

Give Peace, and Massage, a Chance

Massage ... for peace. It's an inspiring vision, and a belief that the Boulder College of Massage Therapy (BCMT) has held dearly throughout its 33-year history. BCMT has captured these words on a T-shirt, but "massage for peace" is much more than a T-shirt. It's an intention that is slowly growing into a larger movement at the college—a movement to actively seek out ways in which it can contribute to peace in the local and global community. BCMT's first "massage for peace" initiative is the sale of T-shirts to benefit their community service program as well as the Global Mala Project. Global Mala is a nonprofit organization started by the international yoga community that supports peace efforts throughout the world. In the fall of 2009, BCMT is planning its first "massage for peace" trip to Dharamsala, India, to support an alumna's massage training center for Tibetan refugees. In the words of alumna Rebecca Little, massage for peace is "the simple act of reaching out and touching someone. Extending the love, care and respect that comes from nurturing touch to another human being is a gift that enriches life. The gentle touch of a hand or a reassuring hug reduces fear, anxiety and loneliness often felt in times of unrest and despair."

T-shirts may be purchased through Tees for Change at teesforchange.com. All proceeds from T-shirt sales will benefit BCMT's community service and the Global Mala Project (globalmala.org).

Make a Winter Garden, and Other Classes at Denver Botanical Gardens

If you think you can't grow your own food at 8,120 feet, or afford the cost of a greenhouse, think again. Penn and Cord Parmenter have been doing it for more than a decade on a rocky slope between Colorado Springs and Westcliffe. Using a multitude of covers, caps and enclosures along with the "bedroom root cellar" to overcome the challenges of growing and storage in the high country, the Parmenters now feed their family of five year round. Their unheated, passive-solar greenhouse is made from 90 percent recycled materials. That and a variety of other techniques allow them to extend the growing season far beyond what others think possible. Come to the Denver Botanic Gardens to learn how they do it. **Sustainable Greenhouse Design** (Dec. 13).

Herbal Salt and Pepper Blends (Nov. 11) Preserve the flavors of your herb garden all winter long by blending herbs with other spices, salts and peppers. These make great gifts!

Organic Gardening (Nov. 13) Plan for the next growing season with information on alternatives to chemicals, along with identification of beneficial insects.

Permaculture (Nov. 18) Investigate a complete garden and landscape system that meshes pollinators, chickens, composting, waste reduction, and more with food production.

Chocolate Creations (Dec. 9) Children learn how to create their own chocolates, as well as its role in history. You get to come along too! See botanicgardens.org to reserve your space.

Debbie Whittaker

