



## *Dear Mobile Sauna Supporters,*

If you live in Vancouver like we do then you likely know what it's like to get evicted. Landlord issues, renovations and property development means you can't count on staying in one place for too long. It's part of the reason our saunas are mobile, so they can move with us when we have to. We also know that every eviction is a new opportunity to discover a great new location and meet some new friends, and we've definitely made a lot of new friends in the last year.

Since 2000 saunasessions has fostered a unique community in BC. Our society operates several mobile saunas to share them with our community. We also host unique sauna events that include weekly intimate sauna sessions in East Van, renegade missions to waterfront locations, and dozens of installations at music festivals throughout southern BC. 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 for the place where we live, both urban and wilderness, and we like to take advantage of good company in all sorts of weather, any time of year. 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've had another eventful year with some challenges, successes, and lots of great new people. We want to keep developing mobile sauna projects, improving the saunasessions experience, and building this community.

As you read about our progress and plans in this newsletter, take a moment to express 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 Residency



## The Hammock Story

Since October 2011 the social act of sauna-ing in the back of the SaunaTruck has become a central cultural asset to the Hammock Residency and our community. For 12 years the SaunaTruck has been a well kept "not secret" of East Van, moving around with a TAZ-like structure to different locations as spaces become available and unavailable. There are Sauna-ers that have been coming for years, and there are those who just found out about it from a friend of a friend.

I had thought that I would be tired of hosting the SaunaTruck Crew at the Hammock every Sunday, or that the SaunaTruck would be all Hammock'ed out and wanting to bring in new experiences with a new location, but the opposite has proven true. I have fallen deeply in love with the act of weekly sweating it out, and have found it to be a bulwark of self care. It was such a nice ride that instead of ending the SaunaTruck Hammock Residency after 6 months, we decided to act as the SaunaTruck roost until either of us need a change.

I am heart broken to say this, but the Hammock Residency will not be hosting the SaunaTruck any longer. We were told not to have fires anymore, fires were lit. The

fire department came, flashlights, 5 dudes, really invasive when people were showering and nudely frolicking in my backyard. The fire pit was shut down. A fire marshall was sent 3 days later, with a notice to shut down the SaunaTruck and to move it off the property ASAP. After talking with them, they gave us a month with promises of no further legal or landlord entanglement. There was entanglement. It was awful. The whole story is too convoluted and by-law related to bother with here, if you want to know the whole rigamorole, ask me or Karlis about it sometime. We learned also good lesson: please keep this within safe people only, and please use your discretion with how you interact with it.

The Hammock Crew are supa sad for the SaunaTruck to go, and the Sauna crew are equally bummed about leaving. We put the word out and the weekly sweats were put on hiatus until we could find a new home for SaunaTruck. In the meantime we did some much needed truck repairs. The good news came a month later when George secured us an amazing spot behind Gropps Gallery off Main street, and we had a new home just in time for a new sauna season.

-HEIDI NAGTEGAAL



MADELINE WELCOMES THE ORIGINAL SAUNA TRAILER TO GABRIOLA ISLAND

## Gabriola Island Sauna

Our original 2001 saunavan trailer is now in residence on Gabriola Island. Madeleine Ani is presently hosting our regular sunday night tradition from this new snug forest location. Contact us for details if you're planning a visit to Gabriola!

## Bike Trailer Sauna

Our toolmaster George Rahi is leading the saunabike project this year from Gropps workshop, and he's already salvaged a load of clear red cedar for the project. Inspired by the saunabike design by our friends at H3T Architects in Prague, we're excited build one here to serve the East Van bicycle community.



H3T BICYCLE SAUNA IN PRAGUE

## SaunaTruck Update

2012 was a busy year for our old 1974 Hino KL. We're hoping to continue with improvements in the months ahead and host saunas at some events and festivals this year.

Adrian and Karlis were very active on the SaunaTruck during the Hammock Residency, making weekly adjustments such as: building an outdoor removable shower that hooks onto my garden hose, for cooling off between sweats, stapling shingles to the SaunaSteps to avoid slipping in wintery conditions, cleaning the Sauna Lost and Found, adding track lighting to the change room and custom lighting to the sauna room, adding a new charger for the battery system, bathing the SaunaTruck cedar in eucalyptus, and much more. Adrian says being at the Hammock inspires him do things.

For our short-notice exit from the Hammock Residency we required a tow, but during the subsequent repairs during the downtime in September we had the rebuilt fuel injector pump reinstalled and properly adjusted, so the old diesel engine is finally running well. It's still a very old engine but we're mobile again and back on the road.



SAUNATRUCK LEAVING THE HAMMOCK RESIDENCY IN STYLE.

Our call out for a new SaunaTruck residency was answered by our friends at Gropps Gallery just off Main Street where we'll be until April 2013. The classic house has a perfect backyard location overlooking downtown Vancouver and the Sunday sauna sessions fit perfectly with the Gropps crew weekly "retox-detox" program.

We are seeking the next glorious home for the saunatruck. Is your back-alley, back yard, or front driveway the next spot for sweat-oriented, healing-core, cedar housed, re-hydration, community love and weekly wellnessizing? Let us know!



SAUNATRUCK IN NEW RESIDENCE AT GROPPS GALLERY



## Mobile Saunas

a compendium of modern nomadic sweats  
Karlís Otto Kalniņš



## Mobile Sauna Book

Our long-anticipated mobile sauna book is ready to order! In photos and text this book explores both form and culture in a collection of sauna trucks, sauna buses, sauna wagons, sauna cars, sauna bikes, sauna trailers, sauna boats, sauna floats, trail sweats, bastuflotten, bastubats, banya trucks, banya tents, and other mobile sweats. They are gathered from across North America, Russia, Europe and particularly Finland, where the annual Teuva mobile sauna festival attracts over 50 examples every year. Students of culture and design, sauna lovers and mobile sauna builders will appreciate the variety of ideas in this volume. Visit our website for online ordering information.



ANOTHER MOBILE SAUNA: ADIRONDACK SAUNA BOAT

## BCMSS Society News

The BC Mobile Sauna Society is the organization that makes these sauna sessions possible. We're very happy to announce that for the first year ever the society's yearly budget was completely provided for by your donations and support. Weekly donations at the sauna provided for our costs of fuel and sauna upkeep. Our online paypal campaign, where members can make an automatic regular monthly contribution, has provided the funding for much needed truck maintenance. If we can continue this



SWEATYBONES: ADRIAN DANCES IN A TOWEL IN THE CEDAR VIP

level of support then the future will be sweaty indeed.

With Heidi's help the BCMSS contributed a very fun mobile sauna/go-go dancing installation to the Sweaty-bones dance party and the event managed to raise funds to support our unexpected move to a new residency. We're looking forward to more fundraisers this year.

Also important are the efforts of our volunteers who continue their time for cleaning, fuel runs, sauna setup and organization. Our heartfelt thanks go out to our contributors and volunteers who together are helping to make this society possible and keep the sauna hot.

This year, Adrian Sinclair and Karlis Kalnins will be joined by Heidi Nagtegaal who will be replacing Madeleine Ani on our board of directors.

## 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](http://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 more than decade our organization has been sustained by donations, generous benefactors and occasional fundraisers. 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](mailto:bcmss@saunasessions.ca)

Web: [sauna.saunasessions.ca](http://sauna.saunasessions.ca)

