

date Re Thu, Jun 4, 2009 at 11:55 PM
subject Re GREENS, YOGA & LAMINATOR

GRAB SOME GREENS

Bring a big shopping bag to Saturday's the Pawtuxet Village Farmers Market. We will not have another market for two weeks, because June 13 we will have no market due to Gaspee Days. The market reopens June 20 and remains open until November 21. Saturday, farmers will have a variety of salad greens, lettuce, spinach, flowers, fresh eggs, early strawberries and kale.

June 20, in addition to the market reopening, Friends of the Pawtuxet will have canoe rentals at 9, 10 and 11 AM, starting at the lower Rhodes on the Pawtuxet parking lot, down the hill from the market. Reservations are required for canoeing which costs \$3/adult and \$1/child. We provide paddles, preservers, a canoe and a brief instruction for those who would like. The river is calm and features turtles, muskrats and an occasional great blue heron. For reservations, call Hillary at 784-8240.

June 20, Friends of the Pawtuxet also offers a guided bird walk at 8 AM and a fire fly walk at 8:15 PM. Both events are part of ExploreCranston. More information is available at www.explorecranston.org

The June 27 market features the Big Green Book Sale, a used book sale that finances our berry box recycling program and planting tulip trees at the market. We have no books left from last year because we donated the leftovers to the Pawtucket Public Library book sale. Book donations (please, no textbooks or damaged books) can be dropped on front porches at 25 Berwick Lane, 10 & 18 Williams Avenue or 37 Ferncrest Avenue.

June 27 we will also have a tree walk at 10 AM and rain barrel distribution. For a complete list of upcoming market events, grab a newsletter at the market table.

LAMINATOR

Friends of the Pawtuxet needs to use a laminator for an environmental education project. If you have one we could borrow, please respond to this email.

YOGA IN THE PARK

Sunday, June 7, 7:45 to 8:45 pm, Full Moon & Sunset Yoga with Chris Belanger under the trees in Pawtuxet Park (next to the Aspray Boathouse) on the Warwick side of Pawtuxet Village. The session is suitable for all levels including first time yoga students. Adjustments will be made for the weather. Bring a yoga mat or beach towel and have a layer or two with you in case it is a cool evening. \$6.00 per person donation suggested.

SUSTAINABLE LIVING FESTIVAL

The 8th Annual RI Sustainable Living Festival is Saturday & Sunday, June 6th & 7th featuring workshops, musicians, vendors, kid's activities, artwork and gardens. Jim Merkel, author of Radical Simplicity kicks off the Festival on Saturday at 10 am and we close both days with music from Dar Williams, Patty Larkin, The Low Anthem, Crooked Still.

The festival is at the Apeiron Institute's Center for Sustainable Living in Coventry (parking is at Western Coventry Elementary School on Flat River Rd) More information and tickets (\$20 for one day, \$30 for both in advance, children are free) at www.livingfest.org

See you at the market.