

HAPPY 2012 FROM STAR BARN!!!

January 2012

Well, it's been a while since the last newsletter. We hope our regular newsletter readers are ok with the hiatus.

Just to catch up a bit.....September was a lovely month. And Star Barn hosted its first guest from the Netherlands. a brave woman who traveled from home to here alone, seeking adventure and finding some. We found her a Maine Guide, Betsy Squibb, to hike around Mooselookmeguntic Lake. She got in lots of hiking and saw some of our local amazing views. Unfortunately, she also got sick. So a trip to a local physician's office became part of the trip. From here, she was headed to Ben and Jerry's in VT, and much of her trip was to visit places associated with Stephen King. She is a real fan.

The end of the month came and so did the 7th Star Barn Yoga Retreat. The retreat was full with 10 participants. We enjoyed Deb Keene's yoga and knowledge about Ayurveda, the sister science of yoga (www.ayurvedayogacenter.com). We learned about diet and movement associated with that time of year when we transition from heat to cold. Some of the participants enjoyed massages and other spa services. We were very please to also have Jessica Kaniuka (www.bhavayogaschool.com) teach a class. Jessica's interest in Ayurveda made her the perfect addition to the retreat. All left refreshed with new knowledge about themselves and what can be done to stay healthy. The next retreat will be in March, 2012.

In October we had several returning guests, who now feel like family! We are grateful to the guests who have found us and like us enough to come back! We also made several new friends and look forward to seeing them again!

In November, we hosted a weekend long 60th birthday celebration. Family filled the barn, both young and not so young. Each morning there was a family yoga class. Some hiked the area while others drove to Rangeley or Farmington. They enjoyed their own crock pot meals for dinner, and one night met in a field down the road to set off balloon lanterns after dark.

We had members of both sides of the family here for Thanksgiving. We love that the barn affords us enough space to have so much family here all at once. We had some snow for the holiday and several enjoyed a great snow shoeing hike in the woods.

In December, Star Barn Uniques held its annual open house. Several vendors set up shop at a table in the yoga studio and worked their craft, allowing shoppers to see how the items come together. There was Wassail, a traditional holiday beverage, and cookies. With the addition of a few new vendors, the uniqueness of the inventory increases. Sales were up from last year for the day. In fact, sales were up overall in the gift shop!

We also had family here for Christmas, but not much snow for this holiday. Took a hike in the woods and enjoyed some great meals together.

Sadly, we've been pretty much snow poor since Thanksgiving. We had a storm recently that promised 6-10" of snow, but dropped only 3. Boohoo! The Farmer's Almanac is promising a snowy February. Let's hope it's right!

We're already getting reservations for the summer, so be sure to make yours soon! And remember – Reeds Mill Church is just a few steps away for that wonderful country wedding.

Until next time...
Ginni and David