



Boulder Hot Springs

JULY 2013



A few weeks ago I went with some friends to the Ringing Rocks near Whitehall. What an amazing place! When you tap the rocks with a hammer they ring. Some of the rocks sounded like the bells of a cathedral. We had a great time climbing around the rocks and tapping them, making a symphony of various sounds and tones. Apparently, there are only two places in the world where this phenomenon happens: here in Montana and somewhere in Pennsylvania, and if you take the rocks away, they do not ring. The road to the ringing rocks is a bit rough and a high clearance vehicle is recommended. You can take a picnic lunch up there and enjoy the rocks, and it's only about an hour away from the Hot Springs.

After I heard about this wonderful attraction, I was aware of feeling grateful to have so many great activities and attractions nearby. Tizer Gardens (only about 20 minutes away) is a magical and delightful botanical garden and arboretum with a nursery and gift shop. Situated on 6 acres, they have a variety of gardens such as: a rose garden, herb garden, wildflower walk, children's garden, butterfly and hummingbird garden, and others. Currently, Tizer Gardens has a gardener from Ireland there on an exchange program.

There are also the Lewis and Clark Caverns (40 minutes away) which is one of the largest known limestone caverns in the Northwest. Filled with stalactites, stalagmites, columns and helictites, this is another amazing and wondrous place. In addition, the Gates of the Mountain boat trip is a 120-minute breathtaking cruise on the Missouri River where it's possible to see eagles, osprey, mountain goats, big horn sheep and other wildlife. The majestic limestone cliffs seem to open and close like a gate as you go upstream, hence, Meriwether Lewis named them, "The Gates of the Mountains." This attraction is about 50 minutes away from the Hot Springs.

Then there is the Madison Buffalo Jump State Park (1¼ hours away). This high limestone cliff was used by Native Americans to stampede herds of bison off to their demise. They then utilized the buffalo for food and clothing.

Missouri Headwaters State Park (1 hour away) is where the Jefferson, Madison and Gallatin Rivers converge to form the Missouri River (the longest single river in North America). This is where Lewis and Clark camped out in 1805, and where Meriwether Lewis named the three rivers.

The ghost towns: Elkhorn (50 minutes) and Comet (20 minutes) are also nearby. Filled with abandoned buildings from the late 1800's these ghost towns are fascinating. There is also plenty of hiking, fishing and wildlife viewing right here at the Hot Springs. Recently a birder came here and listed over 30 birds he had seen and heard around the property. Deer, elk, foxes, moose, bear, coyotes and other animals have also been seen in the area.

Not only that, the community of Boulder has some awesome events throughout the year. The Jefferson County Fair and Rodeo is from August 23 to 25, 2013 with rodeo events, exhibits, and Boulder's own carousel. There is also a car show on August 24, 2013. The car show features up to 100 antique and classic cars. The Boulder Music and Art Festival on September 7 and 8, 2013 is a free event with music, food, crafts, and local authors. Then there is a Fiddlefest on October 26, 2013 with musical workshops and performances. In addition, there is a Christmas Bazaar on November 23, 2013, and speaking of the holidays, Boulder has an incredible holiday light show in Veterans' Park. The lights are unlike anything I have ever seen even in some bigger cities.

Kerri Kumasaka, Management Team Member



We invite you to check out our new facebook page:

<https://www.facebook.com/pages/Boulder-Hot-Springs-Inn-Spa-Retreat-Center/477024209059116>



Yoga Retreat Weekend At Boulder Hot Springs

Led by Judy Landecker of

Northern Light Yoga

October 18 - 20, 2013

\$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

THE ARTS AT BOULDER HOT SPRINGS

Jean McLean

July thru August 2013

Jean is a Montana artist who is captivated by the colors in light and shadow. She can almost measure her growth as an artist in her ability to see more and more color when she never use to see it.

She is a watermedia and acrylic artist. She paints a wide variety of subject matter but her work reflects her love for western United States, domestic animals and all kinds of wildlife.

SARINA ECKMAN - PHOTOGRAPHY

September thru October 2013

Artist Reception September 22 from noon- 2 PM

I was raised by artists in the small Montana town of Basin. Art has always been a huge part of my life. I have a degree in Graphic Design from Montana State University Northern. I currently reside in Havre and my business includes a range of talents including graphic design, photography, painting, collage, and sculpture.

Photography for me just happens. It is something I always have with me. I can do it anywhere and am rarely found without a camera in hand. I have a passion for capturing the world around me. Many of the photographs I take I then use to create other pieces of art work, either graphically or by painting. For me photography is the beginning and the root of all of my creativity.

UPCOMING GROUPS & EVENTS

July 22 - 28: LIP 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, nor 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 Schaef. People who are in the Training with her are now facilitating intensives here and throughout the country. For more information call (406) 225-9171

August 8 - 10: United Methodist Women Mission U

August 11 - 12: Shakespeare in the Park

Sept 20 - 22: Celebrating Women - Contact Shaun Phoenix @ 406-580-0562

Sept 28 - 29: Montana Association of Naturopathic Physicians

October 4: Transcendental Meditation Retreat - Contact Philip Land @ 208-582-3927

Oct 9 - 10: Claire Miller Reflexology - Contact Claire Miller @ 919-967-9015

Oct 11 - 13: Back to Bliss Yoga - Contact Jennifer Brooke @ 406-721-3905

Oct 26: Fiddlefest/Contra Dance - Contact Dusty Farnum @ 406-465-7282

Nov 2 - 8: LIP Intensive (See description above)

Nov 8 - 10: Body First Workshop - Contact Jody Mosher @ 406-529-5849

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

Jean McLean - July thru August (see page 3)

Sarina Eckman - Sept—October (see page 3)

BHS Yoga Retreat with Judy Landecker (see page 2)



Special Occasion Buffets

**Valentines, Easter, Mother's Day,
Father's Day, New Years Eve**

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

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

Use of indoor and outdoor pools included

Call 406-225-4339 for reservations and information

OUR POOL AND PLUNGE HOURS

Family Indoor Co-Ed soaking

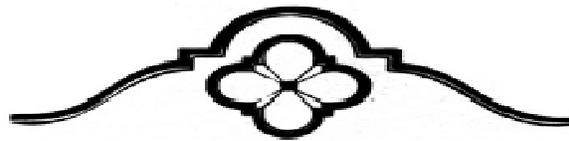
5 - 9 PM Sunday/Wednesday (April - October)

10 AM - 9 PM / Saturday (April - October)

**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 over 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 con-