

Chautauqua set for Aug. 6

Mark your calendars for Aug. 6, when the Palmer Lake Historical Society presents its eighth annual “The Return of the Rocky Mountain Chautauqua.” Enjoy a day, from 10 a.m. to 5 p.m., of vintage folk arts and crafts, 19th-century durable goods and ed-

ucational exhibits, a great lineup of wonderful portrayals of early Colorado historic ladies and gentlemen, a visit from Teddy Roosevelt, wildlife displays, a railroad motor car, and bluegrass music.

Chautauquas began in New York state in 1874 as an adult education movement

and spread throughout rural America until the mid-1920s. They brought entertainment and culture for the whole community, with speakers, teachers, musicians, entertainers, preachers, and specialists of the day. Former U.S. President Theodore Roosevelt was quoted as saying that Chau-

tauqua is “the most American thing in America.”

For more information, visit our website at www.palmerdividehistory.org or call 719-559-0837. ■

Western Museum of Mining & Industry, July 15-17

Museum Expo offers activities, vendors

By David Futey

From July 15 to 17, the Western Museum of Mining & Industry hosted its Museum Expo. The Expo had a variety of activities, vendors, food, and fun for families. Attendees could try their hand at gold panning and watch the operation of the Yellow Jacket Stamp Mill, Osgood Steam Shovel,

H.K. Porter trammer, and a variety of steam engines. There was a range of vendors that offered jewelry, gems and minerals, books, railroad items and other items. Once hungry, visitors could also select items from a farmer’s market, food vendors offering barbecue and other delectables, and a sale of jams and jellies.

Information on upcoming events at the museum, including the Sept. 10 Reynolds Ranch Restoration Day, is at www.wmmi.org.

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Above: Stan Gurley, of the Gold Prospectors of Colorado, demonstrates gold panning techniques to visitors of the Museum Expo.



Above: Inside the WMMI’s Yellow Jacket Stamp Mill, a Wilfrey Shake Table is the last step in the ore separation process. The table violently shakes to settle denser minerals, and water is used to remove lighter sediment.



Above: A young visitor to the Museum Expo gets to toot the whistle of the H.K. Porter compressed air trammer. The trammer was operated by museum volunteers for visitors of the Museum Expo and had been used at a mine near Lead, S.D.

High Altitude Natural Gardening

It’s time to harvest summer crops



By Janet Sellers

My garden was so mangled from the hailstorms in June/July that we had to start seeding completely over again. We now have small plants a few inches high, but not much is going well except potted geraniums and a garden full of purple sage about to explode into bloom any day now. My kids call the purple Russian sage the “back to school flowers” because the plants bloom in our area just about when kids go back to school.

It’s time for harvesting our summer crops, possibly removing spent plants and

putting in seeds for the fall crops. I have a hard time pulling out my beloved crop plants, but beans and others need to be removed to make space, and beans in particular have nicely left nutrients in the soil that the next batch needs.

I think I’ll put in some kale again and lettuces and anything quick to grow in our last three months of gardening, but my restarts of 2-inch tomatoes will be in pots for later frost safety. Maybe I’ll get some action from them by December—we did that last year and had cherry tomatoes for the holidays. Kind of silly, I know, but I want-

ed to see if the perennial part of tomato life was true, and it is. Not the tidiest of plants, but fun to keep it going.

News flash! The Palmer Lake noxious weed group needs you. Volunteers meet on the second and fourth Saturdays at the Town Hall at 9 a.m. and they take out weeds until about 11 a.m. or so. This very important task is done by volunteers for the trails and surrounds to keep the area safe from these poisonous plants that can actually kill pets and are also so toxic they can harm or kill children and adults. The group is very knowledgeable and can an-

swer your questions as you work, and there is also a grant for citizens to get help to eliminate noxious weeds on their property.

There are some fun and informative garden walks coming up in the area. Check out the Facebook page for Monument Community Garden updates at <https://www.facebook.com/MonumentCommunityGarden>. Walks are free, but there’s a limit on attendees.

Janet Sellers is an avid HANG gardening newbie. Send in your tips and more to her at janetsellers@ocn.me

Art Matters

Plein air painting amid sacred Ute Prayer Trees

By Janet Sellers

“Henry Moore’s art is not narrative, it’s not contextual, it is about exploring the invented object in front of you.”—Mary Moore, daughter of Henry Moore.

In terms of “exploring invented objects,” my favorite being culturally modified nature in the form of trees, rocks, and so on, I continue visiting the Ute Sacred Prayer Trees, bringing my students to them to draw and paint in watercolors and learning about the forest and the amazing healing properties in the ponderosa pine environment. I do love the sacred prayer trees—I write about them here quite often—as an art form and more, but now it seems the entire forest has something wonderful to embrace and respect. A walk in the forest for at least a half-hour to two hours creates a healthy experience that is fun and energizing.

I’ve mentioned the Shin Rin Yoku (a

Japanese term pronounced “sheen reen yoh-ku”), the forest bathing visit with life-giving benefits, and I can say again that the tech-free walks in the woods can be life changing. So, no, my friends, Pokeman Go does not count for any health benefits of Shin Rin Yoku. The human system needs its full absorption with open awareness to the forest, not a gizmo. The forest itself will take us on the feel-good journey via the sights, sounds, physical touch, smells, and air that are all embodied with the organic, antimicrobial volatile wood essential oils (called phytoncides) that the trees emit as a fine mist for their own well-being, and we get the benefit as well.

Each summer, I meet my art students, adults and kids alike, at local flower gardens, forests, and lakes to paint outdoors every chance we get. I have planted my garden to have something in bloom from March to October, so we have a lot of flow-

ering trees and perennials to choose from right out the studio door as well.

Let me encourage everybody to visit our local Art Hop (third Thursdays in Historic Monument, 5-8 p.m.). It’s in full swing, and new art classes are starting up for fall at many artist studios and art venues, and more and more of our local shops are putting up art for sale and for us to enjoy.

Janet Sellers is an artist, local art teacher and writer. She welcomes your questions and comments at janetsellers@ocn.me.



Above: Art students Lexi Shults, left, and Lauren Bush visited the Culturally Modified Trees (CMT) of Fox Run Park on a field trip with a small group of local plein air artists recently. The group learned about aspects specific to this Ute CMT thanks to local author and artist John W. Anderson as he painted along with the group. Anderson offers informative walks and talks that focus on the Ute Indian historic spirit trees of the Pikes Peak region; events are listed at www.jwander.com. *Photo by Janet Sellers.*