



Boulder Hot Springs

APRIL 2011



For this newsletter, I've asked Dave Hartman to share about a permaculture workshop he and his wife, Susie, attended in California. Thanks Dave and Susie for attending this workshop and bringing back such great information and experience. – Kerri Kumasaka, General Manager

Spring is aloft in Peace Valley. The snow is here one day and gone the next, soon to disappear for the season. Countless aromas are in the air. Everything is slowly sprouting, hibernating animals are waking up, migrators are on their way back, and the land is ever abundant with life.

I would like to give much gratitude to Anne Wilson Schaefer, the Living in Process Group, Boulder Hot Springs and my family and friends for their support and interest in sending my family and me to the Permaculture Design Certification Workshop in South Central California. Permaculture is a design science that follows three ethics: care of the Earth, care of people, and fair share. It teaches us to observe nature, to understand our environment and to become more aware and responsible. Permaculture is not limited to plant and animal agriculture, but also includes community planning and development, use of appropriate technologies (coupled with an adjustment of life-style), and adoption of concepts and philosophies that are both earth-based and people-centered, such as bioregionalism, water/energy efficiency, waste water management, reuse, recycling, and the attitude of leaving the land better than we found it. Like the Iroquois people who based all of their decisions on how they would affect the seven generations to come, thinking of future generations is always kept in mind in permaculture.

Currently, we are in the process of rethinking and retooling the greenhouse at the Hot Springs. We are undoing the systems that don't work and improving on the ones that do. After much study, we are in the process of plumbing a geothermally-heated radiant floor to heat the root zone of the plants with an emphasis on providing living soil for them to grow in. We will include loads of mass to help tame the temperature swings, and some supplemental space heating using the geothermal waters of course. Solar powered ventilation fans will cool and circulate the air. Plants started in the greenhouse will be transplanted out around the buildings in and amongst the existing flower beds. There will also be herbs, veggies and flowers grown for kitchen use. We hope that this is just the start of many other projects to come.

Dave Hartman, Maintenance Supervisor



WomanDrum! - A Women's Drumming Extravaganza!!

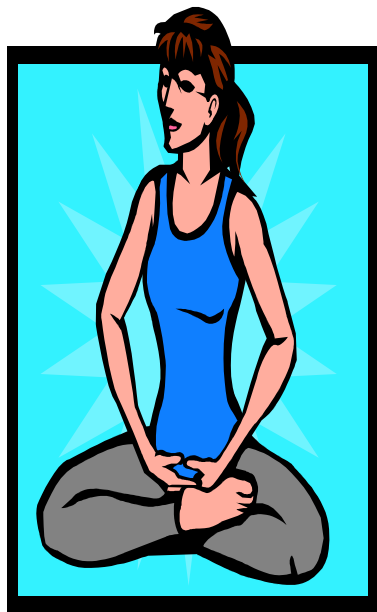


**April 29 - May 1, 2011
Boulder Hot Springs
Boulder, Montana**

Yowza, this weekend is going to be a blast! We've got guest instructors -- all women -- who specialize in taiko drumming, groovy bucket drumming (think marching drum corps), and African drumming. All levels of drum experience are welcome. We'll have plenty of opportunity for everyone to experience the different drumming styles, as well as breakout time to sink into some trance drumming, do some dancing, enjoy soaking, exploring the forested trails around Boulder, and just hanging out with a bunch of women who love to drum as much as you do!

Registration is \$130 for the whole Friday-through-Sunday gig, \$100 for two days, and \$75 for Saturday only -- discounts available if you come with a friend. *Please note, these costs do NOT include lodging and meals at Boulder.* Contact [Boulder Hot Springs](http://BoulderHotSprings.com) directly to arrange for your lodging and meal requirements. Email shaundrums@yahoo.com to request a WomanDrum! brochure.

Yoga Retreat Weekend At Boulder Hot Springs



Led by Judy Landecker Of

Northern Light Yoga

April 8 - 10, 2011

*\$302 Single Occupancy ** \$270 Double Occupancy*

Price includes:

Overnight stay (Fri & Sat Nights)

Six (6) Meals

Four Yoga Sessions

Pool Use

PLEASE CALL @ 406-225-4339 to register and more information

REMINDER: Our summer pool hours from April 1st through Oct 31 are 10 AM to 9 PM daily. Our winter pool hours starting Nov 1st and running through March 31 are 12 noon to 8 PM daily.

THE ARTS AT BOULDER HOT SPRINGS

Jefferson High School Art Class Display

Mid March 8 thru late April

Jefferson High School art students are looking forward to exhibiting again at Boulder Hot Springs from March 8 thru late April, 2011. Student artwork will be presented by the 9 - 12th graders, beginning through advanced art students.

They will exhibit paintings using water color, oils, pastels, and tempera paint, linoleum prints, drawings using charcoal, pencil, ink, colored pencil and markers.

They hope you will enjoy viewing their artwork as much as they enjoy exhibiting at Boulder Hot Springs.

RaeCille Dawson, Art Director

Art Display by Arlene Parisot

May thru June, 2011

Artist Reception May 8 from noon to 2 pm

Arlene and her husband lives in Helena but with her travels to Japan, Germany and Turkey she chose watercolor and an abstract approach to her paintings. While in Japan she took lessons from a Sumi-e-Master. She has worked with high school students and adults here and in Japan and Germany. In composing this artwork she experiments with a water color technique using synthetic paper (Yupo) that evaporates water from the paint rather than absorbing it leaving a bright vivid image. The color is allowed to flow and merge through its own energy creating spatial images of inner and outer worlds we most often do not see.

UPCOMING GROUPS & EVENTS

March 25 - 26: Exceptional Women

April 8 - 10: BHS Yoga Retreat with Judy Landecker. Call 406-225-4339 for info

April 15 - 17: Back to Bliss Yoga. Contact Jennifer Brooke @ 406-721-3905 for more information.

April 29 - May 1: Woman Drumming. Email shaudrums@yahoo.com for more information.

May 7 - Qi Gong workshop and acupuncturist meeting. Call Tanya Brekke @ 406-600-9471

May 21 - 22: Art Therapy

May 28: Yoga with Lois Steinberg. Call Judy Landecker @ 406-449-2205 for information.

June 11 - 15: Qi Gong

June 16: Townsend Red Hat Society

July 10 - 16: Living in Process Intensive

Living In Process Intensive:

The purpose of an Intensive is to provide an experience in the Living In Process approach and community while confronting the addictive process. This work is not therapy, not is it based on the scientific model out of which therapy comes. It is an alternative. Intensives are a door into a new paradigm. Living in Process® work was developed by Anne Wilson Schaefer. People who are in the Training with here are now facilitating Intensives here and throughout the country. For more information please call 406-225-9171.

July 18 - 31: Living in Process Training

Sept 23 - 25: Celebrating Women. Call Shaun Phoenix @ 406-580-0562 for more information.



******Special Events at Boulder Hot Springs******

Jefferson High School Art Display (Page 3)

Yoga Retreat with Judy Landecker (Page 2)

Women's Drumming Extravaganza (Page 2)

Special Occasion Buffets

*****Reservations recommended*****

Adults - \$24 ** Seniors (60 & over) - \$20 ** Children (5-12) - \$12

BUFFETS ARE FROM 12 NOON TILL 3 P.M.

PRICES INCLUDE USE OF INDOOR AND OUTDOOR POOLS & STEAM ROOMS

We serve locally grown and organic food as much as possible

Sunday, April 24: Traditional Ham Easter Buffet

Sunday, May 8: Celebrating Mom's: Prime Rib Buffet

Sunday, June 19: Celebrating Dad's: Prime Rib Buffet

Call 406-225-4339 for reservations.

OUR POOL AND PLUNGE HOURS

Family Indoor Co-Ed soaking

4 - 8 PM Sunday/Wednesday (Nov - March)

5 - 9 PM Sunday/Wednesday (April - Oct)

Our summer hours from April 1 thru October 31
are 10 AM to 9 PM daily.

Our winter pools hours are from November 1
thru March 31 from noon to 8pm daily

Pool Prices: \$7 Adults

\$5 Seniors (60 +)

\$4 Children 3- 12



Boulder Hot Springs Mission Statement

To be present here, to offer protection and healing to individuals, communities, these sacred waters, this land and this building for present and future generations and all our relations so that the possibility of healing, recovery, community and connection with the creator and all creation is here.