



Boulder Hot Springs

AUGUST 2011



Hello and greetings from Boulder Hot Springs! There have been a lot of changes and happenings since our last newsletter.

- One major project we completed was changing all of the knob and tube electrical wiring in the east wing of the building to modern wiring. A big thank you to Rudy and Patty Box, Chuck Tesmer and Lynda Endicott and all the others who worked on this project. Thanks also to Anne Wilson Schaefer, one of the primary owners, who set everything up for this project to be completed.
- We did more decorating in the West wing. In the lobby we added some new rugs and bronze sculptures, and in the historic dining room we put up two beautiful antique light fixtures to replace the ones which were stolen a few year ago.
- We also did some major clean up of the 3rd floor of the west wing. There is still no heat, electricity or plumbing in this location and hopefully, some day we will be able to use the rooms in this area.
- On July 2nd, we had a free soak and swim day in honor of the 100 year birthday of the city of Boulder. We had music by Rick Wine, tours, a hot dog and hamburger barbeque, old fashioned pictures, a trivia treasure hunt game and great exhibits from the Heritage Center in Boulder. Thanks to all who attended and helped with the event.
- One major change we made was to switch to having a management team of three people instead of having one general manager. So now Barb Reiter, Jan Zietlow and Kerri Kumasaka are sharing the management responsibilities of Boulder Hot Springs.

In addition, starting on June 1, we began requiring men to wear swimsuits in the men's indoor plunge and steam room areas. This was a suggestion made by our customers and staff. We also began an all day indoor co-ed soaking time on Saturdays. This is in addition to our Sunday 5 – 9 pm and Wednesday 5 – 9 pm indoor co-ed soaking times. We welcome any input you might have about these changes. You can email us at bhs@boulderhotsprings.com.

Hope everyone is having a delightful summer!

All the best,

Barb

Jan

Kerri

Celebrating Women - September 23 - 25, 2011

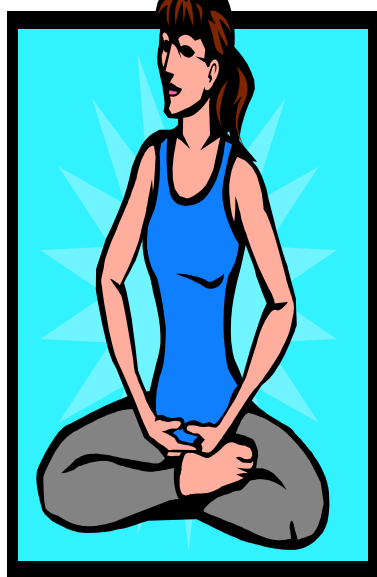
What it's about: Women gathering to celebrate being women, to witness and support other women, to grow community, to flower into our fullest, to rejuvenate, to celebrate, to have fun!

Celebrating Women is a gathering that's happened for 19 years now. Each year we set a different theme, and workshops and large group gatherings specifically or loosely resonate with that theme. This year's theme is "Weaving the Web: "creating conscious community."

The gathering is...retreat; workshops; celebration; catharsis; quiet time; rowdy time...whatever each woman wants for herself. We begin Friday afternoon with the first set of workshop sessions, and have three more sessions on Saturday -- for each session, women register for one of three to four possible workshop offerings. Friday evening we also gather as a large group for some singing together, and for a keynote speaker to set the tone for the weekend. Saturday evening is our "high holy hoopla" -- we do some form of group celebration/ ceremony, break out our drums for some free drumming and dancing, and generally have a great time. Sunday includes group meditation time, open sharing in circle time, blessing time, and song and dance to close.

Some women choose to create alone time for themselves, don't go to many workshops, and meet up with others in the hot waters, or on the trails, or just nap. We have all ages of women, all religious affiliations, all classes...we offer scholarships for women for whom money is an obstacle to coming...

Registration opens at 1:00 on Friday the 23rd. First workshop starts at 3:30 on Friday. We end with lunch on Sunday. For more information or to receive a brochure with registration materials please call Shaun Phoenix @ 406-580-0562 or e-mail shaundrums@yahoo.com



Yoga Retreat Weekend At Boulder Hot Springs

Led by Judy Landecker of

Northern Light Yoga

October 21 thru 23, 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

Water Color Artist Display By Barbara Keith

July and August 2011

Barbara is a native Californian presently living in Helena with a passion for art. She has won numerous awards as well as teaching art in workshops and classes. She teaches portraits, landscapes, floral, still lifes, free expressions and multi-glazing techniques. She tells her students to take risks and grow with their needs to respond to desires (a vehicle to emotional expression). In addition to painting she also does photo restoration.

Photo Display by Carmen Craft

September/October 2011

Artist Reception Sept 25 * Noon - 2pm

Carmen is the owner of Carmen's Corner in Boulder and has been a resident for 23 years.

She loves doing photography and says there is so much beauty in the world and loves capturing it on camera. She is self-taught and takes photo's every chance she gets.

She hopes to be able to put more time in photography when she retires as she is very busy with her store.

UPCOMING GROUPS & EVENTS

Sept 16 - 18: Montana Audubon

Sept 21 - 22: Big Brothers/Big Sisters

Sept 23 - 25: Celebrating Women. Call Shaun Phoenix @ 406-580-0562 for more information. (See page 2)

Oct 1 - 2: Naturopathic Physicians of Montana

Oct 7 - 9: Back to Bliss Yoga - Contact Jennifer Brooke @ 406-721-3905 or e-mail jbrookemt@aol.com

Oct 21 - 23: BHS Yoga Retreat with Judy Landecker (See page 2)

Oct 29: Fiddlefest Contra Dance: 7-11 pm. Call Dusty Farnum for more information @ 406-465-7282 or e-mail woblyboy@gci.net



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

BHS Yoga Retreat with Judy Landecker (page 2)

Art Display with Barbara Keith (page 3)

Photo Display with Carmen Craft (page 3)



Special Occasion Buffets

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

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

Call 406-225-4339 for reservations.

The buffets include Easter, Mother's Day, Father's Day and New Year's Eve

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 from November 1 thru
March 31 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.