

# THE SAGE PAGE

Newsletter of the Boulder Community Alliance, a nonprofit serving Boulder, Utah

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Winter 2009



## ***Boulderites Welcome 2009 with Bonfire, Fireworks***

New Year's Eve was sparkly-clear, starry, calm, and cold. A December snow still covered the ground. It was a perfect night for fireworks!

Boulder Mountain Lodge and BCA co-sponsored an early-evening party at the Lodge Common Room, with all of Boulder invited. Finger foods and beverages were available, and the fireplace enticed many to stay inside and chat. But the real draw was outside, with revelers warming around the bonfire, then watching rapt as the town fire crew set off the fireworks.

Thanks to all who participated. It was such a success, we may try it again next year.

Izzybella Nelson attends her debut fireworks display.



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### **Dates to Note:**

- ◆ Feb 25-27 Diversified Ag Conference, Delta, UT
- ◆ Mar 8 Daylight Savings Time Begins!
- ◆ Mar TBD Bee Hive Building
- ◆ June 5-7 Birding Workshop, Boulder
- ◆ July 16-18 Boulder Heritage Festival

# East Meets West in Boulder Classes

By Dianne Oberhansly

Boulder may not actually possess the “fountain of youth,” but it does offer three health-benefitting classes that should help anyone feel better. All three of these Eastern oriented practices—Tai Chi, Yoga and Qigong—attest to the fact that not all exercise has to be fast-paced, vigorous, and sweat producing.

Tom Jerome teaches Tai Chi (pronounced ty-chee), an ancient Chinese practice which developed as a “soft” type of martial arts. Today it is often taught with little or no emphasis on martial arts, but rather as a series of routines, known as forms, which are performed in a standing posture with a complete, natural range of motion over the center of gravity.

The basics of Tai chi are: 1) alignment of the body allowing for the smooth movement of energy; 2) relaxation of the body so there is a minimum of held tension; 3) breath that is smooth, easy, and in harmony with the physical movements and 4) mental alertness. There are no specific skills required to practice Tai Chi, but frequency of practice is important to increase fluid movement, physical awareness, and higher skill level.

Accurate repeated practice is said to retrain posture, encourage circulation, relieve stress and maintain flexibility. Other benefits are the improvement of balance with the reduction of falls in the elderly, and as treatment for heart failure, high blood pressure, multiple sclerosis, Parkinson's disease, and Alzheimer's disease.

Tom learned Tai Chi from a teacher in Montrose, Colorado, and has been practicing it for 14 years as a form of meditation and health maintenance that keeps him aware of his physical presence. “Tai Chi is a body of knowledge passed down from teacher to student in an evolving form, so we thank not only our own teacher, but all the teachers extending back,” he says.

Tom presently teaches basic Tai Chi at the Anasazi Museum on Wednesday mornings at 9 a.m. or more advanced sessions by individual arrangement. All classes are free.

Constance Lynn has recently begun offering two Yoga classes in Boulder. Translated from Sanskrit, Yoga means “to yoke” or to join together, as in the joining of body and breath in order to still the mind. This ancient Indian practice combines breathing techniques with a series of poses which have a calming, healing effect on the body.

In a typical class, she begins with a quiet centering, allowing students to become aware of what they are noticing in their bodies and breathing. Then she slowly brings in the movements and stretches or poses, known as “asanas.” At the end of the asana practice, students lie on their backs and are guided into complete relaxation. Constance ends the class with a few minutes of sitting meditation. Overall, classes are gentle with a focus on experiencing the poses rather than having an exercise workout.



Constance Lynn's yoga classes begin with quiet centering.

“The benefits of yoga are substantial,” Constance says. Most noticeable are increased flexibility and strength as well as a sense of well-being. With regular practice, students may see a decrease in pain, headaches, digestive ailments, anxiety and depression and an increase in immunity. Even more severe chronic diseases such as high blood pressure, diabetes, arthritis, and cancer can be positively influenced by Yoga.

She maintains that her health and well-being have been tremendously transformed by Yoga in the last 16 years. “I no longer suffer from chronic depression, poor immunity, extreme headaches, or stomach distress. The chronic pain in my knees and hip has been alleviated from nearly being unable to walk, to fuller flexibility and

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## All ages, all abilities benefit from mindful exercise

much less pain,” she says. Whether these gains came purely from the healing power of Yoga or partly as a result of her own inner awareness is impossible to say, she admits, but she does know that it was in starting Yoga that she came to a relationship with her body which continually informs her to this day.

Constance began practicing Yoga in New Mexico in 1991, then broadened her knowledge with classes when she moved to Brooklyn. This inspired her to get instructor training in 2001 in Costa Rica where she focused on interdisciplinary Yoga, although she is trained in therapeutic Yoga as well.

She offers Tuesday evening classes from 7:15-8:30 p.m. and Saturday morning classes from 10 to 11:15 a.m. in the Town Hall. She appreciates a donation of \$5-\$10, but welcomes anyone who wants to attend.

Bobbie Cleave and her husband Boz Bosworth have been spending time in Boulder for years, finally retiring here last summer. They’ve started building their home and have transported their beekeeping business. Bobbie has studied meditation and /Qigong (pronounced chee-gong), which is really moving meditation, in China, then Viet Nam, Colorado, and California at the Deer Park Monastery. Not only does she have Master’s degrees in environmental education and psychology, but last year she certified as a chaplain in teaching meditation/Qigong for stress reduction, coping with pain, and in facing dying (hospice care).

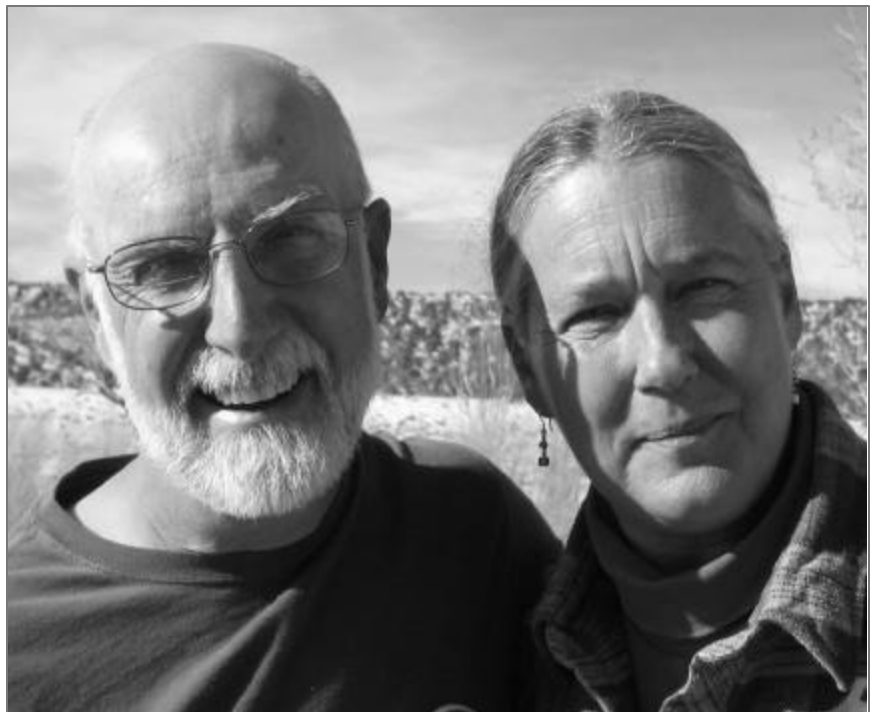
Qigong, originating in China, is the oldest form of mindful movement and over the centuries has developed into various forms of Yoga, Tai Chi, and martial arts. Qi means *energy* and gong means *work* in Chinese, so it essentially involves working with energy in the natural environment to provide vitality and healing. It is known as “making medicine” in the East and has over 1,000 moves which are aimed at connecting the mind and body. It can be adaptive, spontaneous, and doesn’t distinguish “right and wrong” ways of movement.

She maintains that both meditation and Qigong help people to get into the present moment, to relax and rest, and to learn body scan techniques which can aid healing. Having a science background, Bobbie admits to being skeptical about the practice at first, but after exploring Qigong for help with her daughter’s health issues, she became a real be-

liever. “Most Westerners don’t readily accept all the data out of China and the East on the healing effects of this practice,” she points out, but now Western studies are finally being conducted which are substantiating the premise. It is definitely known to help lower blood pressure, aid in sleeping and a number of other benefits.

Bobbie practices Qigong daily, especially at sunrise and sunset which are particularly powerful times of the day. Qigong is best practiced out of doors or at least with a view of nature. It can be done for 10 minutes or an hour.

She teaches Qigong/meditation (\$5 donation appreciated) at the Town Hall on Saturday mornings at 11:30, just after Constance’s Yoga class. She says the two classes together form a sort of “super-slam mindfulness” Saturday. Soon, she may also be adding some sessions into Keith Watts’s Earth Tours.



Tom Jerome and Bobbie Cleave personify the good health benefits of regular tai chi and qigong practice.

# Food Group Hopes Seed is Planted for Expanded Farmer's Market This Season

By Sue Fearon

By the time you read this most Boulder gardeners will have leafed through countless seed catalogues, picked out and ordered seeds, and planned a beautiful garden for 2009. Hopefully, there's something in that seed order that will produce a little too much, a little more than you need or want, and you'll be able to take it to the Boulder Community Market this season.

Last year the Boulder Food Chain, a loosely organized group of producers interested in promoting local food and expanding the local production of grain and other staples, organized a farmers market. Hosted by Lisa Varga at the Burr Trail Outpost and Grill, the market was a great success. The Food Chain is planning to continue the Saturday market again this growing season.

At a market review meeting vendors from last year committed to growing for the market this year,

and ideas were discussed for improvement. Hoping to attract more sellers and a greater variety of produce, the market is going to add a consignment table. For those of you in the community



who have something to sell but don't have free time Saturday morning, contact Chanda Spalding (335-7510 or [chanda-hart@gmail.com](mailto:chanda-hart@gmail.com)). Chanda has

agreed to work with producers to get their vegetables to market on a consignment basis.

To spread the word about the market and promote fresh local food, the market will be advertised around town at local businesses and online. Also, look for educational information from your market vendors about vegetable varieties offered for sale and recipe ideas.

The market is hoping to add more value-added products as members review the cottage industry food law passed by the Utah Legislature last year.

Beyond the market, the Boulder Food Chain continues to discuss ways to overcome the lack of grain available in town both for human consumption and for chickens. Eric Feiler has been reviewing harvesting equipment and cooperative feed purchase and storage ideas.

If you have anything to contribute to this discussion, please contact Eric at 335-7393 or [eandmfeiler@hotmail.com](mailto:eandmfeiler@hotmail.com)

## Diversified Ag Conference Highlights New Info

The 6th annual Diversified Agriculture Conference will be held Feb. 25-27, 2009 in Delta, Utah.

There is an exciting conference planned that will give conference participants the opportunity to engage in hands-on workshops including developing marketing assessments, communicating with customers electronically, and analyzing potential enterprises. Conference highlights include:

- New Farm Bill information

- Credit markets and how they will affect rural Utah
- Youth in Agriculture and issues with families
- Hands-on training in building websites

Conference fees will be approximately \$60 for individuals and \$50 for people registering together from one business.

Visit the website at [www.diverseag.org](http://www.diverseag.org)

# Boulder Town Website Launches!

WELCOME TO  
BOULDER, UTAH

HOME TOWN COUNCIL DEPARTMENTS PLANNING COMMISSION DOCUMENTS FORMS & APPLICATIONS

*Greetings from Boulder!*

Where are you looking for?

**CALENDAR OF EVENTS**

FEB 5 Town Council Meeting  
Town Council meeting will be held at 7:00 at the Town Hall.

FEB 12 Planning Commission Meeting  
Next Planning Commission meeting is Feb 12 at 7:00 p.m. in ...

JUL 4 July 4 Celebration  
The 4th of July celebration will be held on Saturday, July 4...

[More Events >](#)

**ANNOUNCEMENTS**

Vacancies on Planning Commission and Board of Adjustment  
There is one vacancy on the Planning Commission and one on the Board of Adjustment. The Pla...

[More Announcements >](#)

BOULDER Mountain can be seen in the distance behind this Navajo Sandstone formation in Lower Boulder.

Situated at the base of Boulder Mountain, nestled between (and within) land of the BLM, Forest Service, and Grand Staircase-Escalante National Monument, Boulder is isolated, remote, and spectacular. It has a long history of settlement, as any local resident who's plowed a field or dug a garden can attest. Anasazi State Park was established in 1970 to preserve the record of its earliest, prehistoric inhabitants. The first white settlement began in 1855, with Boulder incorporated as a town in 1959.

Boulder claims to be the last community in the continental United States to receive its mail by rail train. Completion of a year-round road in 1925 opened Boulder to car traffic from the southwest. The northern portion of Highway 12 over Boulder Mountain was paved in 1955. That, along with its designation as an All-American Highway, has opened up this tiny, rural ranching burg to the eyes of the world. For better or worse, people now know of Boulder, Utah. The ongoing challenge for Boulder area residents is to make sure the things we love here aren't loved to death.

**PLACES OF INTEREST**

- State Parks
- National Parks and Monuments
- Bureau of Land Management
- Dixie National Forest

**LOCAL BUSINESSES AND ORGANIZATIONS**

- Local Businesses
- Boulder Community Alliance

**BOARD OF ADJUSTMENT**

- The Board
- Meeting and Minutes

**ARCHIVES**

- Town Council Minutes
- Town Council Agendas
- Planning Commission 2008 Agendas
- Planning Commission 2008 Minutes

Home | Town Council | Departments | Planning Commission | Documents | Forms & Applications

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Long a gleam in the eyes of Town Clerk, Judi Davis, the official Boulder Town website was finally launched on January 26.

The town contracted with a web designer, Muzungu Designs, to develop the site's look-and-feel. Judi, with minor assistance by Peg Smith, spent numerous hours from late October through mid-January writing descriptive text, creating pdfs, and uploading files from her computer to the development site.

The result is that Town Council minutes and agenda (for the previous two years), Planning Commission minutes and agenda, town ordinances, forms and applications, special town announcements and meetings, and departmental information are now all available online.

The site is relatively easy to update, so it will continue to expand with new offerings, photos, and town-relevant information. It includes links to related state and federal sites, as well as to the Boulder business group site and to the Boulder Community Alliance.

It also links to the Utah Public Meeting Notice site (<http://www.utah.gov/pmn/index.html>) on which all public meetings held within the state of Utah are posted.

The proof will be in its usage, however, Judi is eager to get comments on the site and will track those comments and suggestions.

Check out the site today:

<http://boulder.utah.gov>

## Band of Birders: 3-Day Workshop Scheduled for June

Mark your calendars for a "Birding in Boulder" workshop, June 5, 6 and 7. The workshop will be taught by Steve Cox, who has a BS in Zoology, an MS in Ecology, and has taught for 25 years. He is currently the Ornithology professor at Dixie State College.

The workshop begins Friday, June 5, at 2 p.m. at Boulder Town Hall. The \$150 fee will cover transportation to field sites, a Dutch oven dinner, breakfast, and lunch for Saturday and Sunday, as well as a birding journal. Registration packets are available at Pole's Place or can be emailed if requested.

For more information, call Cheryl Cox at 435-680-6293, or email to:

[workshops@boulderheritagefoundation.com](mailto:workshops@boulderheritagefoundation.com).

## Beaver Meeting DVDs Available

Tom Bartelt videotaped last June's beaver meeting by Lou Pence. That meeting, along with the detailed shots of Lou's Powerpoint presentation, are available on DVD to anyone interested.

Pick up your copy in the Library during regular Library or Town Office hours.

## Prospect of Beekeeping Creates A Buzz

It's not always easy bringing people out on a dark, sleety January night. But over 30 people filled the Anasazi Museum meeting room Jan 22 to hear discussion about beekeeping, presented by Boz Bosworth and Bobbie Cleave.

Boz brought the accouterments of hive building and maintenance and shared their experience keeping bees in northern Utah. They are eager to see the changes their new environment requires. The bee meetings will be a chance for all interested parties—both established beekeepers and newbies—to swap stories and share information.

Boz recommended "*Beekeeping for Dummies*" as an initial information source. The items for getting hives started would include:

- 2 boxes with 10 frames each
- 1 bottom board
- 20 sheets of foundation wax
- 2 "supers" \*
- Netted veil or protective suit
- Frame tool
- Smoker pot
- Feeder jar
- Bees

The initial two boxes of frames provide the infrastructure for the hives and the food to see the bees through the following winter. The "supers," which are the same types of boxes with frames, only smaller, provide the extraneous honeycomb that can be harvested.

Boz estimated the entire starting equipment could be purchased for \$200-\$300.

Dennis Bertucci offered to copy templates and build the structures locally for a reduced cost. (Contact Dennis if you are interested.)

Hives should be placed in an area that receives full morning sun, with the opening facing southeast.

You might start seeing honeybees now on warm days, investigating possible food sources. But this is a dangerous time for them given the rapid temperature changes and lack of flowering plants. Most honeybees will require supplemental feeding to get them through a winter. One of our first flowering plants, the much ma-



"Out of 115 of the world's leading crops, 87 depend on animals—predominantly bees—to perform that vital act of placing pollen." By Aaron E. Hirsh

(Photo taken from New York Times, by Ann Johansson.)

lined dandelion is the bees' favorite—and necessary—spring food source. They seem particularly attracted to flowers with yellow blossoms, then blue.

The next meeting, TBD, will likely be a hive building session. The timing is right: hives can be built and situated over the next several weeks. The bees will be procured in early April, ready to start the season.

### *'Homesteads, Ranches...Home' Theme Set for 2009 Heritage Festival*

The Boulder Heritage Festival is scheduled for July 16, 17, and 18 in 2009. The theme of the festival is "Homesteads, Ranches...Home", a focus on early homesteads and ranches in the area and current owners or residents of the same.

Camille Hall is gathering information for publication and distribution at the festival this summer. She is asking all Boulder landowners to complete a form and return it to her.

The form asks for your name, physical address, and mailing address, from whom and when you purchased your property, name of the ranch, and any historical information about the property including original homestead name. Also, she is requesting any additional information or stories you've heard about the land or structures. Ranch brands and photographs of your home or former home in Boulder are also requested.

This is a big undertaking! If you have something to add to this project or need a form, please contact Camille at Pole's Place 335-7422. You can submit images to [boulderheritagefestival@yahoo.com](mailto:boulderheritagefestival@yahoo.com)

# Reduce, Reuse, Recycle

By Constance Lynn

Ever notice how much “garbage” there is in Boulder’s community dumpsters? Of course, that’s what they’re meant to contain, but some of that garbage--like aluminum cans, plastic, cardboard, glass and even used electronics--could be recycled and used again in some form. And materials such as grass clippings, leaves, weeds and food scraps could be used for compost. Unfortunately, no recycling program currently exists for Boulder’s citizens, nor is there a state mandate for such. Yet, there are solutions for disposing of and recycling these materials which could reduce by up to ninety percent the amount of trash being taken to the Panguitch landfill.

After attending a Recycling Summit in Cedar City this past December, I began exploring recycling possibilities for Boulder. I came up with two very strong leads: Blue Sky Recycling out of St. George and the newly formed Red Rock Recycling in Escalante. Both are private companies which would take plastic with codes one through seven, green, clear and brown glass, cardboard, aluminum and all paper from junk mail to newspaper.

I presented this information at recent Boulder Community Alliance and Boulder Town Council meetings and received unanimously positive responses. The main questions still to be answered are how to work out covering the fee for pickup and where to centralize the bins. I’m currently working with business owners to assess their needs and to see if they would like to contribute financially to covering the fee. Boulder Town agreed to contrib-

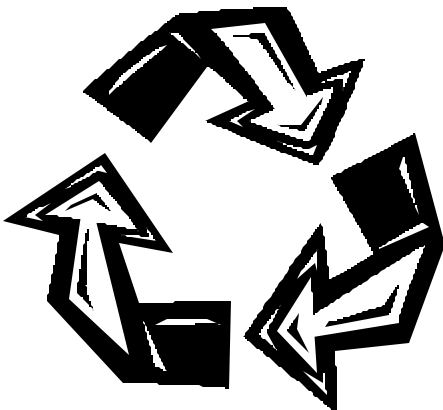
ute towards the fee as well to cover the costs for the community.

There’s definitely been local momentum to take action on creating a recycling program. Several community members have offered to help with building bins, writing grants and education outreach. There’s even been excitement around backyard composting and starting a community composting site to turn yard debris and food scraps into a valuable soil amendment, thus extending soil fertility in Boulder.

Decreasing the amount of garbage sent to landfills is so important because many garbage items such as glass never break down and others, such as batteries, electronics and plastics, are actually hazardous, leaching cancer-causing compounds into land and water as well as methane into the air. (For information on safely disposing of everything from Styrofoam to electronics, check out: [www.recycle.slco.org](http://www.recycle.slco.org)).

There is no trash in nature. It’s only been since the 1950s that we have become a throwaway society where items are packaged for convenience, contents consumed and then the packaging thrown away. We have an opportunity right now to turn this cycle around and perhaps even to become a zero waste community.

Please contact me if you’re interested in working on any of the directions mentioned in this article: [constancelynn@gmail.com](mailto:constancelynn@gmail.com).



## Buy..Sell..Trade on Boulder Biz Site

The Boulder Businesses website --- [www.boulderutah.com](http://www.boulderutah.com) --- is adding a buy/ sell/ trade page to its listings, says Sue Fearon, site webmaster.

Listings are free. Just send Sue your text, and a photo, if you have one. Also, please let her know when she can remove your item from the listing.

Send listings to [sue@boulderutah.com](mailto:sue@boulderutah.com)

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