

September 2010

Whew! What a HOT summer we had this year. And dry; very dry! But the heat has been great for local gardens. There are bumper crops in everyone's yard. Even our potato/pumpkin patch has yielded more than expected!

But it is September now, and our temps are back to normal (at least for the moment). Some leaves are already turning and night time temperatures are forcing a blanket to be used. And that's ok!

August was very busy with family and new friends. A group from Gold Leaf, a seniors activity offered at University of Maine Farmington, took a field trip to the Phillips area on August 12, which included a stop at Star Barn. They were delighted to find Blueberry Muffins and Cranberry Orange Scones as well as Coffee, Tea, and Lemonade waiting for them. They were given the history of Star Barn, enjoyed their snacks, and did some shopping at Uniques. From here they traveled to Bog Pond Pottery and Hunnisett Reed English Antiques, both great stops in the Phillips area.

The following day, a reunion group of nine people from Kawanhee Boys' Camp in Weld arrived for a workshop on "One Stroke Painting" taught by Sally Iverson. Sally has several items in Uniques and was happy to teach the technique to this eager group. Tables were set up for the class in the Yoga studio, which worked out perfectly!



(Sally Iverson teaches One Stroke Painting)

The day after THAT, our daughter Kate and her twin 22 month olds, Addison and Evelyn, came for a visit at Granma's. Those girls are adorable! And also VERY busy – to be expected at that age! Oldest granddaughter, Kaya, joined us as well. Kaya was a HUGE help! We had some nice trips to Webb Lake in Weld and a few walks along Reeds Mill Road. They have become big fans of Winnie the Pooh. We are now looking forward to their Christmas visit. This will be the first time we've had family with us for Christmas since we moved here over 7 years ago!

Star Barn also hosted a networking opportunity for the Rangeley Maine Chamber of Commerce. Star Barn is a member of that chamber (as well as the Franklin County Chamber of Commerce and Phillips Area Chamber of Commerce). Several folks traveled here to be introduced to what we have to offer, enjoying a little wine and cheese and great conversation!

We also participated in the Old Home Days parade in Phillips. This year the theme was “Good Times, Good Friends, Good.....” We filled in the blank with “Good BEDTIME STORES.” Our float was all about the great children’s book, Good Night Moon. Kaya was the bunny in bed, Addison and Evelyn were the two little kittens (and Mom helped!) and Ginni was the little old lady whispering hush. We had a great time and won an Honorable Mention for our efforts.



Old Home Days 2010

We are now looking to the end of the month when Star Barn will host its 5<sup>th</sup> Yoga Retreat, September 24-26. With a full compliment of 10 participants registered, every bed in the barn AND the house will be full. We will enjoy learning more about Kundalini Yoga and Kripalu Yoga as well as Qigong. Our yoga retreats have been an exciting piece of our journey here. Yoga retreats are offered every 6 months. However, we are not limited to Yoga retreats and would welcome the opportunity to host YOUR small group retreat!

More on the “goings on” at Star Barn in October!

Ginni and David