

February 2011

“I’m dreaming of a white Valentine’s Day.” Oh, wrong holiday. But it will definitely be white! We had another 12+ inches yesterday, continuing to keep us in a winter wonderland for sure!

It is remarkable how many outdoor winter activities there are available in the Western Lakes and Mountains Region. Besides being out there on your own on snowshoes or skis or skates or snowmobiles, there are events around the area. A few weeks ago was “Snodeo” in Rangeley, where approximately 3,000 people watched races and fireworks and “X-Game” type snowmobiling; I mean, like flying snowmobiles! The first weekend in February brings “Pond Hockey” competition to Rangeley, which has grown significantly since its inception 6 years ago. The “Polar Blast” is coming in a few short weeks in Eustis. The Phillips library is sponsoring a “Snow Shoe Romp” on February 13 which will include horse drawn Wagon Rides. In March, we welcome “The Loppet” back to Rangeley, cross country ski competition. If you like outdoor winter activities, this is the place to be!

We notice the days are longer and the birds a bit chirpier. The Redpoles are here in hundreds and the woodpeckers are beginning to make themselves heard. Hard to believe Ravens are raising their young in nests right now. Brrr.... But more bird activity is always a welcome sight and sound; that despite subzero temperatures and snow covered ground, there is the promise of warmer and greener days ahead. The cycle of seasons is so profound here; we witness the full swing of the pendulum every year. It can be humbling at times.

The sixth Star Barn Yoga Retreat is scheduled for the last weekend in March. We will welcome back two Kundalini teachers, Liz Farmer and Jane Beltz – both certified in this style of yoga, each bringing their unique personalities to the practice. And we have added herbology and detox services to our amenities list for free time (click on “Retreat Info” on the home page for everything you need to know about the retreat.

We hope you will consider Star Barn for a get-away. We are secluded and beautiful, providing welcome respite from your day to day routine. Winter, spring, summer, fall – Star Barn has it all.

Until next month.....
Ginni and David Robie