

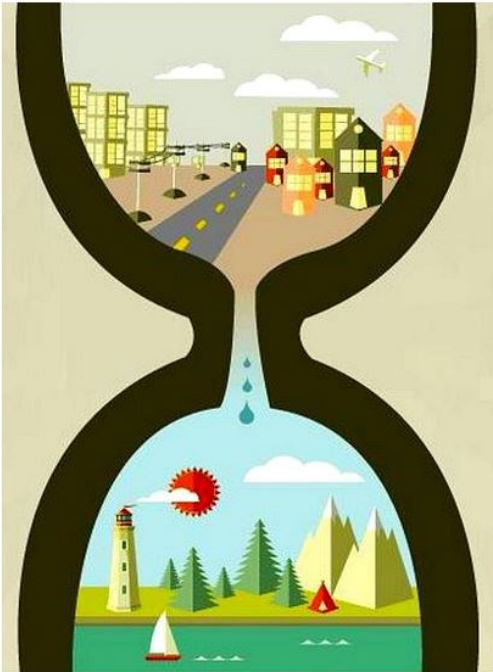


Blue Lotus Farm & Retreat Center

"Serving those with special needs, located in the countryside of Newburg, Wisconsin"

Spring 2015

THE GRASS IS GREENER



WHEN YOU GET OUTSIDE

It's Time To Get Outside...

Generations of brilliant minds, naturalists and authors have documented the many benefits of spending time in nature. Henry David Thoreau (1817-1862), an American author, naturalist, and philosopher best known for his book *Walden*, celebrated the therapeutic effects of nature by saying, "I believe that there is a subtle magnetism in Nature, which, if we unconsciously yield to it, will direct us aright." We couldn't agree more! Below are four reasons to get outside in nature:

- 1. Nature can restore your focus.** To restore focus and willpower, you need to give your brain regular recovery time by immersing yourself in natural environments. Nature is restorative in its ability to catch your attention in a passive manner, stopping you from draining your brain, and allowing the energy supply to recover.
- 2. Nature helps you relax.** Being in a natural environment or a green space can give us a feeling of relaxation that combats anxiety and stress. Going for a walk along a river, through a park, or up in the hills is a sure-fire way to de-stress.
- 3. Nature is good for your brain.** Nature can give us a sense of being away from it all, either mentally or physically. Because natural environments are so rich in scope, they very easily capture our imagination. Nature also provides a myriad of sounds, smells, and textures to experience.
- 4. Nature makes you happy.** Studies show that activities in nature make us feel more happy than those same exact activities performed indoors. It's easy to forget how happy getting outside makes us—but the more often we practice, the easier it will be to remember.

-Borrowed from Whole9 Blogger James Murphy.

Pick Up An Extra Flat For Blue Lotus!!

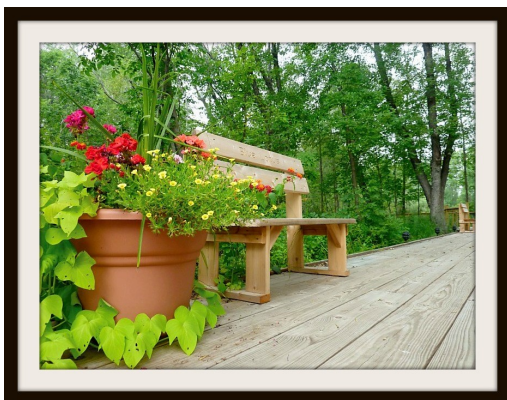
Approximately 30 flats of annual flowers are needed to fill the garden beds & flowers pots around Blue Lotus. Can you help us out??

SUN ANNUALS MAY INCLUDE: Marigolds - varied heights - mixed colors, Ageratum, Vinca, Salvias, Verbena

SHADE ANNUALS MAY INCLUDE: Begonias, Zinnia, Coleus

ADDITIONAL ANNUALS: Sweet Potato Vine, Spikes, Ivy, Purple Fountain Grass

POTTING SOIL: Large bags of nutrient enriched potting soil.



Call us at the office
To schedule
drop off
262.675.2473



Thank you!



SAVE THE DATES and JOIN US!

****Saturday, May 2, 2015**

Spring Clean Up— Spring Is In The Air

Projects Include: Cleaning, Yard Work, Garden Bed Raking & Mulching, Moving Stored Items to Summer Locations, Handy Work, & More.

Please bring garden tools and work gloves labeled with your name.

Refreshments will be provided! 9-1pm

****Wednesday & Sat., May 27 & 30, 2015**

Planting Days— Calling All Green Thumbs!

We plant hundreds of annuals in our flower beds and pots at Blue Lotus... We would love your help! Please bring garden tools and work gloves (labeled with your name). Refreshments will be provided! 9-1pm

****Saturday, June 13, 2015**

Catch a Wave—Surfs Up at Blue Lotus!

Annual Farm Fundraiser with food & spirits, raffle, auction & live entertainment, 3-9pm

****Monday, July 13, 2015**

10th Annual Blue Lotus Golf Outing

Annual Fundraiser at Hidden Glen in Cedarburg featuring 18 holes of golf, meals, fabulous raffle & auction items, & more. 12:30pm Shotgun start

For more information on programs & events, please visit www.bluelotusfarm.org

Blue Lotus Farm & Retreat Center is a 501c3 tax exempt charitable organization

SPENDING QUALITY TIME WITH YOUR FAMILY



As we ready the facility for the 2015 season, we cannot imagine making it all happen without our incredible volunteers. We are reminded daily of how fortunate we are to have such a wonderful group of people supporting Blue Lotus and our mission.

But this is not a one way street. In talking to our volunteers, we find out that *they* receive from giving to *Blue Lotus*. One volunteer shared with us that she has found a new way to combine helping others with meeting people and getting out to enjoy some physical activity in beautiful surroundings. *"It is a very rewarding way to support such a wonderful organization,"* she said, and she encourages people to volunteer as a family. *"I have enjoyed bringing my teenage daughter to volunteer as well...she is gaining wonderful experience and perspective, and it's a new and different way we can spend time together."*

Are you and your family interested in volunteering at Blue Lotus?

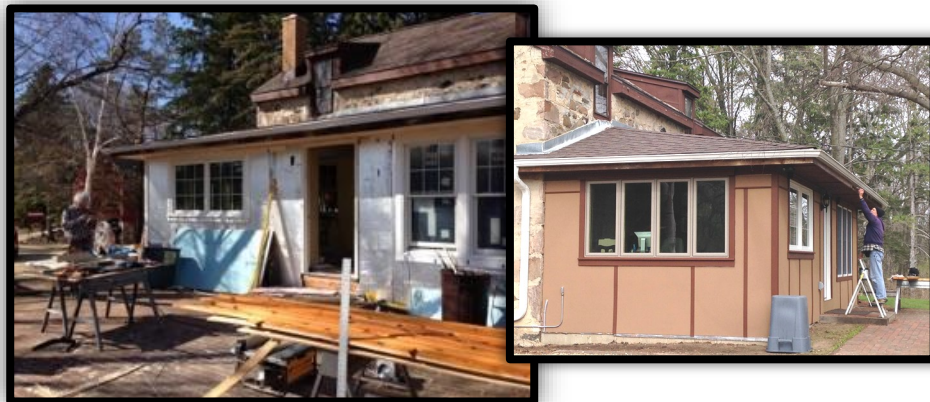
Contact us today at 262.675.2473

We look forward to hearing from you.

United Way research has shown that volunteering as a family:

- Helps families learn about social issues and provides a new perspective on the world
- Provides positive role models and passes on family values to children
- Provides new learning experiences and development of new skills for both children and adults
- Provides quality time for the family to spend together
- Increases interpersonal communication and the problem-solving abilities of family members
- Helps youth decide what they want to do with their life

Farm House Porch - Nearing Completion



By the time you receive this newsletter, we will be moving into the new and improved Blue Lotus Office. Since our last newsletter we have been busy; replacing windows, replacing doors, installing new floors, painting, updating electrical and heating systems, and more. Many hours of hard work have gone into the upgrade. Thank you to all the wonderful volunteers for your time and resources in helping us complete this project. We are grateful!

Make sure to stop in and check it out - if you haven't seen it yet!

Like us on Facebook!



CONTACT US:

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Phone: 262-675-2473

STAFF:

Becca Stringer, Executive Director
Michelle Spettel, Office Administrator
Susan Bliffert, Staff Advisor
& Volunteers Galore!

BOARD OF TRUSTEES:

Fred Bliffert, President
President & Owner, Bliffert Lumber

David Lemke, Vice President
Owner, KingsHead Hair Salon

Mark McHale, Secretary
Materials Manager, ACS Group

Susan Bliffert, Treasurer
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Charlie Stevens, Trustee
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Community Development

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