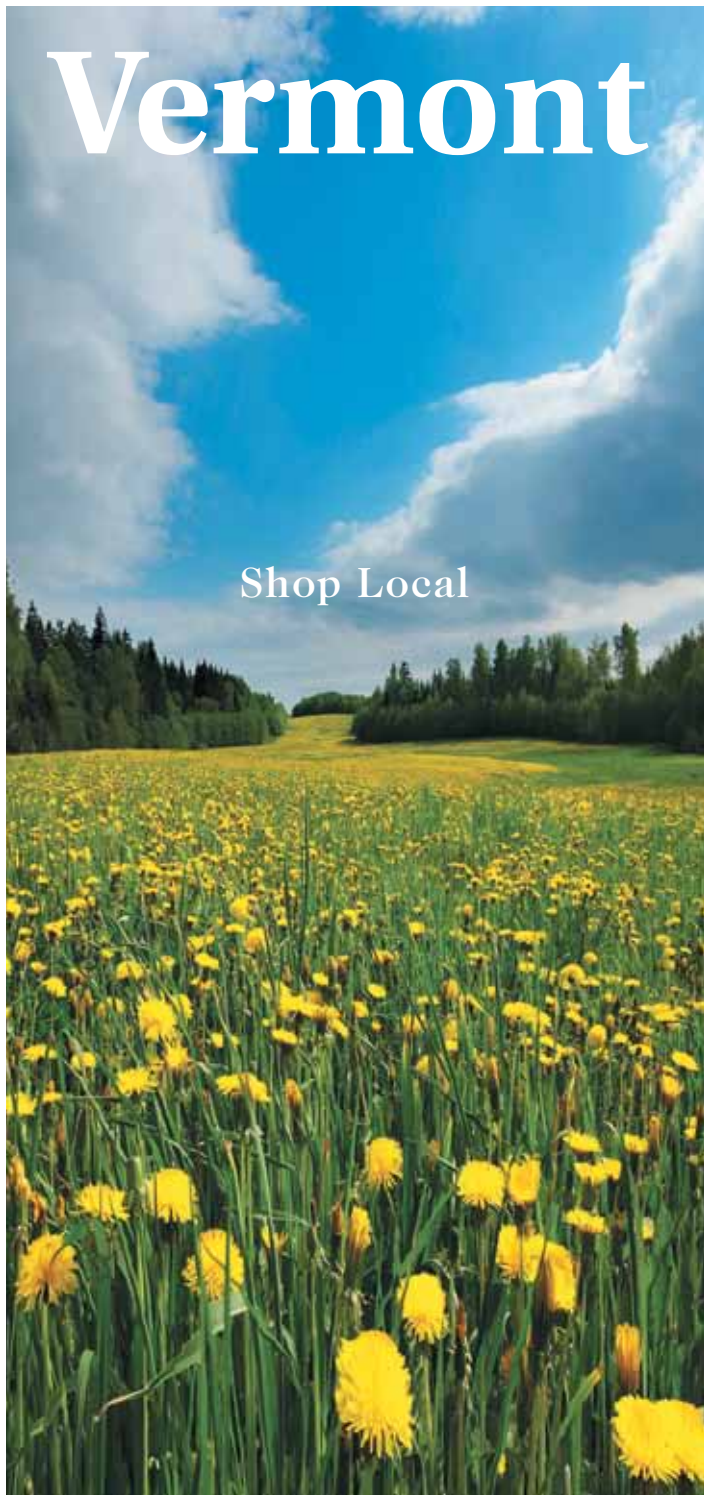
From \$42.00 per person
(plus tax & Service Charge)

We would be pleased to customize one of our four packages.

100 State Street Montpelier, VT 05602
800-274-5252 | info@capitolplaza.com | capitolplaza.com

Vermont

Shop Local



Vermont is community. Buying local supports our neighbors, strengthens the local economy and builds up the social and economic connections of our community.



Sponsored by
Vermont Bride Magazine

A Big Piece of Wedding Cake YESTERDAY AND TODAY



Photo courtesy of NECI

By Karen Sturtevant

Commemorating a milestone, whether birthday, anniversary, or promotion isn't complete without a cake. Cup, layered, or mini, cakes are synonymous with celebration.

Swirls of piping, rich buttercream frosting, and fondant pearls dotted on a multi-tiered cake may be what we expect to see displayed at a wedding reception, but in day's past, a loaf of bread and pile of biscuits sufficed for the celebratory sweet. Modern day wedding cakes run the gamut of classic to comic and have evolved from very humble beginnings.

Over 1,000 years ago, a wedding was celebrated with the groom eating part of a loaf of barley bread and then breaking the other half over his bride's head. Symbolically, this action was a sign of good fortune, a blessing of many children, breaking the virginal state, and becoming submissive to the groom. As the bread crumbled, the single women would scramble to gather the crumbs as having the good fortune to acquire these crumbs was thought to ensure a future marriage. Cakes as we now know them didn't enter the wedding picture until the nineteenth century.



Photo compliments of Sweet Crunch BakeShop and Catering Co

Sweet Crunch BakeShop and Catering Co

continued on page 60

Perfectly Planned
Exquisitely Designed
Expertly Orchestrated
Affordably Elegant

Holiday Inn

476 US Route 7 South Rutland, VT
Contact Caryn Casey-Hurka T 802.773.6130 X 313
weddings@hivermont.com | www.hivermont.com



Gourmet Provence

Wedding Cake by Gourmet Provence, Photo by Don Ross Photography

A Big Piece of Wedding Cake - Yesterday and Today

Continued from page 59

In medieval England, simple flour based unsweetened biscuits or scones (provided by guests) would be piled high—a prelude to today's cake toppers. If the couple could kiss over the top, good luck, prosperity, happiness, and many children would follow (or so it was believed).

First appearing in the seventeenth century and lasting for the next 200 years was a common dish called the bride's pie: a meat pie with sweet bread, mincemeat, or mutton with the secret ingredient being a glass ring.

The adage states that the woman to find the coveted prize would be next to wed. Early British bride's pies included mixed cockscomb, lamb testicles, sweet bread, and thankfully, a mixture of spices.

By the nineteenth century single tiered plum cakes gained popularity replacing the bride's pie. Sugar coated with white icing, plum cakes were reserved only for the wealthy and graced the tables of the affluent symbolizing the family's position in social circles. Before the Victorian era, ingredients were difficult, if not impossible to acquire for cake making, particularly those required for icing. White icing required the use of the finest refined sugar. The whiter the cake, the more affluent the family appeared. For the more modest, the bride's pie remained a mainstay. The plum cake stayed *the* cake until the late nineteenth century when multitiered cakes began their rise in history.

A red bean signified good luck while pulling out a thimble meant a life of spinsterhood.

British royalty were the first to introduce multitiered confections. Upper layers were made from spun sugar with pillars used for reinforcement. To prevent the pillars from sinking into the bottom tiers, the icing was hardened providing the necessary support. From the early twentieth century to modern times, wedding cakes have evolved into sumptuous confections while honoring representation and tradition.

Cutting the cake became the very first task that the newlyweds performed as a married couple.

With the groom 'helping,' the first piece would be cut and fed to the bride while simultaneously the bride offered her piece to her new husband. Filled with symbolism, the act is thought to show commitment of providing for one another.

Baking tiny silver charms attached to ribbons in the cake became a custom in the Victorian era. If a woman were lucky to find this treasure in her piece of cake, she would pull the satin ribbon and read her future based on the charm. She hoped for a butterfly (eternal beauty) or a kite (a fun and leisurely life). A red bean signified good luck while pulling out a thimble meant a life of spinsterhood. This custom is still practiced in the southern United States with the charms being fashioned from gold, silver, or crystal.

While the bride's cake was traditionally white, the groom's cake, to contrast, was darker (usually chocolate or mousse). The groom would serve pieces to



Shaffle Sweets

Photo compliments Shaffle Sweets



Juniors Bakery

Photo Compliments of Juniors Bakery

the bridesmaids or save for after the honeymoon and share with friends. Modern day grooms choose to have their cake reflect their hobbies, sports teams, favorite muscle cars, or affiliations.

The Royals are experts on all matters in protocol, manners, and festivities both grand and every day—weddings and wedding cakes are no exceptions. On November 20, 1947, then Princess Elizabeth (later Queen Elizabeth II) wed Prince Phillip of Greece (later Duke of Edinburgh).

With nine cakes, the grandest was nine-feet tall weighing 500 pounds, with four tiers. Three of the tiers were sugar replications of Buckingham Palace, Windsor Castle, and Balmoral Castle.

To this day, a piece of wedding cake from 1840 wedding of Alexandrina Victoria (later Queen Victoria) to Prince Albert of Saxe-Coburg and Gotha is on display at Windsor Castle.

The June 21, 1982, wedding cake of Charles, Prince of Wales and Lady Diana (later Diana, Princess of Wales), which included bananas, apples, coconuts and pineapples, was five feet tall and adorned with marzipan Windsor Coat of Arms. Two cakes were made in case of accidents and took 14 weeks to complete. Diana was only 19 when she met with the baker to create

continued on page 62

Photo compliments of Delicate Decadence Cake Boutique



Delicate Decadence Cake Boutique

Wedding cakes choices, from the shapes, flavors, and icings are unlimited.

Do's and Don'ts of Cake Cutting



Photo by The Portrait Gallery

Do's: If the reception is a brunch or tea, cut the cake after all guests have gone through the receiving line or after dinner if an evening reception.

Be sure the DJ or MC, photographer, and videographer know when the cake cutting is to begin and have it announced or make known by playing the first dance song. After the first toast (typically done by the best man), it's time.

If possible, use a special silver cake knife for the occasion. Danforth Pewter and The Kitchen Store at J.K. Adams have wonderful selections.

The groom's right hand holds the bride's right hand as they slice through the bottom layer.

From the first cut piece, the groom feeds the bride and then bride will feed the groom.

The groom is expected to offer slices to the bride's parents and groom's parents will receive their slices from their new daughter-in-law.

Don't: To smush or not to smush the cake in the face of your spouse should be discussed well before the fondant is in close proximity to your face! How do you want the official first act as a married couple to be: classy and dignified or messy and unsightly?



Photo by Jeff Schneidemann Photography

After spending time, energy, and money with professional make up and hair styling, the last thing a bride wants is to disturb is her flawless face and every-strand-in-place up-do. A graceful, gentle cake bite offering is a refined choice. This moment will be captured on film and memory cards and stay in the minds of guests for years—make it a proud one.

A Big Piece of Wedding Cake - Yesterday and Today

Continued from page 61

the cake and 13 months later at Prince William's christening, a tier was used in celebration.

William, Prince of Wales and Catherine Middleton's April 29, 2011, wedding had been on the radar for British and Royal watchers worldwide. Kate took the lead in designing the fruit cake masterpiece and requested replications of 16 flowers and foliage, each bearing a symbolic meaning—a custom from the Victorian era. With detailed piping and intricate scrollwork of cream and white, the multitiered creation was made with French brandy soaked fruits of dried raisins, walnuts, graded orange, and cherries. Prince William, not to be outdone, chose one of his favorite childhood tastes for the groom's confection: chocolate biscuit cake made from a family recipe.

Wedding cakes choices, from the shapes, flavors, and icings are unlimited. With television shows featuring the wildest and most elaborate cakes ever seen, couples are opting for non-traditional shapes in hexagon, octagon or mini cakes. Mini cakes, with their intricate details, can be made in different flavors and fillings to please every guest. Modern celebrations are featuring cakes of square over round and stepped over tiered.

The sweet topping of icing, for some, is the favorite part of the cake. Buttercream frosting is the traditional choice and used in a variety of designs.

Fondant, a shimmery option, is used to make intricate and beautiful accents. Made from crushed almonds, eggs and sugar, marzipan looks like fondant and is best used in the creation of detailed flowers, seashells, and fancy embellishments.

Cake flavors range from vanilla, chocolate, coconut, mango, amaretto or lemon. Waves of strawberries or raspberries through cheesecakes are a favorite and special treat.

Fillings of cream, mousse, or custard are the scrumptious glue that keep the layers together. In the search for your baker, ask for their suggestions and prepare yourself to be amazed at the plethora of choices.

Cake and pastry bakers will often source local ingredients of eggs, flours, roots, spices, and dairy to give their handmade confections an extra special touch. Knowing that fresh, around-the-corner ingredients were used in the preparation makes the cake even sweeter.

As weddings have become as much spectacle as splendor, the cake has become a focal point to reflect couples' wishes. Whether topped with a decadent white chocolate hazelnut mousse or a quilted pattern of icing, wedding cakes are centerpieces of prominence. Long forgotten are the broken loaves of breads over brides' heads. Sophisticated black and white to whimsy pastel and polka dots, today's wedding cakes are crafted culinary creations as much a feast for the eyes as the palate.

Freezing Cake

Keep the top tier of your wedding cake to celebrate at your first anniversary. Remove all decorations and ribbon being mindful not to disturb the icing. Refrigerate overnight to firm. Wrap the cake security in plastic wrap making sure the ends overlap to keep any air from seeping into the wrapper, place in a freezer bag (two if you'd like). Use a straw or vacuum to remove excess air from the bag (any excess oxygen will steal moisture from the cake). Place the cake, wrap and bags into a plastic container, seal, and store in back of the freezer. When it's time to thaw, simply place in refrigerator and in a few hours, dig in!



Karen Sturtevant is a freelance writer, editor of *Vermont Bride*, and considers chocolate cake her favorite food group.

Photo by Larry Asam Photography

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

BakeAria LLC

802-527-9727
Sheldon, VT
BakeAria.com

Ben & Jerry's

802-222-1665
benjerry.com

Delicate Decadence Cake Boutique

802-479-7948
Barre, VT
delicate-decadence.com

Gourmet Provence

802-247-3002
Brandon, VT
cafeprovincevt.com

The Bakery at Junior's

(Junior's Italian)
802 655-5282
Colchester, VT
juniorstv.com

LaBrioche Bakery & Café

(New England Culinary Institute)
802-229-0443
Montpelier, VT
neciding.com

Snaffle Sweets

802-434-2400
Richmond, VT
snafflesweets.com

Sweet Crunch Bakeshop & Catering Co.

802-888-4887
Hyde Park, VT
sweetcrunchbakeshop.com

Did you know...

■ Due to jobs, kids, TV, the Internet, hobbies, and home and family responsibilities, the average married couple spends just four minutes a day alone together.⁶

■ At Italian weddings, it is not unusual for both the bride and groom to break a glass. The number of shards will be equal to the number of happy years the couple will have.⁹

See page 75 for reference footnotes



Bakearia

Photo compliments BakeAria

Summer Quick Quips

Drink plenty of water the day before your wedding and on your wedding day. Have water readily available for everyone.

Address the envelopes for all of your thank you notes at the same time you write out and address your wedding invitations.

Be sure your mascara is waterproof. It withstands tears and lasts longer.

Each member of your family has a flower ready to give you as you walk pass them toward the alter. As you gather the flowers, your bouquet is made.

Vermont Bride Summer 2011 COVER BRIDE
August 28, 2010
Sunset Ballroom, South Burlington, VT

Catering:
**Waterfront Catering
Group**

Flowers:
Esden Florist

Photographer:
**RaidenShine
Photography**

Wedding gown, bridesmaids'
dresses, and tuxedos:
**Needleman's Bridal
& Formal**

Wedding and Reception Venue:
Sunset Ballroom

DJ:
**Moonlight
Entertainment**

See complete
vendor list
page 67

How we met

Our first meeting was not what you would call romantic or dreamy, but it is what led us to where we are today. On a crisp weekend in March, one of my friends invited me to visit her while she was housesitting for a relative. Jason was also visiting that weekend. I can still remember seeing him for the first time—it was priceless. He strutted in with the confidence about him that we still laugh about today. I even remember exactly what he was wearing (jeans and a white button-up shirt accented with his white necklace).

continued on page 66

*Amanda
(Ellenard)*

and

*Jason
Giroux*

The plan for the evening was to go to Canada, and somehow I convinced Jason to go—he ended up riding in my vehicle. If you ask Jason the rest of the story he would say that I pursued him all night.



Amanda (Menard) and Jason Giroux

Continued from page 65

Later that evening, I challenged Jason to a game of pool, which he now states he won; however, I beg to differ.

Photographer:
RaidenShine
Photography

Maybe we were too interested in each other to remember the outcome of the game. The plan for the evening was to go to Canada, and somehow I convinced Jason to go—he ended up riding in my vehicle. If you ask Jason the rest of the story he would say that I pursued him all night. Whatever the case, it worked! He was clearly interested, and by the end of the trip we exchanged numbers.

Later that week I contacted him and we decided to get together again, which was the start of an incredible relationship.

we began to pack. I offered to help Jason and suggested we split up our belongings to include some in each suitcase (just in case our luggage was lost). This is what I told him anyway, thinking that if he were to propose, he would need

to put the ring in his suitcase. Jason was completely fine with this and so the thought of becoming engaged on our trip quickly left my mind. Little did I know Jason had actually been planning to ask me the entire time and had known me so well that he slipped the ring in the box, into his sock, and into his carryon bag.

After being in the Dominican Republic for five days we decided

to have a night away from our friends, which we referred to as “date night.” On our date, Jason and I walked the amazing resort, had dinner and drinks, and then made our way to the beach. It was a beautiful breezy night, but after being in the heat all day, it didn’t take me very long to become cold.

Jason continued to walk further down the beach, and I informed him that I was feeling chilly. Jason asked if we could sit down on the beach chairs to enjoy the wonderful night. Thankfully I agreed (only with a little complaining). After only a short time of enjoying the scenery, Jason got up from the beach chair and stood in front of me. As he got down on one knee I remember how quickly my body became warm. At that moment Jason asked me to be his wife!

Later that week I contacted him and we decided to get together again, which was the start of an incredible relationship. This happened approximately six and a half years ago, and they have been the most wonderful and amazing six and half years of my life!

The engagement

Jason and I have a deep connection. I knew from the beginning that Jason was the one, but in 2009 we finally made it official. A group of friends, Jason, and I planned a trip to the Dominican Republic for March. Before the trip, I remember confiding in one of my friends that it would be so perfect if Jason proposed to me while on our trip. The week of our trip

continued on page 68



After being in the Dominican Republic for five days we decided to have a night away from our friends, which we referred to as "date night." On our date, Jason and I walked the amazing resort, had dinner and drinks, and then made our way to the beach. It was a beautiful breezy night, but after being in the heat all day, it didn't take me very long to become cold.



Amanda (Menard) and Jason Giroux

Continued from page 67

Not much could have made the night any better; although as we reconnected with our group of friends, we learned that they had accidentally witnessed the proposal. What a great thing to be able to share not only with my future husband but also my close friends.

The Planning

It was sad to leave such a memorable place, but at the same time I knew as soon as we arrived back to Vermont we could begin planning our wedding. Jason and I are very outdoorsy type of people and hoped to find a location somewhere on the water. As we searched various vendors we were unable to find a place that we really fell in love with until we visited the Sunset Ballroom. Although this location was not directly on the water, it had so much more to offer. The view was



extraordinary, so amazing that we decided to have our ceremony onsite as well. Planning for such an important and special moment was slightly hectic at times but as we reminded ourselves of what was really important to us, we once again continued to enjoy the planning process.

Choosing the right vendors was important to us, and we made sure to listen to our hearts and chose vendors that we felt comfortable with them as well as liking their work.

After booking our ceremony and reception at the ballroom we began looking for our other vendors. A great resource through this process was *Vermont Bride*, which is where RaidenShine Photography caught our eye. Not only did we love the photos taken by RaidenShine, but we also learned only after a short period of time, how much they were willing to go above and beyond by helping us and remaining involved throughout our entire planning process while offering their expert advice. All of our vendors made us feel relaxed, which was a great indicator that we had chosen the right ones for us.

Esden Florist could not have done a more beautiful job with each and every one of the bouquets, perfecting the most wonderful combinations of flowers.

One of the most important vendors for Jason and me was the entertainment. I can honestly say that we chose just the right people for the job. Moonlight Entertainment worked with us to fit all of our musical needs as well as doing an excellent job with keeping our party going during the reception. A special part of our ceremony as well as our first dance included outstanding singing performances by one of our best friends as well as her father. It meant so much to Jason and me to have both of them involved in our special day.

Our wedding would not have been what it was if it weren't for all of our vendors but most importantly, for our family and friends. We were able to spend one of the greatest days of our lives with the people that we love most!

August 28, 2010, will be a day that I will never forget. The sun was shining brightly, and as I walked down that aisle with my father I could not stop thinking how lucky I was to have found Jason. I knew the moment I laid my eyes on him at the end of the aisle that he was truly the love of my life. I hope that at some point, everyone in this world gets the chance to feel this way toward someone special in their lives.

Planning Advice

As you are planning for your day, don't forget why you are planning in the first place. Don't get caught up in the small stuff and remember that no matter what, your day will be perfect! It is about the celebration of your love with your future husband. Learn to relax and enjoy the process even if there are some bumps in the road. We learned that our guests did not even take notice to the things that we felt were slightly flawed. Also, finding vendors that you truly connect with is essential—vendors whom you feel comfortable asking a million questions to because you surely will have a million questions. I know I definitely did!

The day goes by extremely fast. Make it a point throughout the ceremony to make sure you spend moments, even seconds, absorbing everything. Take as much of it in, every chance you get. It is also important to make an effort to greet each table and let your guests know how much they are appreciated for spending this day with you! Enjoy your day, you truly do deserve it. Relax and have fun!

Amanda (Menard) and Jason Giroux

Featured *Vermont Bride* wedding professionals:

Catering:
Waterfront Catering Group
802-658-3663
www.vermontspecialoccasions.com

Flowers:
Esden Florist
802-827-6160
www.vermontbridemagazine.com

Photographer:
RaidenShine Photography
802-598-9186
www.raidenshine.com

Wedding gown, bridesmaids' dresses, and tuxedos:
Needleman's Bridal & Formal
800-924-Gown (4696)
www.needlemansbridal.com

Wedding and Reception Venue:
Sunset Ballroom
802-658-3663
www.vermontspecialoccasions.com

DJ:
Moonlight Entertainment DJ
802-233-5172,
moonlightentertainmentdj.com

Additional wedding professionals:

Cake: Noni Bethiaume
(groom's family)

Hair and Nails: City Limit Salon

Jewelry: Hannoush Jewelers

Musicians: Angela Fitzgerald,
Thomas Chevalier

Rehearsal Dinner: Lakeview
Restaurant

dayve huckett - guitar

can also perform with viola or flute
802-233-6618
dayvehuckett@hotmail.com | dayvehuckett.net

No wedding reception is complete without a Candy Buffet! If you are setting up your own, remember that we've been your local candy connection for over 150 years. Stop by or call. We will make sure we get you your favorites for your day to remember. How Sweet It Is!

Shelburne Country Store
29 Falls Rd
Shelburne, VT
(800) 660-3657
ShelburneCountryStore.com

favors by
CARMAN BROOK FARM

Highgate Springs, Vermont
888-84-MAPLE (6-2753) • www.cbmaplefarm.com

Captivating Weddings & Events, LLC

Let us take you from "I will" to "I do"

40 Liberty Street
Swanton, Vermont 05488
(802)752-6872 or (802)868-6068
info@captivatingweddingsandevents.com
www.captivatingweddingsandevents.com

Congratulations, you're engaged!

Four Tips for the Wedding Journey

By Jackie Watson

The feeling of floating on air and pure excitement are unbelievable. Right at that moment you think there will never be another moment that can top this! Then you realize something. There will soon be another heart-melting, heart-pounding, over the moon, spectacular moment: your wedding day! I first want to say enjoy your engagement as it is precious and dear and it signifies the journey that you are about to enter into.

The journey of wedding planning can be both exciting and overwhelming. Not only have I been a recent bride, but I am also a planner. I know from both perspectives that while excitement was always in the forefront, the overwhelming tasks were not far to follow. With the help of family, friends, and if you choose, a planner, you can have a great time planning your wedding. Here are just a few tips for your journey.

Tip One

Be true to yourself and your fiancé. Listen to what others have to say; but remember that your wedding is about who the two of you are. Your wedding should unfold a story about the two of you to your family and friends.

Tip two

When planning your wedding, sit down and think about items like your favorite foods, colors, places that you both enjoy. This will give you inside clues to how you may want your wedding to be. For instance, if you have great memories of traveling to different places, do a theme wedding based upon one of your favorite places. If you love the night life and enjoy dancing, think about having a cocktail reception with bold colors and a great band or DJ.

While tip one and tip two may seem easy they are not the only things you will need to do. There is an endless array of logistics that need to be considered when planning for your big day, such as budget, guest count, and vendors.

Tip three

Budget. Create one that you can stick to! It's that simple. If you want to have a \$15,000 wedding then that is what you work with. When it comes to budgets, as you can only imagine, it is not difficult to go over when planning the biggest day of your life. So be mindful and don't be afraid to negotiate and do research. This is where a wedding planner is most helpful.

Tip four

Vendors. We don't bite and we want to help. There are tons of us out there so don't choose the first one you meet, take time to meet three or four of us and choose the one that best matches you, your wedding ideas, and your budget. Being a bride not so long ago I can honestly say, I am glad I knew so many vendors, as my now husband and I were able to choose wisely and in our eyes we had the best vendors we could have asked for.

My name is Jackie Watson and I founded **VT Enchanted Events**. I have been organizing & planning, for as long as I can remember. I love all things that are wedding and events related. I have been working around or in this industry for over 8 years, and I get inspiration from everyone and everywhere! My goal as a planner for Vermont is to show you all the great features of Vermont. I am here to show you that you can have the wedding of your dreams even when your on a budget. After all this is your big day! **802-324-1433, www.vtenchantedevents.com**



Fiori
BRIDAL BOUTIQUE

...where you will find exquisite beauty

18 Main Street,
Essex Junction, VT 05452
802.872.9663
fioribridal.com

five elements
SALON & DAY SPA

10 Stratton Road • Rutland, VT 05701
802.773.8005
www.fiveelementsdayspa.com

- Custom Bridal Packages
- Bridal Glow Treatment
- Hair and Makeup Consultations
- Relaxing body treatments for "flawlessly touchable skin."
- Mineral Makeup to keep you looking your best.
- stress-free environment allowing you and guests to prepare with ease.

Allow us to pamper you on your special day. Call or visit us today at
www.fiveelementsdayspa.com/bridal



Summer is here and the temperature and humidity are rising. A Vermonter understands that the weather can be very unpredictable, but our summers are generally consistent with being hot and humid. Summer in Vermont is both postcard picturesque and makes even the most composed of us complain about the humidity—how quickly we forget the bitter cold of winter.

Brides, take note: As the mercury rises, it's time to focus on the importance of water and hydration when it comes to health, exercise, and overall well-being.

The Importance of Water

By Toria Cornett and Karen Sturtevant

Did you know that human bodies are made up of 55-75 percent water? Our brains are 95 percent water; blood, 82 percent; and our lungs, 90 percent water. The most important nutrient to the human body, water serves several functions: maintaining muscle tone, delivering essential nutrients and flushing harmful toxins. Water is the quiet hero regulating body temperature and metabolism, suppressing appetite, and keeping our brains sharp and skin supple.

So what is the buzz about water retention? What is it and how do we get rid of it? The last thing a bride wants is to have swollen fat cells because of water retention. Water retention is subcutaneous fluid that accumulates because of an excess of sodium in the body. So how do you get rid of it? Simple, drink more water! This causes the body to release excess sodium and flush the toxins out of the body.

Other home remedies to combat water retention:

- Limit salt intake. The recommended daily allowance is 2,400 milligrams.
- Exercise and sweat. Be sure to hydrate before and after working out.
- For moderate exercise, an extra cup to cup and a half of water are sufficient to re-hydrate.
- Eat fiber (this will help with bloating). Fruits, vegetables, whole grains, and nuts are full of flavor and fiber.
- Consume natural diuretics such as cranberry juice and cabbage. These help to flush out toxins and digest fat.

What about caffeine and alcohol and what roles do they play with water retention? Both caffeine and alcohol are diuretics that have a dehydrating effect and are not meant to hydrate. You may feel as though you're hydrating while making many trips to the bathroom, but actually what's happening is the body is expelling necessary fluids and nutrients at a high rate. This causes the body to retain water to help make up for the loss fluid through urination and sweat. A good way to tell if you are properly hydrated is to notice how you feel during the day. If you rarely feel thirsty and produce approximately six cups of colorless or slightly yellow urine a day, your H2O intake should be sufficient. Monitor your urine volume and output. Dark urine is a red flag that the body is dehydrated and concentrating the urine to save water.

We've all heard the eight glasses a day rule, but what if water isn't your drink of choice? For self-admitted water-haters, jazz it up with cut lemon, lime, or orange slices, add a few frozen

cubes of fruit juice for added zing, and treat yourself to fizzy sparkling flavored water. Bring your water bottle to work, errands, fun excursions, and before long, you've developed a healthy habit. The general daily water rule is to drink one cup for every 20 pounds of body weight. The daily water intake recommendation for a person weighing 120 pounds, without exercising and who doesn't live in a harsh, dry climate is six cups per day.

On average we receive 20 percent of our water from the foods we eat. Tomatoes are 90 percent water and a big wedge of watermelon has 9.6 ounces (more than one cup) of water. The remaining 80 percent must come from the beverage choices we make.

What about eating and drinking? Is it true that if you drink a glass of water before a meal that you will eat less thus consume fewer calories at the meal? The jury is out on that question. The more common discussion point on drinking water or fluids while eating, even during or after a meal, is that it may actually dilute the acids in the stomach that are responsible for breaking down those foods. Others might say that if you drink water before a meal you will feel fuller and eat less. Some might say instead of hunger you may be dehydrated, so drink water and skip that snack bag of potato chips.

Most adults lose between two to three quarts of water each day by normal body function; athletes and warmer climate dwellers lose more. If you exercise, the literature says to drink every 15-30 minutes of physical activity (depending on the intensity). Americans spend more than 15 billion dollars annually on bottled water—more than on iPods or movie tickets. Save your hard-earned cash (and planet Earth from all those plastic bottles), and use tap water, water fountains, or the water cooler at work. If your at-home tap water doesn't pass the taste test or if safety (due to toxins) is questionable, invest in a filter—your cells and skin will thank you.

A person is able to survive up to four weeks without food but only three days without water. Most adults don't drink enough water; by some accounts 75 percent of us consistently have mild chronic dehydration. Do you ever feel that mid-afternoon slump and downward energy spiral? You may be dehydrated. As little as a two percent drop in our water supply can affect our focusing, basic math skills, and short-term memory.

continued on page 74

The last thing a bride wants is to have swollen fat cells because of water retention.

Most adults lose between two to three quarts of water each day by normal body function

www.kimmartinphoto.com 802/598-4007

kim martin photography
weddings, portraits, life moments

PGALLERY@COMCAST.NET

1-802-864-4411
1-800-286-4418

PORTRAIT GALLERY
GEOFFREY McLOUGHLIN WENDY McLOUGHLIN
Wedding Photography Specialists

WWW.PORTRAITGALLERY-VT.COM

Please visit our South Burlington studio to see our sample albums

THE WEST MONITOR BARN



WHERE RUSTIC
marries elegance

CEREMONIES & RECEPTIONS

RICHMOND, VT
MONITORBARN.ORG
CAILIE.BURNS@VYCC.ORG
802.434.3969, EXT. 113

*Violin and guitar...
Just the right atmosphere...
Love That Duo!!*
www.lovethatduo.com

The Fit Spot: The Importance of Water

Continued from page 73

The bottom line is this: Drink water to perform and look your best; drink before you feel thirsty and drink more if you are sweating. The more we replenish, the better our bodies function and look, especially for that wedding walk down the aisle and photo close-ups.

Basic Full Body Workout II

Toria recommends weight training 3-5 times a week to see results in muscle tone.

If you are sore, let that muscle recover before working out again.

You will need:

- Two dumbbells (3 lb., 5 lb., 8 lb., 10 lb., or 12 lb. each—depending on level of fitness)
- Exercise Ball
- Yoga or Fitness Mat

Start with a cardio warm-up for 5-10 minutes

Chest Press with Exercise Ball (10 reps)

Position yourself on the ball so your head and shoulder blades are relaxed on the ball. Squeeze your glutes and hamstrings to make yourself into a table-top position. Grab the weights and with your elbows bent at 90 degrees and your palms facing your feet, slowly straighten your arms and then return to the start without allowing your elbows go below your shoulders to protect your shoulders. That is one rep.

Seated Rows with Exercise Ball (10 reps)

Seated on the ball, grab your weights and position your arms at your side with elbows bent and palms neutral or facing each other. Bring the weights to your ankle bones relaxing your back and keeping your abs tight and then come to a seated position while pulling your bent arms to your hips and squeezing your shoulder blades together. Return to your ankles. That is one rep. Make sure and keep your shoulders relaxed.

Front & Side/Shoulder Raise (10 reps front raise) (10 reps side/shoulder raise)

Stand holding a pair of dumbbells at your side. With control, raise arms directly out in front of body (for front raise) or side of the body (for side/shoulder raise)—keeping arms straight. Raise dumbbells slightly higher than shoulder height and pause

Make H2O a daily habit: drink a glass of water when you wake, fill your fancy water bottle before you leave the house, strive to meet your daily water intake, and make the water routine a healthy, lifetime habit worth keeping.

momentarily. Slowly lower the weights to sides. Alternate the front raise with the side/shoulder raise. That is one rep.

Push-ups on Ball (10 reps)

Position yourself on the exercise ball so you are face down and the ball is under your hips, quads or shins. The further down the legs you have the ball, the more challenging the exercise. Maintain tight abs and a straight back while performing a push-up. Bend your arms slowly until there is a 90 degree bend in the elbow and then push yourself up. That is one rep.

Forward-Reverse Lunges (Also known as the pendulum lunge) (10 reps)

Start with your right leg and bring it forward into a lunge ensuring your weight is in your heel and your knee doesn't pass the toes. Pushing off the right heel, go back into a reverse lunge with your right leg and repeat that motion for 10 reps and then switch legs.

Wall Squat with Calf Raises (45+ seconds)

Sit against a sturdy wall with your back flat against the wall and your knees bent to 90 degrees. Make sure your knees aren't past your toes and hold that position. To add intensity while in the wall-sit position, add heel raises to target your calves.

Hamstring Curls on the Ball (10 reps)

Using a mat and an exercise ball, lie down on the mat on your back with your lower legs on the exercise ball and lift yourself to a bridge position. Slowly bend your legs and roll the exercise ball with your heels toward your torso. Then slowly extend your legs. That is one rep.

Ab Bicycle (15 reps)

With low back pressed to the mat, place your hands behind your ears and bend your knees and alternate elbow to knee while twisting your torso. That is one rep.



Crunches on Mat (20 reps)

Lying on your back with knees bent and feet flat on the floor, hands behind your ears, lift head and shoulder blades off the mat. That is one rep. Make sure your low back is pressed into the floor and you are reaching your chin toward the ceiling and not to your chest.

Toe Touches (15 reps)

Lying on your back, extend both legs to the ceiling and reach for your toes with both hands and return to start. That is one rep.



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 or www.toriaswellness.com for information on how to get your best bridal body with individual fitness designs, nutritional counseling, and wellness programs.

Karen Sturtevant is a freelance writer and editor of *Vermont Bride*. She lives in Williston, VT with her longtime partner, Mike, is spending the summer with her home-from-college daughter, Kayla, and drinks water each day.

"Did You Know" REFERENCES

- "Where You Live May Affect When You Get Married." CNN.com. October 20, 2009.
- Bride's Book of Etiquette. 2002. New York, NY: Perigee Books.
- Harrar, Sari and Rita DeMaria. 2007. The 7 Stages of Marriage: Laughter, Intimacy, and Passion. Pleasantville, NY: Reader's Digest Books.
- Baldizzone, Tiziana and Gianna Baldizzone. 2001. Wedding Ceremonies: Ethnic Symbols, Costume, and Rituals. France: Flammarion.
- Bride's Book of Etiquette. 2002. New York, NY: Perigee Books.
- Lee, Vera. 1994. Something Old, Something New: What You Didn't Know about Wedding Ceremonies, Celebrations, and Customs. Naperville, IL: Sourcebooks, Inc.
- Post, Peggy. 2006. Emily Post's Wedding Etiquette. New York, NY: HarperCollins Publishers Inc.
- Stewart, Arlene Hamilton. 1995. A Bride's Book of Wedding Traditions. New York, NY: William Morrow and Co.
- Weiss, Mindy and Lisbeth Levine. 2008. The Wedding Book: The Big Book for Your Big Day. New York, NY: Workman Publishing.

Hawley's FLORIST
29 Center St. Rutland, VT
800-841-4601
hawleysflorist.com (or)
hawleysweddingflorist.com

just for you!

Echo Lake Inn
Historic Victorian Inn on Scenic Route 100
5 miles from Ludlow

The ideal location to celebrate your wedding weekend in Vermont. This full service inn and resort, featured in both *Gourmet* and *Bon Appetite* magazines, offers accommodations for 100 and events up to 225. The warm, sophisticated hospitality and attention to every detail awaits you on your special day.

It's Everything You've Always Wished For... And More!

800.356.6844 echolakeinn.com 802.228.8602

Summer Quick Quips

Ask questions of your vendors. Professionals want to share their experience and knowledge.

To have and to hold...
Register for gifts that stand the test of time.



Allow one of our professional sales associates to walk you through the process. Call for an appointment or simply stop in.

Consider personalized laser engraved wood products for wedding party gifts.

Now offering on line gift registry services.



thekitchenstoreonline.com

1430 Route 30
 Dorset, VT
802-362-4422

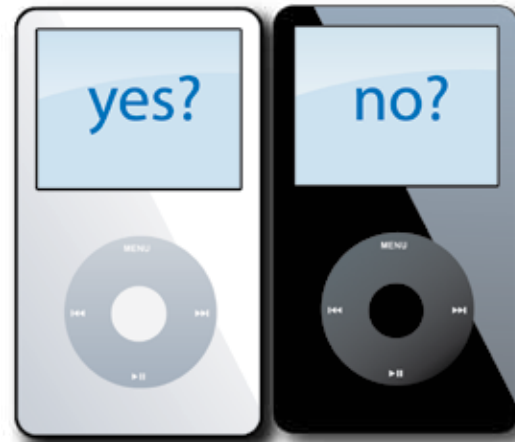
&
 Cabot Annex Plaza
 Route 100 Waterbury Stowe Rd.
 Waterbury Center, VT
802-560-4116

Professional DJ or iPod for your Wedding?

By Grant Allendorf

Approximately five years ago many DJ publications were predicting the demise of the mobile DJ industry at the hands of the ever popular iPod in providing music at wedding receptions. Many went as far as to say that in five years 50 percent of brides would provide their own music at wedding receptions. Since then, the iPod has played a much smaller role than DJs feared.

A closer look at the limitations of the iPod helps to explain why this technological solution to replacing the professional DJ at wedding receptions has failed to take hold among the public. The most obvious shortcoming of the iPod is that it is not a living, breathing human being capable of making professional announcements, talking with the mother of the bride, working with the caterer, and coordinating with the banquet manager or wedding consultant. Sometimes people will have friends who accompany the iPod in order carry out these vital aspects of the reception, but the lack of experience of such friends will inevitably lead to problems.



In fact, one banquet manager with whom we have worked for years refuses to host an iPod wedding reception because of the communication difficulties such weddings present and because of how poorly these events reflect on his well-established business.

However, the inability to make crucial personal connections may not be the iPod-as-DJ's greatest problem as most brides of such events will discover once the dancing gets going.

As the iPod is unable to think on its own, it is unable to mix music in such a way as gets the dance floor going or read the dance floor in order to shift the music to just the right song, artist, or genre that will get the crowd on their feet.

The reports my company has had of iPod weddings is that dance floor does indeed become lackluster as the party dwindles rather than soars to its conclusion. Perhaps some brides who have opted for an iPod have done so because they were turned off by officious DJs who attempt to control every aspect of the music and announcements. Such DJs do not deserve the title of professional, and wary brides should avoid them at all costs.

My advice to brides reading this column is to hire a genuinely professional DJ who will work with you on every detail to customize your special day and make it the truly unique and memorable event it deserves to be!

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

Dial-A-DJ - Ken Fox

Toll Free: 800-974-7116
 or 802-527-7116
lumar@together.net lumar@together.net

El Folio Entertainment

802-558-3800
e1foley@aol.com
www.vermontdj.net

Gerry Lawrence

802-655-7534
gerry@accuritepayroll.com

HP Entertainment

802-862-5082
info@hpbands.com
www.hpbands.com

LinCo Entertainment

802-893-7685
corey@lincoentertainment.com
www.lincoentertainment.com

Peak Entertainment DJ, INC

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

SuperSounds DJ Co.

802-899-2823
ssounds@myfairpoint.net
www.supersounds.com



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

Supersounds has been voted Vermont's #1 DJ Service. Contact Grant at supersounds.entertainment@gmail.com.

Wedding DJ Vermont

802-338-2726
evan@weddingdjvt.com
www.weddingdjvt.com

KS Videography

Capturing unique memories as your day unfolds



KS Videography is ... passionate about providing brides and grooms with the keepsake memories that will last a lifetime by capturing moments and details that often go unnoticed.



802-527-5157
www.ksvideovermont.com

Photos by: Great Impressions Portrait Studio

WHICH CAME FIRST?
 Fresh, inventive food with the finest seasonal & local ingredients is our passion.

Chef-owner Connie Jacobs Warden has been creating great food in Vermont for 20 years. Gourmet cuisine, heavenly desserts, impeccable service make Chow! Bella the perfect place to host your rehearsal dinner, reception or bridal shower. With Chow! Bella, your event will be unforgettable.

Chow! Bella

Special thanks to Esther Carlotta, our lovely two legged, feathered model

24 North Main Street
 St. Albans, VT
 802-524-1405
www.chowbella.us

We can cater for 2-200 on or off premise.

Sophie's
 American Bistro

Experience comfortable yet sophisticated dining

- ~ Lunch
- ~ Dinner
- ~ Sunday Brunch

18 Severance Green Colchester, VT
802.878.6100

Come in and enjoy a gourmet twist on comfort food
www.sophiesamericanbistro.com

Sophie's

- * Bridal Showers
- * Rehearsal Dinners
- * Intimate Ceremonies

BakeAria LLC
www.BakeAria.com
 802-527-9727
 Sheldon, VT

Artistic cakes made with local and organic ingredients that will leave your taste buds singing

Specializing in detailed sugar work and nature inspired themes

Putting a personal touch to your wedding music



“Pachelbel Canon in D”

Music

For Your Wedding

By Lisa Carlson

The cello begins solo, signaling the bride's appearance in the distance. The bridal party has assembled, and guests rise in anticipation of the bride's arrival. The flute begins the melody as the bride continues to descend the hill, then the violin echoes in canon. The slow melody progresses, gaining complexity, motion and intensity as the bride comes closer to the wedding site. As the speed and intensity of the music nears its peak, the bride reaches the assembled guests. When she arrives at the altar, the music has reached its climax, raising goose bumps, sighs, and tears before the first word has been spoken.

The Pachelbel Canon in D, as it's come to be called, is, in my experience, currently the most popular processional choice of wedding couples. Most commonly for the bride, it can also work well for the wedding party. It's a versatile, flexible, and elegant choice for many of today's weddings. It works well for virtually any combination of instruments, its open and airy sound creates a stately, easy-to-walk-to backdrop, and its phrasing lends itself to a confident conclusion at any point, regardless of how long it takes for the bride to arrive at the altar.

I see ceremony music as a tool that wedding couples can use to help create or accentuate a mood that will mark your ceremony in the way you would most want. Most couples who enjoy the Pachelbel Canon enjoy the building up of intensity as the piece progresses. What people often don't think about ahead of time is that the walk down the aisle is brief, and most commonly only three or four phrases of the canon are heard during that time. This is great for many people, and certainly works just fine. But I have experienced weddings like the one above, where the music truly works to set the mood more strongly.

I have played for weddings recently where we have timed the music, and coordinated with the wedding planner, the bride has timed her walk, and we've been able to duplicate many of the elements of the above scenario, even for indoor weddings with a short walk down the aisle. The music starts, the guests stand, anticipation builds as they wait, and at the appointed time the wedding planner gives the cue, and the bride arrives at the altar during the highest intensity portion of the piece.

This is your big day - I often say to brides there's no harm done in the anticipation the guests and the groom will feel in having to wait one extra minute! No harm - and maybe that extra bit of heightened expectation from the moment of waiting. Their hearts will be in their throats as soon as they see you!

Vermont Bride 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)
- **Classic Consort** for duo, trio and quartet options of strings or woodwinds or a combination. (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)
- **Vermont Wedding Violinist** for solo or duet violinist, with optional piano accompaniment. (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)
- **Dayve Hockett** - guitar, solo or duos with viola or flute in repertoire to suit your interests. (www.dayvehockett.net)

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

- **Sheefra** - Celtic harp with concertina. (www.sheefra.net)

If you'd like a full band, consider:

- **Green Mountain Swing** for the big band sound. (www.greenmountainswing.com)
- **HP Entertainment** for a variety of options of high quality bands in a wide range of music styles. (www.hpbands.com)
- **Shakedown** for a versatile band with a wide range of options including jazz standards, 80s, rock, classics,



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 and a wedding music blog at www.lisafute.com/weddingblog. Lisa can be reached at 802-229-9901 or lisa@lisafute.com.

THE PARTY STORE

From start to finish we're here to help you celebrate your special day...

Start with our huge selection of customized invitations - always 25% off...

...then select from elegant cake tops, guest books, unity candles, toasting glasses and so much more.

Visit the location nearest you:

129 Strongs Ave Rutland, VT 802.773.3155	Towne Marketplace Essex Jct., VT 802.878.1571	178 Washington St Claremont, NH 603.543.1795
--	---	--

www.thepartystores.com

Vermont's #1

PEAK DJ.COM

PEAK ENTERTAINMENT INC.

Professional DJs Specializing in Elegant, Superbly Orchestrated Weddings

The only Vermont DJ company named as one of the "150 Hottest Bands and DJs in the U.S." by Modern Bride Magazine

(802) 888-6978 www.peakdj.com email@peakdj.com

Proper Parent Phrasing By Colleen Kuerth

How to keep everyone happy when wording your invitation.

It's not what design or colors to use, but rather the wording that stumps most couples when working on their wedding invitations.

And one of the most common question they have is when and how to include their parents. Traditionally the bride's parents were responsible for throwing the whole party and would be in charge of sending out the invitations. But in these modern times, with many couples footing the bill themselves, and the many types of family structures, it can be a minefield of delicate decisions to figure out the correct wording.

The key deciding factor is who is paying for the wedding, which determines who is hosting the day's festivities.

Like I mentioned above, if the bride's parents are paying it is appropriate to list them as the hosts. If the couple is paying for their wedding themselves, which is increasingly the case these days, then parents may be left off of the invitation entirely. You may include them if you wish, but it is not necessary since it is the couple that is technically hosting.

Even when the parents are paying for the wedding, most couples are still in charge of choosing and arranging all of the details, further blurring the line of who exactly is hosting the day. Regardless of who is paying, often couples

are unclear as to whether or not the parents need to be listed at all. The short answer is yes, especially if they are putting up the cash. But here is a more in depth guide to when and how it is appropriate to include them.

Of course if you are unsure of how your parents feel about being included or not, you may want to ask them, that way you will know up front what they are expecting and you can avoid an uncomfortable situation later on.

Traditional, formal wording for when the bride's parents are hosting would be something similar to this:

Mr. and Mrs. John Smith
request the pleasure of your presence
at the marriage of their daughter

If the groom's parents are also contributing a large sum, then they can also be listed after the name of the groom, although it is not considered as necessary to include them as it is to include the bride's parents.

Photo compliments of Truly Noted



Photo compliments of Truly Noted

Mr. and Mrs. John Smith
request the pleasure of your presence
at the marriage of their daughter
Emily Ann
to
Emmet Martin
son of Mr. and Mrs. Albert Martin

the Queen of England inviting to the wedding of a Prince). And it would be awkward to list them after the groom and not have the bride's parents listed as well.

You can go about it several different ways depending on your situation: either list both sets of parents, leave the parents names off altogether, or if they insist on being mentioned, use the all encompassing line 'together with their families' or 'together with their parents.'

You can also list both sets of parents in the leading line of the invitation to indicate that they are jointly hosting the wedding.

Mr. and Mrs. John Smith
And
Mr. and Mrs. Albert Martin
request the pleasure of your presence
at the marriage of their children

Together with their parents
Emily Smith
and
Emmet Martin
request the pleasure of your presence

If you would prefer more casual wording you may omit titles before their names:

John and Margaret Smith
request the pleasure of your presence
at the marriage of their daughter

Emily Smith
and
Emmet Martin
together with their families
request the pleasure of your presence

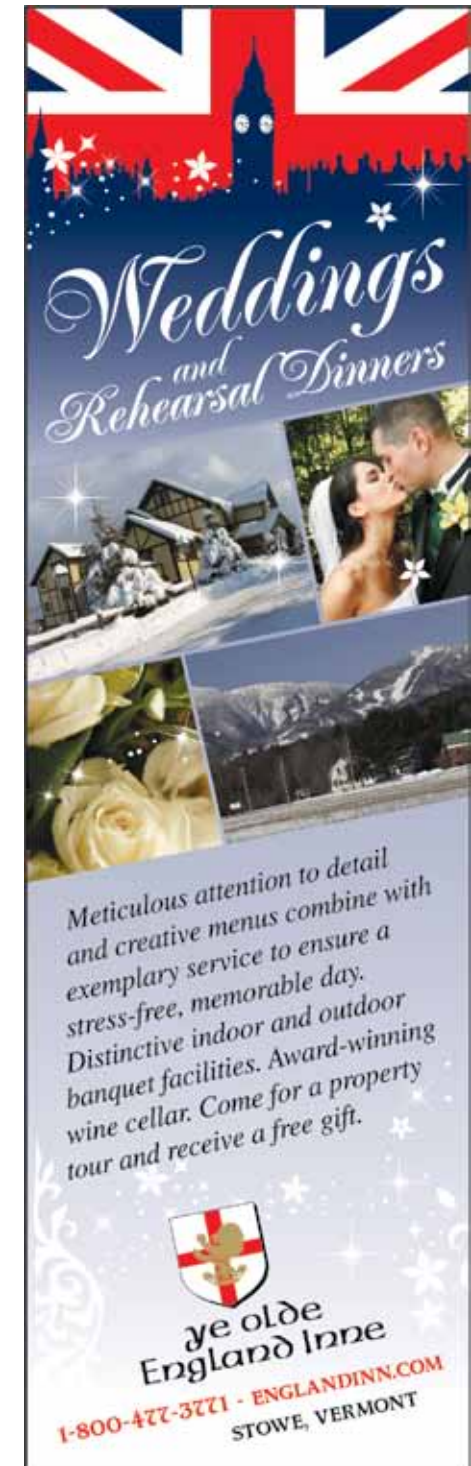
If the groom's parents are paying for the entire wedding it is a little trickier. Traditionally the groom's parents would not be included on the invitation, but if they are paying for everything, then they may want to be recognized for their contribution. It is usually not proper to list them or the groom before the bride and her parents on the invitation (unless you are

But what if, your parents are divorced, one of them has remarried or one of them is deceased? The unique family structures we have today can make this task seem daunting, but with a little bit of etiquette it is easy to include everyone that is important to you.

If your parents are divorced you should list them on separate lines, with your mother always listed first, with no 'and' in between their names.

Ms. Margaret Smith
Mr. John Smith
request the pleasure of your presence
at the marriage of their daughter

continued on page 90





Even if your oratory skills are less than spectacular, you may someday, somehow find yourself in a situation where you'll have to make a toast. And even though toasts are often personal, you can learn, with just a few basic skills, to write a toast for just about anyone and come off looking like a pro.

As someone who has planned after parties for Guns n' Roses, organized charity events for the Mayor's office, and catered to the every whim of celebrities and socialites alike, Consider it Done CEO Julie Subotky has also been hired to write a toast for a client to give to a bride at her wedding. In her book, *CONSIDER IT DONE: Accomplish 228 of Life's Trickiest Tasks* (Three Rivers Press), Julie Subotky shares her lessons learned as the founder of her own personal concierge and lifestyle management company devoted to getting the seemingly simple but sometimes daunting tasks completed with success. Following are her tips for making anyone a toastmaster!

The number one key to a successful toast is to make it about the person you are toasting. Don't talk about yourself.

■ **IT'S NOT ABOUT YOU:** The number one key to a successful toast is to make it about the person you are toasting. Don't talk about yourself. It's fine to let people in on some little secret, but if you're going to include yourself in the story, you'd better make it something really funny or interesting. Honestly, no one cares about how much beer the two of you used to drink in college. Think of something great to say about the person, or keep your mouth quiet.

■ **KEEP IT TASTEFUL:** Is the room full of family and aged relatives, or close childhood friends? The latter gives you a little more permission to tell all. Still, unless it's a bachelor or bachelorette party, keep it PG, or at least PG-13. And though some teasing is fine, don't go overboard. Nothing will make a bride madder than too many jokes at her or her beloved's expense. Make sure you steer clear of humor involving sex, physical features, or any other areas that might offend. Jokes should be short and sweet, like the rest of your toast.

■ **BE BRIEF:** This is perhaps the most important rule of toast writing. Whatever the occasion, you're making people put their meals and conversations on hold while they listen to you, so once you cross the five-minute line, you're in dangerous territory. Rehearse your toast beforehand and time yourself, keeping in mind that there will (hopefully) be pauses for laughter.

■ **GET PERSONAL:** Start by jotting down a few key things about the person you are planning to toast. These should be personal, but not too personal (no embarrassing childhood anecdotes), and specific. The more you celebrate the person's unique personality traits, the better.

■ **FOLLOW THE FORMULA:** A good plan for success is this: introduction (briefly state who you are and your relationship to the person), joke, joke, a few heartfelt words (not too many—or you may come off as too heavy or corny, and you'll lose the crowd), then raise a glass. And before you sit back down, don't forget to acknowledge and thank the audience.

■ **ADD A TWIST:** Remember, you can always do something out of the ordinary. Have the couple sit back-to-back. Have them remove their shoes and instruct them to keep one of their own shoes and hand their other shoe to the other person. You will then read a series of questions and have them vote by holding up the shoe. The shoe they hold up is who they are voting for. Questions can be anything you choose, for example: Who is a better dresser? Who calls their mother more? Whose mother calls more? Keep it to five minutes, and then, end with the heartfelt words. This is a crowd-pleaser and a great way to get both bride and groom involved.

And finally, IT'S ALWAYS GOOD TO USE A QUOTE AND HAVE NOTES. But don't write the whole toast out, or you'll sound inauthentic and rehearsed. The key to writing a toast in advance is making it seem you like you didn't.

How To Write a TOAST

Making them Memorable

By Julie Subotky

Look for the Julie Subotky book:

CONSIDER IT DONE: Accomplish 228 of Life's Trickiest Tasks (Three Rivers Press; \$15.00) by Julie Subotky.

Learn more at <http://consideritdone.com/book/>.

Venue:

The Lilac Inn

Hair & Makeup:

Five Elements Salon & Day Spa

Rehearsal dinner and guest accommodations:

The Brandon Inn

Resource:

Vermont Bride

Tent and rentals:

Celebration Rentals, Inc.

Photographers:

Saint Phalle Photography

Wine:

Boyden Valley Winery

See complete vendor list page 86

August 21, 2010
Lilac Inn, Brandon, VT



Heather (Wright) and Brian Vickery



Heather (Wright) & Brian Vickery

August 21, 2010

Lilac Inn, Brandon, VT



Vermont Bride Love Story

How they met

Brian Vickery swept Heather Wright off her 20 year-old feet during his final weeks at Middlebury College, though fate planted the seeds of their romance years before it blossomed. Early in her freshman year, Heather befriended her baseball-playing dorm mates, who joined Brian on the varsity team that spring. With mutual friends, the two crossed paths in the dining hall, in the classroom, and at social events throughout their three overlapping years, kindling a friendship over time. When Heather's freshman brother, Justin, joined the team during Brian's senior season, Heather became a mainstay at home games and baseball-related gatherings. Growing quite fond of the beautiful blonde in the stands, Brian seized the opportunity to showcase his talents (coaching first base in tight fitting pants). With only weeks remaining in his senior year, with permission from Justin, and with courage born from a few of Otter Creek's finest ales, Brian let his interest be known during a starlit walk, ending the evening with the couple's first kiss. Just two weeks from Brian's graduation, neither Brian nor Heather had any notion that their budding romance might last forever.

With mutual friends, the two crossed paths in the dining hall, in the classroom, and at social events throughout their three overlapping years, kindling a friendship over time.

grandmother's) with Middlebury-blue sapphires. With the ring in hand, Brian invited parents and friends to Dunmore for a late August 2009 weekend, under the auspices of an end-of-the-summer party. The cold Vermont evening necessitated a cozy fire, setting the backdrop for a hearth-side proposal. In front of a surprised audience, most notably Heather, Brian dropped to one knee and asked for Heather's hand. Through excitement and tears, she nearly forget to say "yes!"

The Engagement

The couple's college romance matured into true love over the next four years, culminating with an extended summer vacation on Lake Dunmore prior to Brian's enrollment in graduate school in the fall. With career and life changes looming, Brian ensured that the most important person in his life would remain by his side. After gaining his future father-in-law's permission, Brian designed Heather's engagement ring at Freeman Jewelers in Rutland, the same outlet that crafted her parents' wedding bands 30 years before. With Freeman's help, Brian designed a ring that wrapped a stunning family diamond (Heather's maternal

The Wedding

A romance born in Middlebury and an engagement proposal on the shores of Lake Dunmore all but mandated a Vermont wedding, and the couple happily obliged with a Brandon-based affair on August 21, 2010. Guests of the bride and groom filled the picturesque Brandon Inn's comfy and quaint guest rooms for the weekend, where the groom's family hosted the rehearsal dinner on Friday night. On Saturday, two-hundred guests witnessed the marriage ceremony at the Brandon Congregational Church, highlighted by two adorable flower girls and a "you may now kiss the bride" kiss that might have made Aubrey Hepburn jealous. Though unknown to many of the wedding guests, ancestors of the bride donated two of the church's stunning stained-glass windows, and Heather's wedding represented a truly unique homecoming for many in her family. After the ceremony, a horse and buggy escorted the newlyweds up Park Street to the Lilac Inn, where the bride's family hosted a memorable evening of food, friend-

continued on page 86



Love Story: Heather (Wright) & Brian Vickery

Continued from page 85

ship, and hours upon hours of dancing. At the couple's request, Brian's aunt designed and baked a beautiful (and melt-in-your-mouth delicious) carrot cake with maple butter cream frosting. Boyden Valley Winery and numerous local microbrews quenched guests' thirsts, ensuring that the proceedings Vermont theme carried through late into the evening. When the live band finally quit, guests trickled back to the Brandon Inn while the wedding party stayed behind at the Lilac Inn for one last glass of champagne and the remaining scraps of wedding cake.

Advice

Brian and Heather spent a considerable amount of time on the details of the ceremony and reception but recognized in hindsight that those details had little impact on their happiness during their wedding day. The couple now believes that if you have the right people (your closest friends and family), delicious food, and an entertaining band, the details will take care of themselves. On their wedding day, neither Heather nor Brian noticed the flower arrangements they had selected, the color of the table cloths, or even the songs played during their ceremony, and yet they had the best day of their lives!

In addition, it is important to trust the advice of the place you decide to host your wedding.

The Lilac Inn has done this countless times and their recommendations ensured that we worked with the most helpful, competent, and energetic vendors possible.

As nonnative Vermonters, Brian and Heather took special pride in showcasing Vermont to their guests. The venues, food, wine, beer, and even doggy bags filled with maple fudge were all-Vermont, through and through. They used local merchants to obtain anything they needed for the ceremony and related activities, and they were overwhelmed with the friendliness of those with whom they interacted. As a note for anyone considering hosting their wedding in a Vermont town, if you and your many guests patronize the local proprietors, those townsfolk will be appreciative of your business and take it upon themselves to ensure that you have a wonderful time as a guest in their town. That is the Vermont way, and that is the very thing that made for a perfect wedding weekend for Brian and Heather.

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

Hair & Makeup:

Five Elements Salon & Day Spa

802-773-8005

www.fiveelementsdayspa.com

Rehearsal dinner and guest accommodations:

The Brandon Inn

800-639-8685

www.historicbrandoninn.com

Resource:

Vermont Bride

802-879-3157

www.vermontbridemagazine.com

Tent and rentals:

Celebration Rentals, Inc.

802-247-0002

www.celebrateinvermont.com

Venue:

The Lilac Inn

800-221-0720

www.lilacinn.com

Wine:

Boyden Valley Winery

802-644-8151

www.boydenvalley.com

Photographers:

Saint Phalle Photography

800-781-0255

www.saintphallephoto.com

Featured **Vermont Bride** wedding professionals:

Five Elements Salon & Day Spa

I got my hair and makeup done at Five Elements Salon & Day Spa the morning of the wedding, and I could not have been happier with the results. A few weeks before the wedding, I went in for a hair trial with an idea in mind, and the salon helped me turn my idea into reality. Five Elements also styled my bridesmaids' hair the morning of the wedding. It was a great way to start my wedding day!

The Brandon Inn

Louis and Sarah Pattis charmed our guests with the Inn's quaint and unique rooms and beautiful foyer. Aside from housing most of our guests, and drawing high praise from all, Louis prepared a tasty feast for our rehearsal dinner and kept the bar taps flowing late into the evening as guests mingled throughout the Inn's shared space. The morning after the wedding, our guests reconvened for a farewell meal, a hearty Vermont brunch prepared again by Louis. We could not have been more pleased with the Brandon Inn and Sarah and Louis' hospitality throughout the weekend.

The Lilac Inn

The innkeepers, Shelly and Doug, were wonderful to work with throughout the entire wedding planning process. They were extremely flexible and ensured that our wedding day was exactly the way we wanted it. The Lilac Inn is a beautiful venue and the gardens add a special touch for photographs. With their eight unique and beautiful rooms and incredible honeymoon suite, The Lilac Inn was the perfect spot to house our wedding party. Shelly and Doug worked directly with Celebration Rentals, Inc. to order the tent, and they were able to set up the patio under the tent exactly how we imagined it.

Vermont Bride

Recently engaged and extremely excited, yet slightly overwhelmed with the prospect of planning a wedding, my mother found a *Vermont Bride* magazine and gave it to me to look through. The magazine was a wonderful asset, particularly as I was not from Vermont, and listed vendors throughout the state. I was able to start picturing my dream wedding and slowly, but surely it all came together with the help of Vermont Bride!

Additional wedding professionals:

Cake: Aunt of groom

Dress: Stylish Impressions, CT

Engagement Ring and Wedding Bands: Freeman Jewelers

Entertainment: The Mirage Band

Florist: Belladonna, Tina Hutchins

Horse-drawn carriage: Anthony & Donna Peduto, Painted Woods Farm



Capturing the Art of Love



www.polisfoto.com

IMAGINE

...the beautiful strains of Mozart, Vivaldi, Haydn and Pachelbel at your wedding, formal dinner, reception or any special occasion.



CLASSIC CONSORT

Vermont's Finest Classical Musicians

Call Bonnie Klimowski (802) 849.6900
www.classicconsort.com

Life is a symphony.



{ Let a CERTIFIED FINANCIAL PLANNER™ professional help orchestrate it. }

Imagine your retirement, investment, insurance, tax and estate planning working in true harmony. Want to compose an integrated financial plan? Turn to a CERTIFIED FINANCIAL PLANNER professional. Individuals who earn the CERTIFIED FINANCIAL PLANNER certification meet competency standards of education, examination and experience. Additional ethics and practice standards mean that CFP® professionals have agreed to put their clients' interests center stage. Look for the CFP marks of excellence and find a financial partner for life's important decisions. Call for a free phone consultation.

CFP®
CERTIFIED FINANCIAL PLANNER™

It's your future. Plan it!®

Benjamin E. Nostrand, CFP®

NOSTRAND FINANCIAL PLANNING, LLC

Tel. 802.496.7001 • ben@nostrandfinancial.com • www.nostrandfinancial.com

CFP®, CERTIFIED FINANCIAL PLANNER™ and It's your future. Plan it!® are certification marks and It's your future. Plan it!® is a service mark owned by Certified Financial Planner Board of Standards Inc. ©2002-2004 CFP Board.

Happily Ever After With FULL Financial Disclosure

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

Finances may not be the most romantic discussion to have when you get married, but ignoring them can create big problems later in marriage.

Fighting over money is the number one source of relationship trouble among couples today. If you and your partner don't take time to address the topic, money and relationship problems can arise further down the aisle.

Here are five ideas on talking marriage and money so that you may live happily ever after.

Full disclosure: Disclose as much as you can to each other, including salaries, debt load, student loans, inheritance, savings and credit status. Start by having small conversations on your leisure time. Talk about your goals and dreams too. What type of house do you want? Do you want to pay for your kids' educations? Travel the world? Creating goals will give you the drive to save more and create limits.

Put your own wealth aside: If you make more than your spouse, that does not give you license to spend more. Maybe one spends more time working on the house and caring for the kids while the other works longer hours at the office so they can earn more money. By drawing lines based on who is 'worth' more, you're bound to start an argument. You have to agree to work together, talk through things and not bully one another. After all, presumably you did marry for love, not money.

To combine or not combine: Consolidation of your money makes monitoring your finances easier, but separate accounts

may make sense for some couples. If you are a younger couple without a lot of assets, a joint account can work well. This lets you build together from the ground up.

But if you're an older couple or going into a second marriage, separate accounts might be your preference. You both may already have successful careers and financial systems set up that you want to keep intact. This is also a good option if one partner has credit card debt that the other doesn't want to absorb.

A third option is to have a joint account for some expenses (joint savings and living expenses) and separate accounts for individual spending money. For instance, you could both agree to put 10 percent of your income in personal accounts and put the remainder in the shared pot.

Remember, things change: Five or 10 years into your marriage, your money concerns are likely to be different from those you had when you walked down the aisle. That's why it's important to keep each other informed and discuss your finances regularly. Make sure your retirement plans mesh. If one's 401(k) is invested solely in high-risk funds, the other partner may want to diversify more. Make sure, too, that you're still aware of each other's desires and goals—from taking vacations or buying a home to having children.


Don't forget to talk about the "what if's." What if one partner loses his or her job?

Benjamin Nostrand, CFP®



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.


continued on next page




LOVE ON THE LAKE

*Your Wedding Cruise Aboard
The Spirit of Ethan Allen III*

- Elegant, Intimate Reception
- Personalized, Creative Event Planner
- Menus Designed to Dazzle



802-862-8300
spirit@soea.com
www.soca.com



**VERMONT'S CRUISE SHIP
AND FLOATING RESTAURANT**

Happily Ever After With Full Financial Disclosure

Continued from page 89

What if one wants to go back to school? What if someone gets a job in another part of the country?

Discuss tough topics: There are some topics that nobody likes to talk about but that need to be discussed, especially when children are involved. Be sure you have a will, especially if you have children. If you don't make a will before your death, state law will determine who gets your property, or worse yet, even raise your children.

You also want to consider life insurance to

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 or visit www.nostrandfinancial.com

provide for your family if you pass on. Finally, talk about a prenuptial agreement if one of you has kids or you're entering a marriage where one partner has a great deal more in assets than the other.

There's nothing like some joint financial planning to show your new spouse how much you really care, and to live happily ever after.



Proper Parent Phrasing

Continued from page 81

If one of your parents is remarried you do not have to include their new spouse, but if you would like to mention them simply add their name after your parent's name.

If Dad is remarried:

Ms. Margaret Smith
Mr. and Mrs. John Smith
request the pleasure of your presence
at the marriage of their daughter

If Mom is remarried:

Mrs. Margaret and Wayne Brown
Mr. John Smith
request the pleasure of your presence
at the marriage of their daughter

When one of your parents is deceased the proper etiquette would be to leave them off the invitation, since they would not be hosting or inviting it is considered inappropriate to list their name so that no one incorrectly assumes they will be present at the wedding. However, if it is important to you to include your deceased parent's name they can be listed after your name, and with wording that makes it very clear they will not be present at the wedding. You would also leave off any titles and just use their name.

Ms. Margaret Smith
Requests the pleasure of your presence
at the marriage of
Emily Ann
daughter of the late John Smith
to
Emmet Martin

If your remaining parent has remarried you may include their new spouse, but would indicate which person is the parent with the wording 'his daughter' or 'her daughter.' This wording can also be used when one parent is not involved with the wedding and you do not wish to include them on the invitation.

Mom remarried, Dad not included:

Mr. and Mrs. Wayne Brown
request the pleasure of your presence
at the marriage of her daughter

Dad remarried, Mom not included:

Mr. and Mrs. John Smith
request the pleasure of your presence
at the marriage of his daughter

Given some delicate situations, and for the ease of decision making, many couples today opt to group everyone into one simple line, 'together with their families.' This may seem like an easy out, but given the space limitations on the invitation and the desire to not offend anyone, it can be the perfect way to show appreciation for your parent's support without stressing over it too much.

Of course this is just a basic guide to what has been decided as proper etiquette for invitations. I have seen many unique and modern interpretations and I think some rules may be bent on occasion. Choosing your invitation should be fun after all! It is your guests' first glimpse of the festivities to come and should reflect you and your fiancé's relationship and personalities.

Colleen Kuerth is the owner of **Truly Noted Invitations and Stationery** and has over six years of experience designing invitations. Contact her for more information on creating the perfect invitation for your wedding. www.trulynoted.net, info@trulynoted.net.



Vermont Catering Services including
Wedding Receptions, Rehearsal Dinners, Bridal Showers,
Holiday Parties, Company Gatherings and More.



Tasty Persuasions Catering offers exceptional catering services at realistic prices. Our food quality is among Vermont's finest. We personalize menus for every occasion and appetite. TPC has experience in catering all occasions from large receptions to small intimate engagements. Let us make your event a Tasty one!

www.tastypersuasions.com
802-372-3123 | tina@tastypersuasions.com

Create the food, beverage, and
experience that will make
your event perfect!



**ONE
FEDERAL**

Rehearsal Dinners
Receptions
Ceremonies
Bridal Showers

RESTAURANT & LOUNGE
One Federal Street, St. Albans, VT
802.524.0330
onefederalrestaurant.com

*Solo Flute, Duos, or Trios with:
Harp, Piano, Violin, Cello, Oboe and more*



*"Your music added the finishing touch to a very blessed day. You captured our vision perfectly."
Kelley and Justin*

*"It was the most magical wedding ever and you had a big part in that!"
Marina and Todd*

Lisa Carlson

802.229.9901 | lisa@lisafute.com | www.lisafute.com

Picture Perfect

By Susan Lackey, Perfect Image Fashions

Weddings

Weddings are about two people committing to each other for a lifetime. They bring family, friends, and favorite or special places together to celebrate their commitment and create a lasting memory. Care is given to the food, music, flowers, passages read to commemorate faith, and the pledge given to each other. Often caterers, musicians, florists, photographers, leaders of faith, and wedding planners are consulted to be sure that each component contributes to the moment and the memory.

One of the most overlooked aspects of the planning is consulting an Image Consultant to help select the most flattering cuts and styles for the Bride before shopping for that perfect wedding dress.

A two hour Body You Live In consultation ensures that the bride understands her best lines and styles, and most importantly, why.

It enables her to browse quickly through hundreds of dresses for that perfect one, and know it as soon as she sees it. A small investment in an image consultation, to launch a lifetime of dressing well, is a gift all brides should give themselves as soon as they say "Yes!"

Working with an Image Consultant before you select a dress, or colors for your attendants, ensures that you will have the most flattering colors and styles for the friends who mean the most to you. You must consider their skin tone, eyes, hair, face shape, body shape, and personality so that they shine with you for eternity through your photographic memories.

Many brides give gifts to their attendants to mark the memory and the bride's special day.

Give a gift to your cherished friends, friends who will make that wedding memory with you, of a two hour image consultation that will transform their lives and have them thanking you every time they get dressed.



Photo by Polis Photography

Colors that you like to look at should be part of your physical space, table cloths, napkins, flowers, candles.

The bride's mother and the mother of the groom are often left to search out their own dresses. Encourage them to take the time to work with an Image Consultant, preferably one with apparel design experience, who can help them discover the colors and lines that flatter them and compliment the wedding party. When you help to dress the people who support you that day in their most flattering looks, and the looks all work together, you make it possible for your photographer to create beautiful, enduring, visual images that all will be proud to display.

These are some of the elements to consider when selecting apparel for your wedding, both the your dress, and those of your family and wedding party.

Colors that you like to look at should be part of your physical space, table cloths, napkins, flowers, candles. Colors that like your attendants, mother, mother-in-law-to-be... colors that look good on them and flow together... should be considered for their wedding day apparel. Ask for a full color photo of each attendant so that you can look at them side by side while you are considering colors for their dresses.

continued on page 94

Calling all brides...
and mothers of the bride & groom!

Before you buy your dress, before you choose your colors... guarantee the success of your memories and your special day.

"The Body You Live In" is a 2-3 hour discovery of your body, your best styles, and the best colors for you and your attendants.

"The Body You Live In" will transform your life and facilitate the best possible photographic memories of your wedding day!



Call me today!

Susan J. Lackey
802-878-8487

SueLackey1026@comcast.net.

Perfect Image Fashions
www.perfectimagefashions.com

Larry Asam
PHOTOGRAPHY

*Blending Beauty, Spontaneity
& Tradition for 20 years...*



802-244-7954
Larry@Lasamphoto.com
www.Lasamphoto.com

*An idyllic Vermont Mountain Setting
As Memorable as Your Special Day*



Simply extraordinary. From our location, waterside amidst 5,000 acres of Vermont's most spectacular scenery, to Vermont Fresh Network cuisine, to uncompromising attention to your every need. The Ponds at Bolton Valley combines the energy and perfection of nature with extraordinary hospitality to fulfill your every need. Contact us at 802.434.6867 or visit thepondsvt.com. We'll be with you every step of the way.

thepondsvt.com | 877.9bolton

THE PONDS
at Bolton Valley

UNIQUELY VERMONT

Remember to tell our advertisers that you found them in VT Bride!

Purple Sage Salon & Spa

Our Wedding Packages are customized by you!

Services such as:

- Massage
- Body Wrap
- Spa Manicure
- Spa Pedicure
- Facial, Make-up
- Color
- Highlights
- Formal Hair Styling

Helping Vermont Brides have the most Beautiful and Relaxing Wedding Day



4 Carmichael Street
Essex Jct., VT
802-879-1160
purplesagesalonspa.com

Vermont Bride Magazine ONLINE!

Vermont Bride Magazine - Vermont's Most Trusted Wedding Resource Since 1990

Home | Wedding Style | Beauty & Health | Entertainment | Wedding Ideas | Photo & Video | Planning | Most Essential | Shopping | Newsroom | Contact

CLICK TO LEARN MORE
Spring Issue
 New Edition is here!
 Available throughout Vermont!
 3 Featured Weddings with live stories

With 26 Feature articles, including:
 Your Wedding Year Wrap
 Lose Weight before the Wedding
 Bachelor & Bachelorette Party Tips
 Honeymoon Travel Tips
 Choosing A Wedding Photographer & more

Go Green and Save Green
 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.
 Read More - Story from the Spring 2011 Issue

Your Honeymoon: Special places & best times to go!
 Read More
 Once the planning is over and your special day has come and gone, it's time to relax and head off together. Italy is a favorite of honeymooners. 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.

Engagement Announcement ONLINE
 Erskin Hill Manor
 LARRY ASHBY PHOTOGRAPHER
 Planning - Capturing - Delightful
 MTC: For Your Wedding
 Latest News and Tips!
 Celebrate Your **BLOG!**

• WEDDING PHOTOGRAPHERS
 • VERMONT LOVE STORIES
 • BRIDAL RESOURCE GUIDE
 • COVER GALLERY
 • 10 STEPS TO A PERFECT

Love Story: Jennifer (Hough) and Terry Dude
 ...That afternoon, as we
 Read More

Make-up tips for perfect photos
 Read More
 If you're not planning to hire

FIND 250+ VENDORS ONLINE

With 598 online pages of Love Stories, Wedding Tips, thousands of beautiful photos and **FREE** downloadable PDF issues!
vermontbridemagazine.com

Picture Perfect Weddings

Continued from page 92

If you go for the rainbow or flower garden approach to your wedding party with each attendant choosing her own dress color, do not assume that they understand which colors flatter them. Take their photos to a professional Image Consultant for advice. Then suggest several colors that will flatter them to choose from. Consider also the time of year and colors that will be readily available in ready-to wear dresses or fabrics, when having dresses custom made.

Variety of body shapes and sizes that make up your wedding party, should never be overlooked. Remember, horizontal lines, including necklines, sleeve edges, waistlines, and hemlines can widen, while vertical lines, or diagonal lines closer to the vertical, will heighten and narrow a physique. A simple shift in design from a strapless or minimal sweetheart neckline to a v neck, or an asymmetrical one shoulder look can make all the difference in flattering all of your attendants and not just some of them.

Life style of the family and friends as well as the **venue** of the event should have a significant impact on your choice of wedding party styles.



Photo by RaidenShine Photography



Photo by Polis Photography

An outdoor wedding in a field overlooking the mountains or a lake will call for very different styles for both men and women than a city church wedding.

Time of day will also impact the styles you will want to consider.

Remember, you are painting a picture to remember for a lifetime. You are creating the basis for a photographic memory of your start in life together.

Weddings are memorable for the anticipation and planning ahead of time, and for the photographs you have after the event. During your wedding, people, places, and happenings will blur. You will find that they happen so very fast for those in the starring roles that you will need your photos and videos to re-live and hold onto the memories and rich emotions of your day.



Susan Lackey is a professional image consultant, with 40 years in apparel design, helping women discover their best look. With a Studio in Essex Junction, VT, Sue's favorite consult is her 2 -3 hour Body You Live In, which helps people, men and women, discover the balance to their body and wardrobe. With a career spanning catering, academics, sales, home décor, women's apparel, design and tailoring, Sue brings a broad brush to help you focus on your most appropriate image for your wedding and your life.

802-878-8487
SueLackey1026@comcast.net
www.PerfectImageFashions.com

The Abbey

Let us help you plan every detail,



...from your Bridal Shower and Rehearsal Dinner, to the Wedding Reception of your dreams!



Our breathing mountain & river views, attention to detail & proud tradition of excellence make The Abbey the ideal spot to hold your special event!

6212 VT Rte 105
 Enosburg Fall, VT 05450
 (802) 933.4747 | (800) 696.4748
www.abbeygroup.net

Susanna's Catering
 inspired global cuisine
www.susannascatering.com

What Are the Expenses Involved in Purchasing a Home?



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

Coldwell Banker

Carlson Real Estate

802-279-2315 (Gayle Oberg)

stowegayle@aol.com

www.gayleoberg.com

Signature Properties of Vermont

802-872-8881 ext 302 (Megan Terry)

MeganT@SignaturePropertiesVT.com

(or) Megan0413@comcast.net

SignaturePropertiesVT.com

COLDWELL BANKER

CARLSON REAL ESTATE



Gayle Oberg, REALTOR®
The Oberg Team
802-279-2316
www.theobergteam.com

Real Estate Services
Worldwide

Look for Gayle's article in the Fall issue of *Vermont Bride* on "Choosing the Property that is Right for You."

The process of purchasing a home involves many services along the way. Funds for the deposit necessary to present the offer, a building inspection, radon and water testing, septic inspection, attorney fees and possible closing costs for your loan are all examples.

Once you have identified the home you are interested in purchasing, your realtor will guide you through the process of making an offer. Offers are typically presented with "consideration" or a deposit. Ask your realtor what is expected in the area you are shopping in as it can vary from one location to the next. Often a second deposit will be expected two weeks into the process as well.

In Vermont, most transactions are closed with an attorney representing the buyer. The attorney will do a search of the property title to make sure it will transfer free and clear. Your attorney will also handle all the funds during the transfer. Ask ahead of time what you should expect for fees for the services of your attorney.

Very soon after you are under contract to purchase a home, you will be contacting a building inspector. Building inspection fees will fluctuate depending on the size of the building and whether you hire the inspector to test the water (if the water supply is a private well) and test for radon gas. The inspector will be able to give you a definite fee for the services. The inspector will also expect to be paid prior to the inspection. You should plan to be present for the inspection as you will learn a lot about the condition of the property during this process. I suggest budgeting \$500.00 for an inspection.

If you are purchasing a property with an onsite, private septic system, you may want to consider an investigation of the septic lines going from the tank towards

the leach field – as far as possible. It is normal to expect the homeowner to pump the septic tank prior to a sale. If you want to have the septic company do additional inspections – "scoping the lines," be sure to speak with your realtor about this. The cost to you will be in the range of \$175.00 to \$200.00, but you should get a quote. It makes the most sense to have the company that is pumping the septic, do the "scoping." The septic company will need advance notice for this service and it is best done at the time of the pumping of the tank.

Vermont requires all buyers to pay a "Property Transfer Tax." For your first home you will pay \$500.00 on the first \$100,000 and 1.25 percent on the remaining balance. For a home priced at \$200,000 your property transfer tax will be \$1,750.00. This will be one of the highest line items in the transfer, other than the price of the house.

Properties are as unique as the people buying and selling! Ask your realtor to review all the costs associated with the property you decide to pursue. For example, condominium or housing complexes may have homeowners associations. Be sure to ask if there are any special assessments scheduled. Your goal is to be prepared and have no surprises at the closing table!

Gayle grew up in Springfield, VT and has been in the Stowe/Waterbury area since 1972. Licensed as a Realtor® in 1985, Gayle was also a licensed teacher in the 1990s while her children were on a school calendar. Gayle has been a full-time agent with Coldwell Banker Carlson Real Estate, in Stowe, VT since 2002. Kelli Driscoll joined Gayle in September of 2010 and The Oberg Team was formed. E-mail: gayle@theobergteam.com. WEB: www.theobergteam.com

Erica (Rustad) and Nelson J. Ferreira



Wedding & Reception Photos

Larry Asam Photography

Entertainment - DJ

SuperSounds DJ Co.

Videographer

Video Memory

Church Program

The X Press

Church

Stowe Community Church, Stowe, VT

Reception

Stowe Mountain Lodge

Rehearsal Dinner

The Green Mountain Inn

Hotel Rooms Provided by

Stowe Mountain Lodge, The Inn at Stowe, Mountain Lodge & Green Mountain Inn

Reception

Stowe Mountain Lodge

Flowers

Wildflower Designs

See complete vendor list page 100

August 7, 2010 @ Stowe, Vermont

**Ceremony: Stowe Community Church
Reception: Stowe Mountain Lodge**

Erica (Rustad) and
Nelson J. Ferreira
August 7, 2010
Stowe, Vermont
Ceremony:
Stowe Community Church
Reception:
Stowe Mountain Lodge



ERICA and NELSON'S NEW YORK LOVE STORY with a VERMONT TWIST

How We Met:

You always hear love finds you where you least expect it and when you are not looking for it. Before I fell in love with Nelson, I fell in love with New York. I participated in a summer program in New York City after my junior year of college at the University of Miami.

I was exactly half through my education at Fordham University School of Law in Manhattan and, at the time, I was living in a small, when I say small, I mean tiny studio apartment on the Upper East Side. I lived on the first floor and my close friend, Isabelle, from Belgium, lived on the fifth floor. We spent a lot of time together whether it was between class, after class, or hitting the town. It is no wonder that the evening I met Nelson, she was there with me. We were sipping on colorful drinks at a trendy Lower East Side bar when I met Nelson, a civil engineer from Yonkers, New York. Nelson and I exchanged phone numbers and then Isabelle and I continued with our girls' night out.

You always hear love finds you where you least expect it and when you are not looking for it.

NYC Brings Romance:

Nelson and I had our first date at a place called "Flute," a classy lounge in Manhattan's Theatre District. I thought it was a perfect first date place, not only for their nice menu but also because it featured a quiet ambiance despite its proximity to loud Times Square, making it perfect for conversation. We hit it off immediately and I had a good feeling about the experience. When I got home of course I climbed the five stories to Isabelle's apartment. She joked, "[if] you two get married, then I have to be in your wedding." I laughed and said, "Of course!"

The Proposal:

I graduated from law school in May 2009. Nelson and his father Jose moved me out of my apartment without complaint. Nelson and I had talked about visiting the Empire State Building sometime before I moved out of the city but that was actually one of very few things we never got around to do. Even though I was not feeling well on May 24, I wanted to get out so I went along with Nelson's suggestion to tour the Empire State Building that night. When we got to the top, we spent time taking in the views of the city we love so much and taking lots of pictures. Just after midnight (so early on May 25), the crowd had cleared out. Nelson got down on one knee and asked me to marry him. I stared down at the beautiful cushion cut diamond ring and like a giddy child, I replied, "Yes! Yes! Yes!" Only later did I find out that Nelson had taken my father to Yankee Stadium's Monument Park and to see a Yankees/Orioles game in the new stadium. After the game, Nelson asked my father for permission to marry me. Dad immediately gave his blessing with great enthusiasm. As a Red Sox fan it is hard to overlook the Yankees aspect of this love story. However, I am a good person and believe that everyone is entitled to one flaw. Nelson's flaw is he is an avid Yankees fan, but I love him anyway.

Our Wedding Destination and the Details:

By the time of serious wedding planning, I was working as an employment litigation attorney in New Jersey. However, I am a Vermonter and wanted a Vermont wedding destination. Fortunately, Nelson loved Vermont from our first visit. We visited many beautiful locations all over the state and ultimately we chose Stowe. It was also the perfect choice since we had so many out of towners, we wanted them to be able to make a mini-vacation out of the trip and have plenty to do. I wanted the scenic, mountain Vermont wedding and Stowe was the perfect fit.

We had fun combining our different cultures and traditions. Nelson's family is from Portugal, so at the rehearsal dinner at the Green Mountain Inn, a special Portuguese kale soup called caldo verde was served along with Portuguese wines before the entrées of New England baked haddock or filet mignon. We married on a beautiful, sunny day at Stowe Community Church.



Photos by Larry Asam Photography

I wore the "Diana" dress from Vera Wang's flagship store in Manhattan and carried a bouquet of gorgeous pink roses. The bridesmaids wore elegant, long, marine blue gowns from Priscilla of Boston that were stunning. Kristen Kutler, my best friend since the third grade, was my maid of honor. Kristen helped me a lot with the wedding process and I want to thank her specifically for organizing a beautiful bridal shower at the Tribeca Grill and the bachelorette party both in NYC. Isabelle, now an attorney in Brussels, was one of my four beautiful bridesmaids. The other bridesmaids were Paula Tassel (Nelson's sister) and my friends Amy McMahon and Leslie Brooks. Nelson's best man was Adam Bruder and his groomsmen were Flavio Delima, Vincent Fama, Joe Cardoso, and my brother, Dr. James Rustad. We were happy to have them all be a part of our special day.

Cynthea's Spa of Burlington, Vermont expertly did makeup for the entire bridal party and me. Stylists at the Spa at Stowe Mountain Lodge did a great job with our hairstyles. My parents purchased my diamond chandelier earrings on a fun shopping trip with me at The Metropolitan in Manhattan.

Blue is our favorite color, so our color scheme was blue and white featured with metallic silver as an accent color throughout our wedding. Wild Flower Designs of Stowe incorporated gorgeous blue hydrangeas in many of the floral arrangements.

Our wedding reception, which included dinner and dancing, was held in the Tamarack Ballroom of the spectacular Stowe Mountain Lodge. Calais Lovejoy, Stowe Mountain Lodge's wedding expert, met with us on many occasions to help plan our event. The tastings were especially fun! My mother was the official wedding planner, but she said it was Calais' contribution that made her job easy.

Larry Asam, our photographer, took great shots of us as we were formally introduced to our 125 guests by our SuperSounds DJ, Corey. Our SuperSounds videographer caught the wedding and reception on film and the company prepared DVDs for us. Everyone enjoyed getting in the photobooth and the

vendor, Vermont Photo Booth, was great with organizing the guest photos and scrapbooks for us.

The James Rustad band, led by my brother who is a physician as well as a musician, performed live music. The band played rock and roll and pop music. DJ Corey also did a great job keeping the crowd dancing while also accommodating all of our requests. We danced until 1 a.m. Our guests, who kindly traveled from New York, California, Florida, Costa Rica, Portugal, France, Belgium, etc. stayed at Stowe Mountain Lodge, the Inn at Stowe Mountain Lodge, and the Green Mountain Inn. Everyone enjoyed being in Stowe and their hotels.

We hope everyone will revisit Vermont in the future.

We left Stowe Mountain Lodge the day after our wedding for our Hawaiian honeymoon. We stayed in Oahu and Maui, a romantic adventure that we will never forget. Our entire wedding party including Adrien and Victoria (the adorable ring bearer and flower girl) will always have a special place in our hearts.

Vermont Bride Magazine was a handy reference guide for us to plan our once in a lifetime wedding event. We recommend it to everyone planning a wedding in beautiful Vermont.

Advice:

Our advice to those planning a wedding involves your budget. If you plan a wedding for a year as we did, the original budget amount is eclipsed by new items and expands greatly. Include a miscellaneous category to cover new additions or budget very strictly. For instance, we did not expect to hire childcare, but ended up hiring Vermont Nanny Connection.com. Also, if you are getting an insurance policy to cover the wedding and reception, keep in mind that the number of guests dictates the price. If you are hosting a big dance party, check out electrical outlets and local noise ordinances. Also prepare your newspaper wedding announcements early.





Featured Vermont Bride wedding professionals:

- Wedding & Reception Photos:
Larry Asam Photography, Waterbury, VT
 802-244-7954 | Lasamphoto.com
-
- Entertainment - DJ:
SuperSounds DJ Co. | 802-899-2823 | Underhill, VT
 supersounds.com
-
- Videographer:
Video Memory | 802-899-2823 | Underhill, VT
 supersounds.com
-
- Church Program:
The X Press, Stowe, VT | 800-870-9788 | theexpressink.com
-
- Church:
Stowe Community Church, Stowe, VT
-
- Reception:
Stowe Mountain Lodge, Stowe, VT
 Sales & Catering Manager: Ms. Calais Lovejoy
-
- Rehearsal Dinner:
The Green Mountain Inn, Stowe, VT | 800-253-7302
 greenmountaininn.com
-
- Hotel Rooms Provided by:
Stowe Mountain Lodge, The Inn at Stowe Mountain
 Lodge & Green Mountain Inn
-
- Reception:
Stowe Mountain Lodge, Stowe, VT
-
- Flowers:
Wildflower Designs, Stowe, VT | 800-657-5118
 wildflowerdesignsstowe.com

Additional wedding professionals:

- Wedding Planner:** Ms Chrissy J. Knowles (Bride's Mother)
Registry: Macy's, Bloomingdale's, Tiffany's, & Simon Pierce.
Invitations: Individually Yours Digital
Calligraphy: Barbara Rado
Favors & Gifts: Dakin Farm, (maple syrup cookies, candies, Vt. Meat and cheeses); Barnes & Noble Mini-champagne favors personalized by Woodbridge Champagne Cellars of California.
Bride's Shoes: My Glass Slipper
Engagement Photos: Freeman Photography
Band: The James Rustad Band
Lighting of Reception & Band: Dark Star Lighting & Productions
Photo booth: Vermont Photo Booth
Cake: Vermont Cake Studio
Babysitting: Vermont Nanny Connection
Insurance for Event: Cheeseman & Turnbaugh, Insurance Co.
Makeup Bridal Party: Cynthea Spa Hair
Bridal Party: Stowe Mountain Lodge Spa
Bride's Gown: Vera Wang Bridesmaids'
Dresses & Brides' Veil: Priscilla of Boston
Jewelry: Diamond Cross Worn by Bride at Rehearsal Dinner, Beverly Hills Elegance; Diamond Chandelier Earrings, The Metropolitan, Bride's Crystal Necklace: Swarovski.
Miscellaneous: Flutes, Swan Cake Toppers, Teddy Bear Table Decorations, Swarovski;
Cake Service Set: Vera Wang;
Tuxedo rentals: groom, groom's father, father of the bride, best man, groomsman, and the James Rustad Band, Men's Wearhouse
Travel Agent for Honeymoon: (in Oahu & Maui,) AAA Travel

Remember to tell our advertisers that you found them in VT Bride!

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.



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!

Brides, families, and friends. The time is NOW!

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 48!

Pieces of the Planning Puzzle

By Lauri Boyden



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

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

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

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

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

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

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

best plan your event and make very important decisions.

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

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

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

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



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

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

www.boydenfarm.com

Perhaps the most difficult thing about being in college is not dealing with the stress of class life, but the stress of a long-distance relationship. Since I've been away at school, Chris and I have had more petty disagreements over the misuse of grammar than we can count. We've had more arguments in the few months I've been away than we've had in the last three and a half years when we were only a car ride away.

No, we did not suddenly fall victim to an outpouring of bottled up teen angst fueled by a depressed economy and paralyzing realization of our inability to help the struggling nations of the world. Though heavy topics, they are a norm of our generation. We are however, struggling to find the time to come talk about something with sincerity and interest at the end of the day.

I'm a full time college student living in New York and he works full time back home in Vermont. By the time we're both on the computer talking to each other at 6:00 P.M., both of us are too tired to perk up when one mentions a funny movie they plan to watch or a quirky thing that happened in class that day.

Along with exhaustion comes irritation, and if he or I phrase a response poorly, it can end in disaster. Something so small as "Dinner was gross tonight" "Then don't eat it" can turn into an angry procession of "You're not sympathetic's." When we're both rested and months of separation haven't worn us down, such small jabs make us laugh (as they should), not fight.

Though we're both more high strung when we're away, we've found ways to get around the bickering, and that glorious enlightenment came in the form of acknowledgement.

The second we realized our fighting was not caused by incompatibility but instead by exhaustion, things got ten times better. Once we'd figured that out, the root of our problems seemed so clear. Being millimeters away from these issues had blinded us to them. After we realized the source of our stress, the next thing we realized was that, well, some things are better left unsaid.

I don't need to hear about the pretty girl who wore a yellow dress to work that day, and it really won't do either of us any good for me to mention the kid in English who shared part of his lunch with me. Neither of us have any concerns about one cheating on the other, but we are human, and part of humanity is jealousy.

Now don't get me wrong, I believe that people are generally altruistic and magnanimous, but I am very much aware that everyone has insecurities. Chris and I have come to understand that when one of us shrugs off a question, it's for the best and we don't push the subject. If we didn't have such a strong, mutual sense of trust and respect, this would never work. Trust is what makes our relationship bulletproof, and I firmly believe

Perceptions from a young love perspective

The Stress of a long-distance relationship

By Kayla Sturtevant



that for any couple to work, long distance or not, they can't have even the slightest misgivings about their partner.

Chris and I have learned to appreciate the things not said, and doing so has done wonders to reduce the stress level in both our hectic lives. We trust each other completely, and this, coupled with the knowledge that graduation will come in xxx days has been enough to hold us over to breaks as well as seriously cut down on the bickering while still in school. It's hard, but sensitivity and patience (even forced patience) have been critical in keeping our relationship alive.



About Kayla Sturtevant

I've just finished my first year at PrattMWP, and I am happy to say that my improvement as an artist is painfully obvious. This summer I'll be back in VT and spreading my time between work and community service events I want to host. Chris and I plan to take weekly hiking trips as well as work on photos projects together. Our relationship is still going strong.

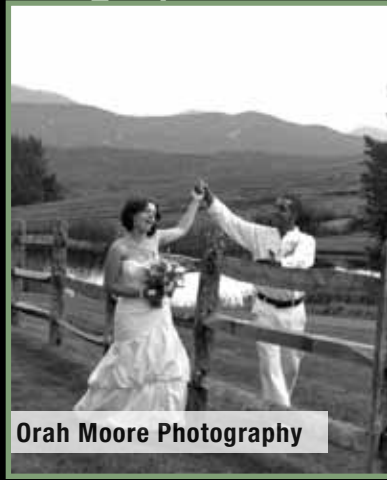
Quick Quips

Working out and setting a budget is one of the first things that should be done once the date is set.

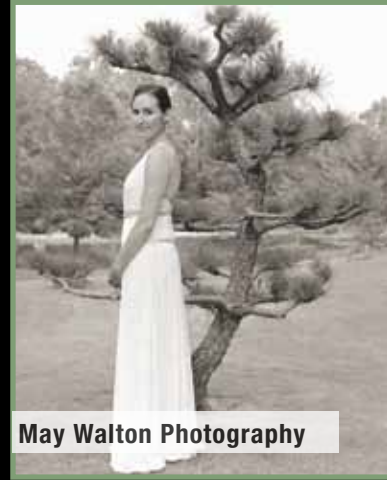
Ramp up your wedding program with messages to your guests and details on how you two met, your first date, engagement memories, explanations of why you chose your music, colors, food, and dress. Make the program a keepsake booklet.



Weddings By Expressions



Orah Moore Photography



May Walton Photography

Larry Asam Photography
802-244-7954
Larry@Lasamphoto.com
lasamphoto.com

Ayer Photography of Vermont
802-338-9193
Info@AyerPhoto.com
www.ayerphoto.com

Green Mountain Photobooth
802-899-2823
greenmtphotobooth.com

Ben Hudson Photography
802-598-6366
benhudsonphotography@gmail.com
benhudsonphotography.com

Kim Martin Photography
802-598-4007
kim@kimmartinphoto.com
kimmartinphoto.com

Orah Moore Photography
888-888-3133
haymaker@principia.edu
orahmoore.net

Polis Photography
802-733-5413
weddings@polisfoto.com
polisfoto.com

The Portrait Gallery
800-286-4418
pgallery@comcast.net
portraitgallery-vt.com

RaidenShine Photography
802-598-9186
customer_service@raidenshine.com
raidenshine.com

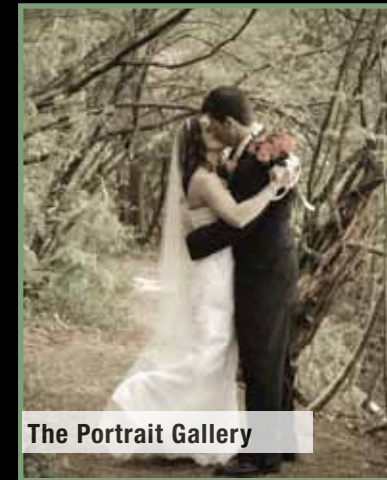
Jeff Schneiderman Photography
802-878-0769
jsphotos@aol.com
jeffschneiderman.com

Lauren Stagnitti Photography
802-888-5433
lauren@laurenstagnitti.com
laurenstagnitti.com

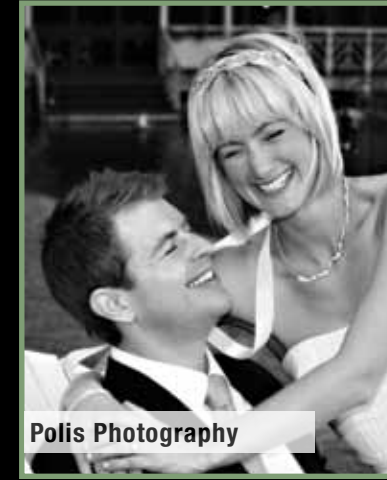
May Walton Photography
802-236-5538
maywaltonphotography.com

Weddings By Expressions
802-775-2549
courtney@weddingsbyexpressions.com
weddingsbyexpressions.com

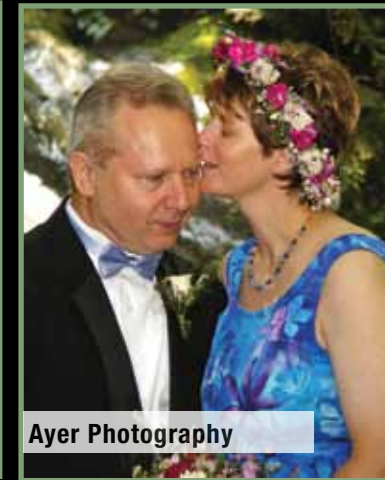
Whipple's Studio
802-334-8138
drwhip@kingdomcolor.com
donwhipplephotography.com



The Portrait Gallery



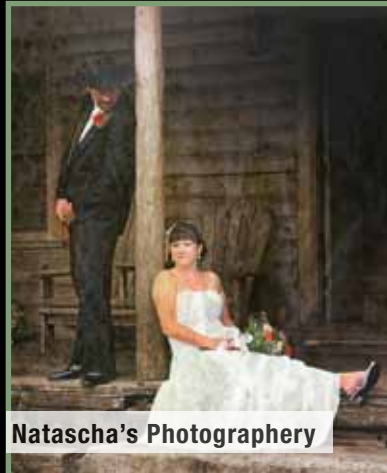
Polis Photography



Ayer Photography



Ben Hudson Photography



Natascha's Photography



RaidenShine Photography



Orah Moore Photography



May Walton Photography



Polis Photography



Whipple Photography



Ayer Photography



Lauren Stagnitti Photography

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

Natascha's Photography
802-238-4480
Info@NSDphotos.com
NataschasPhotography.com

Photo Booth Rental of VT
802-999-9238
photoboothvt.com



Natascha's Photography



The Portrait Gallery



Whipple Photography



RaidenShine Photography



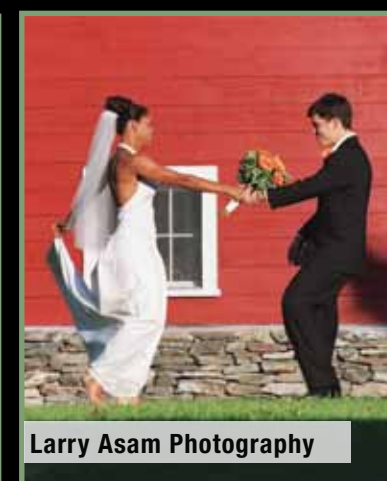
Randy Morris Photography



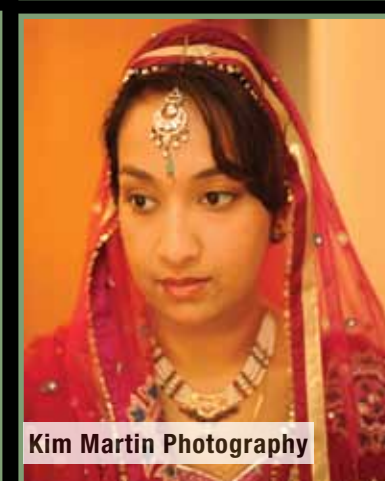
Green Mountain Photobooth



Jeff Schneidermann Photography



Larry Asam Photography



Kim Martin Photography

The Crimson Poppy Flower Shoppe

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

54 Bridge Street, Richmond VT
(802) 434-5143 crimsonpoppy@myfairpoint.net

BRIGID BRIDAL BOUTIQUE

Specializing in new and previously owned wedding gowns and accessories! Offering a selection of formal gowns, cocktail dresses, jewelry, men's attire, new intimate apparel for her, cosmetics, and skin care products.

4318 Main Street • Waitsfield, VT
802.496.6672 • www.brigidbridal.com



Wedding Favors!

Plus superb reception facilities

70 Vermont Route 104
Cambridge
(802) 644-8151
www.boydenvalley.com

BOYDEN VALLEY WINERY
MAKING VERMONT FAMOUS FOR WINE



The Bakery at Junior's

Specializing in Wedding & Special Occasion Cakes

We also provide Full Service Offsite Catering

Cuisine that is as Beautiful as it is Delicious!

802-655-5282 • juniorsvt@hotmail.com • www.juniorsvt.com



VENDOR SERVICES	WEBSITE	PAGE
ALTERATIONS		
The Sewing Basket	sewbasket.com	39
BEAUTY & WELLNESS		
Colonial Styling Center	see our ad VermontBrideMagazine.com	18
Essex Resort & Spa	www.vtbulinaryresort.com	6
Five Elements Salon & Day Spa	fiveelementsdayspa.com	7
Hair Loft Design Center - SALON & SPA	See our ad vermontbridemagazine.com	37
Makeup by Kathryn	myspace.com/kathryncannata	22
Mary Kay	marykay.com/valmullin	110
Moon Studio Day Spa	moonstudiodayspa.com	17
Nailz & Makeup Artistry by Sue	ksvideovermont.com	77
Purple Sage Salon & Spa	purplesagesalonspa.com	93
Salon at Stoweflake	spaatstoweflake.com	7
Wendy Kluin - Makeup Artist	see our ad VermontBrideMagazine.com	51

COSMETIC & AESTHETIC SERVICES		
LUMINA - Nancy Carlson Fisher, MD	nancyfishermd.com	17
Northern Vermont Oral & Facial Surgery	nvos-vt.com	37

IMAGE CONSULTANT		
Perfect Image Fashions	perfectimagefashions.com	93

ORAL & FACIAL SURGERY		
Northern Vermont Oral & Facial Surgery	nvos-vt.com	37

SPA SERVICES		
Essex Resort & Spa	vtbulinaryresort.com	6
Five Elements Salon & Day Spa	fiveelementsdayspa.com	7
Hair Loft Design Center Salon & Spa	see our ad VermontBrideMagazine.com	37
LUMINA - Nancy Carlson Fisher, MD	nancyfishermd.com	17
Moon Studio Day Spa	moonstudiodayspa.com	17
Purple Sage Salon & Spa	purplesagesalonspa.com	93
Spa at Stoweflake	spaatstoweflake.com	7
Waterfalls Day Spa	Spamiddleburyspa.com	51

BRIDAL GOWN PRESERVATION		
The Sewing Basket	sewbasket.com	39

Truly Noted

Save The Dates, Invitations, Custom Design, Placecards, Thank You Cards, and more!

Save 10% on your order when you fan us on Facebook!
facebook.com/trulynotedfans

trulynoted.net | trulynoted.etsy.com



VENDOR SERVICES	WEBSITE	PAGE
BRIDAL SHOPS		
Brigid Bridal Boutique	brigidbridal.com	106
Fiori Bridal Boutique	fioribridal.com	71
Needleman's Bridal & Formal	needlemansbridal.com	50

CAKES & PASTRIES		
BakeAria LLC	BakeAria.com	77
Bakery at Junior's	juniorsvt.com	106
Ben & Jerry's	benjerry.com	29
Delicate Decadence Cake Boutique	delicate-decadence.com	56
Snaffle Sweets	snafflesweets.com	109
Sweet Cruunch Bakeshop & Catering Co.	sweetcrunchbakeshop.com	17

CATERING		
The Abbey	abbeygroup.net	95
Ben & Jerry's	benjerry.com	29
Chow Bella	chowbella.us	76
Junior's Long Island Catering	juniorsvt.com	106
Skinny Pancake, (the)	skinnypancake.com	15
Sophie's American Bistro	sophiesamericanbistro.com	22
State Street Catering	statestreetcatering.com	18
Susanna's Catering	susannascatering.com	95
Sweet Cruunch Bakeshop & Catering Co.	sweetcrunchbakeshop.com	17
Tasty Persuasions Catering	tastypersuasions.com	46
Waterfront Catering Group	vermontspecialoccasions.com	24
Wetherbee's Catering	wetherbeescatering.com	30

ENTERTAINMENT	DJ's - Entertainers	
Gerry Lawrence	See our ad VermontBrideMagazine.com	21
LinCo Entertainment	lincoentertainment.com	81
Peak Entertainment	peakdj.com	79
Supersounds DJ Co.	DJsupersounds.com	52
Wedding DJ VT	weddingdjvt.com	108

ENTERTAINMENT	Musicians	
Lisa Carlson - Flutiest	lisafute.com	91
Classic Consort	classicconsort.com	88
Dayve Hockett - guitar	dayvehockett.net	70
Green Mountain Swing	greenmountainswing.com	111
Love That Duo	lovethatduo.com	74

VENDOR SERVICES	WEBSITE	PAGE
ENTERTAINMENT		
Musicians (con't)		
Vermont Symphony Orchestra	vso.org	39
Vermont Wedding Violinist	vtweddingviolinist.com	109

PHOTO BOOTHS		
Green Mountain Photobooth	greenmtphotobooth.com	21
Photo Booth Rental of VT	photoboothvt.com	112

FAVORS		
BakeAria LLC	BakeAria.com	77
Boyden Valley Winery	boydenvalley.com	106
Carman Brook Farm	cbmaplefarm.com	70
Delicate Decadence Cake Boutique	delicate-decadence.com	56
Princess House - Laurie G. Malenfant	PrincessHouse.com/LMalenfant	36
Shelburne Country Store	shelburnecountrystore.com	70
Skinny Pancake, (the)	skinnypancake.com	15
Snaffle Sweets	snafflesweets.com	109
VT Mountain Syrup	See our ad VermontBrideMagazine.com	51
X-PRESS	thexpressink.com	107

FLORIST - FLORAL DESIGNS		
Betty's Flower Basket	bettysflowerbasket.com	24
Claussens's Florist & Greenhouse	claussens.com	19
Crimson Poppy Flower Shoppe	See our ad VermontBrideMagazine.com	106
Esden Florist	See our ad VermontBrideMagazine.com	53
Hawley's Florist	hawleysweddingflorist.com	75
Howards The Flower Shop	howardstheflowershop.com	22
Jay View Wedding Flowers	jayviewweddingflowers.com	57
Peck's Flower Shop	pecksflowershop.com	109
Village Green Florist	thevillagegreenflorist.net	108

GIFT'S & BRIDAL REGISTRIES		
Bayberry Cottage	bayberrycottagevt.com	56
Boyden Valley Winery	boydenvalley.com	106
Danforth Pewter	danforthpewter.com	111
The Kitchen Store At J.K. Adams	thekitchenstoreonline.com	76
The Party Store	thepartystores.com	79
Princess House - Laurie G. Malenfant	PrincessHouse.com/LMalenfant	36
Shelburne Country Store	shelburnecountrystore.com	70

Here is your Invitation to Save the Date to get with the Program and do yourself a Favor.

Go to the **X PRESS**

For all of your Wedding Printing needs!

73 POND ST. • STOWE VERMONT • 802.253.9788 • 800.870.9788

WWW.THEHPRESSINK.COM



The Abbey's Event Limousine Services

Reserve your wedding reception with The Abbey Catering Group and receive 10% off your limo excursion.

800-696-4748
(ext. 10, Rachel)
Enosburg Falls, VT



weddingdjvt.com

A premier DJ for your reception 802 338 2726

Decorations Wedding Coordination Event Planning

VT Weddings By Kim

Let me make your event beautiful and stress free™

1.802.988.4730
www.vtweddingsbykim.com

Village Green Florist

Heather Listenik
Wedding Consultant

Jen Mikell
Owner

60 Pearl Street, Essex Junction, VT 05452
vgfweddingconsultant@gmail.com
www.thevillagegreenflorist.net

802.879.7980

serving Chittenden County for over 30 years

Video Memory

Our team of professionals have been proudly producing wedding videos for New England couples since 1982. We offer quality, competitive pricing, satisfaction and are committed to exceeding your expectations....

Special discounts when booking
SuperSounds DJ Entertainment
& **Green Mountain Photobooth**

Affordable packages \$500-\$900

802-899-2823 | supersounds.com

VENDOR SERVICES	WEBSITE	PAGE
HEALTH & FITNESS		
Simplify Your Health Now	SimplifyYourHealthNow.com	48
Toria's Wellness	toriaswellness.com	73
HONEYMOONS		
Cultural Crossroads	CulturalCrossroads.com	111
INVITATIONS		
Armstrong Handmade Papers	armstronghandmadepapers.com	51
The Party Store	thepartystores.com	79
Truly Noted	trulynoted.net	106
X-PRESS	thexpressink.com	107

JEWELRY		
Eaton's Fine Jewelry	eatonsjewelry.com	57
Princess House - Laurie G. Malenfant	PrincessHouse.com/LMalenfant	36
Shelburne Country Store	shelburnecountrystore.com	70
Precious Things Jewelers	preciousthingsjewelers.com	40

LIFE PLANNING INFORMATION	Financial Planning	
Nostrand Financial Planning, LLC	nostrandfinancial.com	88

LIFE PLANNING INFORMATION	Realtors	
Coldwell Banker Carlson Real Estate	gayleoberg.com	96
Signature Properties of Vermont	SignaturePropertiesVT.com	90

LODGING		
Arlington Inn	arlingtoninn.com	53
Brandon Inn	historicbrandoninn.com	14
Capitol Plaza Hotel & Conference Center	capitolplaza.com	58
Echo Lake Inn	echolakeinn.com	75
Edson Hill Manor	edsonhillmanor.com	116
Essex Resort & Spa	vtculinaryresort.com	6
Golden Eagle Resort	goldeneagleresort.com	111
Hampton Inn	burlingtonvt.hamptoninn.com	2
Hilton (Burlington) Hotel	burlington.hilton.com	21
Holiday Inn Burlington	hiburlington.com	110
Holiday Inn Rutland/Killington	hivernmont.com	58
Lilac Inn	lilacinn.com	50
Middlebury Inn	middleburyinn.com	16
Montgomery House Inn	montgomeryhouseinn.com	110
Mountain Top Inn & Resort	mountaintopin.com	23
Ponds at Bolton Valley Resort	thepondsvt.com	93
Quality Inn Burlington	qualityinnvt.com	109
Sheraton Burlington Hotel & Conference Ctr	sheraton.com/burlington	115
Stowe Mountain Resort	stowe.com	47
White Rocks Inn	whiterocksinn.com	47
Stables & Inn at Pigeon Hill Farm	pigeonhillfarm.com	46
Stowe Inn	stoweinn.com	4
StoweLake Mountain Resort & Spa	stoweLake.com	7
Sunset Ballroom	vermontspecialoccasions.com	24
Tabor House Inn	taborhouseinn.com	36

VENDOR SERVICES	WEBSITE	PAGE
LODGING (con't)		
Tourterelle Inn - Dining & Events	tourterellevt.com	16
Trapp Family Lodge	trappfamily.com	22
Wilburton Inn	wilburton.com	29
Ye Olde England Inne	englandinn.com	81

OFFICIANTS		
Rev. Dr. Michael Caldwell	coachingcenterofvt.com	40

PARTY SUPPLIES		
The Party Store	thepartystores.com	79

PHOTOGRAPHERS		
Larry Asam Photography	lasamphoto.com	93
Ayer Photography of Vermont	ayerphoto.com	53
Green Mountain Photobooth	greenmtphotobooth.com	21
Ben Hudson Photography	benhudsonphotography.com	18
Kim Martin Photography	kimmartinphoto.com	72
Orah Moore Photography	orahmoore.net	36
Randy Morris Photo	randymorrisphoto.com	22
Natascha's Photography	NataschasPhotography.com	110
Photo Booth Rental of VT	photoboothvt.com	112
Polis Photography	polisfoto.com	88
Portrait Gallery	portraitgallery-vt.com	73
RaidenShine Photography	raidenshine.com	43
Jeff Schneiderman Photography	jeffschneiderman.com	37
Lauren Stagnitti Photography	laurenstagnitti.com	23
May Walton Photography	maywaltonphotography.com	24
Weddings By Expressions	weddingsbyexpressions.com	14
Whipple's Studio	donwhipplephotography.com	39

RECEPTION SITES - WEDDING VENUES		
The Abbey	abbeygroup.net	95
Arlington Inn	arlingtoninn.com	53
Barn at Boyden Farm	boydenfarm.com	8
Boyden Valley Winery	boydenvalley.com	106
Brandon Inn	brandoninn.com	14
Burlington Country Club	burlingtoncountryclub.org	5
Capitol Plaza Hotel & Conference Center	capitolplaza.com	58
Catamount Country Club	catamountcountryclub.com	19
Chow Bella	chowbella.us	76
ECHO at Leahy Center	echovermont.org	18
Echo Lake Inn	echolakeinn.com	75
Edson Hill Manor	edsonhillmanor.com	116
Ethan Allen Center of Champlain College	champlain.edu/eventcenter	49
Essex Resort & Spa	vtculinaryresort.com	6
Golden Eagle Resort	goldeneagleresort.com	111
Hampton Inn	burlingtonvt.hamptoninn.com	2
Hildene - The Lincoln Family Home	hildene.org	11
Hilton (Burlington) Hotel	burlington.hilton.com	21
Holiday Inn Burlington	hiburlington.com	110
Holiday Inn Rutland/Killington	hivernmont.com	58

Vermont Wedding Violinist

The classic way to celebrate your day

Solo or Duet Violinists optional
Piano Accompaniment

Carolyn Bever | 802-238-9112 | vtweddingviolinist.com

Snaffle Sweets

Cakes that are moist and delicious,
from simply elegant to
extravagantly unique.

Call for a free consultation
802-434-2400
www.snafflesweets.com

Let us take care of your out-of-town guests!

QUALITY INN
(802) 985-8037

Free Breakfast • Indoor Pool/Hot Tub • Wireless • Meeting Space
2572 Shelburne Road, Shelburne, VT 05482 • www.super8vt.com

PECK'S FLOWER SHOP
Experts in the Art of Expression

Nothing sets the mood of a picture perfect wedding day like flowers. Leave the arrangements to us, and we'll help you step down the aisle in style.

A complete look that is all yours. Professional Designers create all floral styles.

Expert advise in colors & flowers

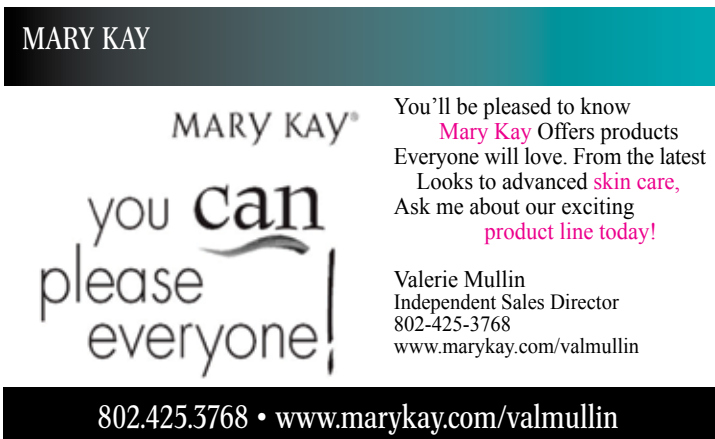
Congress & Winter Streets, Morrisville, VT
802-888-2332 • 800-540-2336 • www.pecksflowershop.com



Natascha's Photography
NataschasPhotography.com 802-238-4480



Montgomery House
B&B
A New Take on an Old Tradition
The Montgomery House has been a haven for travelers since 1803. With added amenities, tranquil grounds, a breathtaking view of Hazen's Notch and nourishing meals, the Montgomery House offers a secluded, serene setting for your wedding in the heart of northernmost Vermont.
802-326-3269 | Route 118, Montgomery, VT
www.montgomeryhouseinn.com



MARY KAY
You'll be pleased to know **Mary Kay** Offers products Everyone will love. From the latest Looks to advanced **skin care**, Ask me about our exciting **product line today!**
Valerie Mullin
Independent Sales Director
802-425-3768
www.marykay.com/valmullin
802.425.3768 • www.marykay.com/valmullin



The Willow Room
Weddings by
1068 Williston Road, Burlington, VT
hiburlington.com
802-419-6218
Holiday Inn

VENDOR SERVICES	WEBSITE	PAGE
RECEPTION SITES - WEDDING VENUES		
Junior's Italian	juniorsvt.com	106
Lilac Inn	lilacinn.com	50
Middlebury Inn	middleburyinn.com	16
Montgomery House Inn	montgomeryhouseinn.com	110
Mountain Top Inn & Resort	mountaintopin.com	23
Northern Lights Lake Champlain Cruises	lakechamplaincruises.com	23
Old Lantern	oldlantern.com	39
One Federal Restaurant & Lounge	onefederalrestaurant.com	91
Ponds at Bolton Valley Resort	thepondsvt.com	93
Quality Inn Burlington	qualityinnvt.com	109
Sheraton Burlington Hotel & Conference Ctr	sheraton.com/burlington	115
Skinny Pancake, (the)	skinnypancake.com	15
Sophie's American Bistro	sophiesamericanbistro.com	22
Spirit of Ethan Allen III	soea.com	15
Stables & Inn at Pigeon Hill Farm	pigeonhillfarm.com	46
Stowe Inn	stoweinn.com	4
Stowe Mountain Resort & Spa	stoweflake.com	7
Stowe Mountain Resort	stowe.com	47
Sunset Ballroom - Waterfront Catering Group	vermontspecialoccasions.com	24
Tabor House Inn	taborhouseinn.com	36
Tourterelle Inn - Dining & Events	tourterellevt.com	16
Trapp Family Lodge	trappfamily.com	22
West Monitor Barn	monitorbarn.org	74
White Rocks Inn	whiterocksinn.com	47
Wilburton Inn	wilburton.com	29
Ye Olde England Inne	englandinn.com	81

VENDOR SERVICES	WEBSITE	PAGE
REHEARSAL DINNERS		
The Abbey	abbeygroup.net	95
Arlington Inn	arlingtoninn.com	53
Barn at Boyden Farm	boydenfarm.com	8
Boyden Valley Winery	boydenvalley.com	106
Brandon Inn	brandoninn.com	14
Burlington Country Club	burlingtoncountryclub.org	5
Capitol Plaza Hotel & Conference Center	capitolplaza.com	58
Catamount Country Club	catamountcountryclub.com	19
Chow Bella	chowbella.us	76
ECHO at Leahy Center	echovermont.org	18
Echo Lake Inn	echolakeinn.com	75
Edson Hill Manor	edsonhillmanor.com	116
Ethan Allen Center of Champlain College	champlain.edu/eventcenter	49
Essex Resort & Spa	vtculinaryresort.com	6
Golden Eagle Resort	goldeneagleresort.com	111
Hampton Inn	burlingtonvt.hamptoninn.com	2
Hildene- The Lincoln Family Home	hildene.org	11
Hilton (Burlington) Hotel	burlington.hilton.com	21
Holiday Inn Burlington	hiburlington.com	110
Holiday Inn Rutland/Killington	hivermont.com	58
Junior's Italian	juniorsvt.com	106
Lilac Inn	lilacinn.com	50
Middlebury Inn	middleburyinn.com	16

VENDOR SERVICES	WEBSITE	PAGE
REHEARSAL DINNERS (con't)		
Montgomery House Inn	montgomeryhouseinn.com	110
Mountain Top Inn & Resort	mountaintopin.com	23
Northern Lights Lake Champlain Cruises	lakechamplaincruises.com	23
Old Lantern	oldlantern.com	39
One Federal Restaurant & Lounge	onefederalrestaurant.com	91
Ponds at Bolton Valley Resort	thepondsvt.com	93
Quality Inn Burlington	qualityinnvt.com	109
Sheraton Burlington Hotel & Conference Ctr	sheraton.com/burlington	115
Skinny Pancake, (the)	skinnypancake.com	15
Sophie's American Bistro	sophiesamericanbistro.com	22
Spirit of Ethan Allen III	soea.com	15
Stables & Inn at Pigeon Hill Farm	pigeonhillfarm.com	46
Stoweflake Mountain Resort & Spa	stoweflake.com	7
Stowe Inn	stoweinn.com	4
Stowe Mountain Resort	stowe.com	47
Sunset Ballroom - Waterfront Catering Group	vermontspecialoccasions.com	24
Tabor House Inn	taborhouseinn.com	36
Tourterelle Inn- Dining & Events	tourterellevt.com	16
Trapp Family Lodge	trappfamily.com	22
West Monitor Barn	monitorbarn.org	74
White Rocks Inn	whiterocksinn.com	47
Wilburton Inn	wilburton.com	29
Ye Olde England Inne	englandinn.com	81

VENDOR SERVICES	WEBSITE	PAGE
TRANSPORTATION		
The Abbey's Event Limousine Services	theabbeyrestaurant.net/Limo%Services.htm	107
Burlington Limousine & Car Service	burlingtonvtlimo.com	30
Middlebury Transit	middleburytransit.com	30
Vermont Chauffeured Transportation	limovermont.com	30

VENDOR SERVICES	WEBSITE	PAGE
TENTS & RENTALS		
Celebration Rentals	celebrateinvermont.com	30
Classy Potty's - Portable Restroom Services	classypotty.vpweb.com	53
Claussen's Florist & Greenhouse	claussens.com	19
Weddings, Tents & Events	weddingstentevents.com	3

VENDOR SERVICES	WEBSITE	PAGE
TUXEDOS		
Brigid Bridal Boutique	brigidbridal.com	106
Needleman's Bridal & Formal	needlemansbridal.com	50

VENDOR SERVICES	WEBSITE	PAGE
VIDEOGRAPHERS - WEDDING VIDEOGRAPHY		
KS Videography	ksvideovermont.com	77
Time Capsule Video Productions	timecapvideo.com	39
Video Memory	supersounds.com/videomemory.htm	108

VENDOR SERVICES	WEBSITE	PAGE
WEDDING COORDINATORS - EVENT PLANNERS		
Captivating Weddings & Events, LLC	captivatingweddingsandevents.com	70
VT Enchanted Events	vtenchantedevents.com	42
VT Weddings by Kim	vtweddingsbykim.com	108

VENDOR SERVICES	WEBSITE	PAGE
WINERIES - VINEYARDS		
Boyden Valley Winery	boydenvalley.com	106



Green Mountain Swing
Music of the big band era—and more
802/229-9496 greenmountainswing.com



Golden Eagle Resort
The Golden Eagle Resort is **Stowe's perfect spot for your small and intimate wedding ceremony or reception.** Located on over 60 acres in a beautiful park-like setting, with perennial gardens, ponds, and a covered bridge.
Function room(s) available for rehearsal dinners.
802-253-4811 • www.goldeneagleresort.com



Danforth
fine handcrafted pewter
Fine pewter gifts for the whole wedding party.
NEW BRIDAL REGISTRY!
Made by hand in Vermont.
(800) 222-3142 x249
www.danforthpewter.com
52 Seymour St, Middlebury
111 Church St, Burlington
Cabot Annex, Waterbury
Quechee Gorge Village, Quechee



Enriching Cultural Journeys and Exclusive, Customized Tours
Cultural Crossroads
877.479.7040 toll-free • 802.479.7040 office
Carrie@CulturalCrossroads.com • www.CulturalCrossroads.com

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
Junior's Italian	50	Y	N	N	Y	3	N	N
Lilac Inn	130-250	Y	N	Y	Y	3-6	Y	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. 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

Vermont's **First** and **Foremost** Bridal Publication now in its **21st 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
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
Stowe Mountain Resort & Spa	400	Y	N	Y	Y	3-6	Y	Y
Stowe Inn	85	Y	Y	Y	Y	Y	Y	Y
Stowe Mountain Resort	350	Y	N	Y	Y	9-12	Y	Y
Sunset Ballroom	225	Y	N	Y	Y	3-6	Y	Y
Tabor House Inn	250	Y	Y	Y	Y	3-6	Y	Y
The Skinny Pancake	80	Y	N	N	N	3-12	N	Y
Tourterelle Inn, Dining & Events	200	Y	N	Y	Y	3-12	Y	Y
Trapp Family Lodge	100 ¹² 500 ¹³	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

PHOTO BOOTH RENTAL VT
You provide the party... We'll provide the smiles!



**WEDDING RECEPTIONS
CORPORATE EVENTS
PARTIES OF ALL KINDS**
www.photoboothvt.com
(802)999-9238

The Bakery at Junior's
 Specializing in Wedding & Special Occasion Cakes
 We also provide Full Service Offsite Catering
Cuisine that is as Beautiful as it is Delicious!



802-655-5282 • juniorsvt@hotmail.com • www.juniorsvt.com

Get Ready
 The Fall issue of Vermont Bride is coming in October!



Photos by the Portrait Gallery

We
**WANT
YOU!**



We would **LOVE**
to share your
engagement and
wedding photos with
our **Facebook** fans.

Post your photos and
wedding details (zany,
romantic or silly) and
automatically be entered
in our database for
possible publication of
your **Love Story** in an
upcoming edition of
Vermont Bride!

vermontbridemagazine.com/share




Sheraton
Burlington
HOTEL & CONFERENCE CENTER

New Beginnings are Better when Shared

Sheraton is where people gather. Whether you are planning an intimate celebration or a large, elegant gala, our professional planners and catering staff will work with you to create the event of your dreams.

wedding
packages from
\$50.00 per
guest

For more information, call 802 865 6620

spg.
Starwood
Preferred
Guest

MERIDIEN

ALDF

THE LUXURY COLLECTION

WESTIN

FOUR POINTS



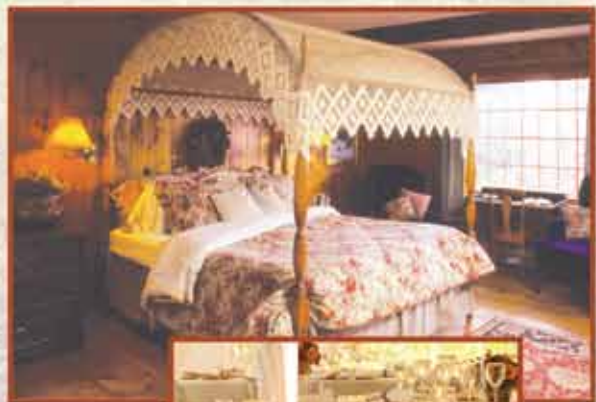
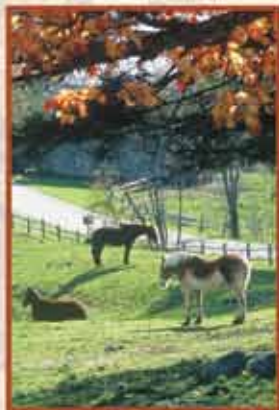


*You fell in love with each other
...now you'll fall for us.*

Vermont as it should be...

A scenic vista overlooks grazing horses in rolling pastures; edges of ponds embraced with wildflowers and weathered split-rail fencing along the country lane to our historic estate.

Sweeping lawns and sprawling gardens lead up to terraced steps where your guests will be waiting for your arrival...



Twenty-five beautifully appointed guest rooms are available for overnight lodging. We offer a full range of outstanding wedding services – innovative, award-winning cuisine, flowers, and assistance with photographers and entertainment.

Our consultants and chef would be pleased to discuss the details of your wedding to ensure the most perfect day.

EDSON HILL MANOR

1500 Edson Hill Road, Stowe, Vermont
802-253-7371 • 800-621-0284
www.edsonhillmanor.com