



Dear Mobile Sauna Supporters,

Here in BC we love the outside but sometimes it's hard to love the wet weather. It can seem like a long wait through all the cold dark days of winter until we're once again enjoying good company in the summer heat. No wonder then that we've fostered this regular sauna tradition in our community so to get warm again we only have to wait until the next Sunday night sauna.

Since 2000 Saunasessions has fostered a unique community in BC. We've been building and operating mobile saunas and hosting unique sauna events. Our events include weekly intimate house parties in East Van, renegade missions to waterfront locations, and dozens of

installations at music festivals throughout southern BC.

Saunasessions has built (or rebuilt) 5 mobile saunas and shared them with our community. Saunasessions also operates a mobile sauna website, a blog and a music podcast accessed by people from all over the globe. If you're one of the thousands of people who have attended some of our events over the years, you will already know how an unlikely sauna can turn an amazing experience into something extraordinary.

We develop community bonds through shared experience and lowering barriers to meaningful interaction. Our healthy socialization model promotes wellness, healthy living, rich conversations, body acceptance, spiritual awareness, interpersonal trust, and of course, fun and happiness in an open, inclusive, non-judgemental atmosphere.

We have a very strong appreciation of the local environment, both urban and wilderness, in all sorts of weather, any time of year. It's why we endeavour to make experiencing the BC climate more comfortable and enjoyable year-round, so we can appreciate swimming in glacial rivers, frozen outdoor BBQs and rainy back alleys like a little vacation right at home with all your friends to share it with you. We'd like to keep developing mobile sauna projects, improving the Saunasessions experience, and building this community. You will see from this newsletter that we have lots of new ideas and projects that we'd like to share.

I hope as you read about our progress and plans you join me in expressing gratitude and respect for our amazing supporters and all those who make this tradition possible. I would like to invite you to join us and make a contribution to the BC Mobile Sauna Society and support this amazing and unique community initiative.

Sincerely,

Karlis Kalnins,
BC Mobile Sauna Society Director



HAMMOCK Sauna in Residence



Saunatruck at the Hammock Residency

There's nothing as comforting on a cold and rainy East Vancouver evening as sitting in a hot sauna with great company. This winter sweat season our longstanding tradition of Sunday night saunas continues at the [Hammock Residency](#). The location at Gravelly and Victoria, just off Commercial Drive, couldn't be more central and convenient. Our new earlier hours (7-11pm) have also been popular with our friends working Monday mornings.

Heidi Nategaal hosts and coordinates the Hammock Residency, which she started in 2006 to offer a space to focus on the process of making art. It is a community hub, happenstance event space and

a good space to let things happen. Every week there's something new and fantastic in the house, and we love the extremely positive and creative atmosphere Heidi curates. The truck location in the back yard is fantastic too, with a secluded area for our new shower rig nearby a campfire pit which has warmed many bathers with glowing hot coals.

Our Saunatruck hammock residency is inspiring us make some saunatruck upgrades and improve the organization that's provided this great social opportunity for so many years. We've also had some great sweats and made a lot of new friends. Check out the Saunatruck Sundays at the Hammock Residency this winter until May 2012.

Upcoming Projects

Our long term goal is bringing more unique sauna experiences to more people in more places around BC, and that includes starting new sauna projects. We need your help moving these projects forward and we'd also like to hear your ideas for new ones.

Gabriola Island

We love the Gulf Islands with their many potential mobile sauna opportunities but with ferry expenses we don't get to bring the truck over often enough. That's why we're going to build a new mobile sauna to bring regular saunasessions to our many friends on Gabriola Island. We've already been graciously offered a trailer by Gabriola resident and saunasessions alumni Hilary, and we're very excited to develop this new project.

Bike Trailer Sauna

Our friends at [H3T Architects](#) in Prague have built some truly innovative mobile saunas. We've been discussing a bicycle sauna trailer for a long time and we love their amazing design. We're planning to build one here to serve the East Van bicycle community.



H3T BICYCLE SAUNA IN PRAGUE ON A NIGHT MISSION TO THE VLTAVA RIVERFRONT

SaunaTruck Update

Since 2005 our main sauna has been based on a rugged truck that's as old or older than many of the people sweating inside. Unfortunately while we've been maintaining our health the condition of the truck has suffered. We've done many essential repairs but haven't been able to keep the 1974 Hino KL running in good condition, so that recently the sauna has been less mobile than we would like and we have had to miss some great events and festivals (sorry, Basscoast!).

During seasonal maintenance this October we rebuilt the fuel injector on the old diesel engine, a serious and expensive repair. The engine still needs more work to be running in top shape, but we're a lot closer to being back on the road.

As much as we love this truck, ultimately it's a serious drain on our resources that we can't support. In the next year we're hoping to remove the box and place the sauna on a trailer so we can ride out to events in style with the sauna hitched to a reliable vehicle.

In the meantime, the current location at the Hammock Residency has inspired some long-awaited improvements

to the sauna side of the vehicle. A new proper mobile shower attachment has replaced the many systems of garden hose showers used in the past. There's also small solar panel on the roof to help charge the batteries for newly installed lights in the changeroom, an essential upgrade to reduce the number of missing socks and bracelets.



SAUNATRUCK FUEL INJECTION SYSTEM UNDER REPAIR AFTER THANKSGIVER.

NEW CHANGEROOM LIGHTING IN THE SAUNATRUCK. NO MORE LOST SOCKS (THERE IS A DIMMER).

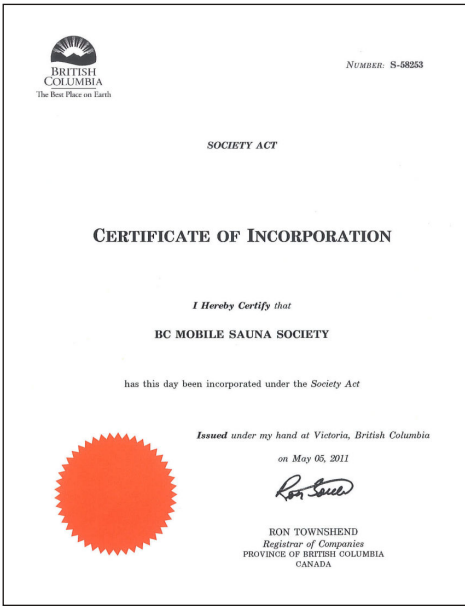


Mobile Saunas

We'd probably see less apres-ski visits on Sunday nights if they had a sauna like this on the local mountains. This gondola sauna is available for rent in the ski resort of Yllas in Finland.

This sauna and dozens more are featured in the upcoming book "Mobile Saunas around the World" to be published this year by the BC Mobile Sauna Society. In photos and text this book explores the cultural phenomenon of [mobile saunas](#) built in tents, bikes, cars, trucks, boats, buses, and even spacecraft. Watch for updates on the book release dates and how to order your copy!





New Society

It was 11 years ago when we built our first mobile sauna, and what started as a winter impulse has developed into a community tradition. We're happy to announce that we've been officially recognized as a non-profit organization by the Registrar of Companies in BC as the BC Mobile Sauna Society. This new status will help us to continue to build on our mobile sauna success for many years to come.



RELAXING AT THE SLIVOVICA HOUSE AFTER A MUSIC JAM AND A HOT SAUNA. SAUNASESSIONS 11TH ANNIVERSARY SWEAT ON JANUARY 1, 2012.

Interested in getting more involved?

Here are some ideas:

- Follow our website blog or [@saunasessions](#) on twitter, or "like" our website. Then you can stay up-to-date on our latest developments and share BC Mobile Sauna Society information with your friends.

- Support BC Mobile Sauna Society directly through a donation. Make a donation online at our website sauna.saunasessions.ca

- Volunteer your skills and time for fuel and towel runs, mechanical and construction jobs, fundraising, and developing new projects. Contact us and let us know you'd like to help out.

- Come and join us for a sweat. Bring a good friend. The quality of our sauna experiences depends upon the people there and the moments we share. Contact us for current locations.

Support the BC Mobile Sauna Society

For a decade our organization has been sustained primarily by one benefactor with occasional fundraisers and some additional small donations, but to continue we need regular contributions of time and money to meet our goals and operating budget. For the results we deliver, we don't need a lot, but we can't do it alone. We need your help. Your support is essential to ensure the BC Mobile Sauna Society continues to develop and provide unique sauna community experiences. We gratefully accept your contributions to support our endeavours. To learn more about how you can make a donation, please visit our website or contact us at:

Email: bcmss@saunasessions.ca

Web: sauna.saunasessions.ca

