

Dear Subscriber,

12/02/2013

Welcome August



Graphic by Matt Moore

August is our eighth month of the year and did you know it was also called "Weod Monath" by Anglo Saxons? This translates to "Weed Month". Yes, in the spring we seed and the summer we weed!

What labyrinth does not call for some healthy attention to its appearance during August? It is traditionally the hottest month of the year in the northern hemisphere as well, so while we note

the maintenance that's to be done, we are more likely to enjoy the fun in the sun. Enjoy this month; it has no permanent holidays so we are free to simply enjoy it for what it is.

August Focus

This month's focus is all about the art of play. Can we add a bit more play to our day as it is where we learn things about ourselves in a light hearted way? The summer months bring out our childlike selves and in our walk, perhaps there will be a skip, a dance or some kind of song that accompanies us with a lift that appreciates what we are doing on the path. Read our blog, contribute and share your thoughts as we put the focus on what's fun in a playful way. Barefoot and happy hearts!

Image: [The Wavy Gravy Finger Labyrinth](#)



Playing with the Path



Many of us know of the movie, *Labyrinth* or *Pan's Labyrinth*. From this the concept of the labyrinth at play has more of us taking a look at the differences between the maze and the labyrinth. At the 365 Club, we have discovered that there is a lot of play in the labyrinth from the way it is used by members, to products that have been developed for utilization of fun depiction. *Image collage, labyrinth toys*

This labyrinth [image on the right](#) is sold in China and blows up for an interesting group interaction. It appears to be more of a maze, though the idea of it not only being portable and convenient is only heightened by it's fun factor. Imagine this at the next annual gathering and you will see the smiles as people remerge, perhaps a tad more playful for the experience.



How many have ever added a bit of playful fun to the walks or events they host? We know there has been dance and with kids there is a wealth of spontaneity, though this image sparked a bit of bringing the idea of sports into it.

Image, active senior news

Athletes who want better performance might practice using the labyrinth, though how about using the labyrinth as a good old fashion obstacle course? We have lots of obstacles in our lives, so why wouldn't using the labyrinth be a great opportunity to see things a bit more

clearly. Oh... the possibilities!

Then there is Google...

They are top notch in understanding how to inspire the best from their employees and take great care to realize that if one wants to be innovative, one must make that a method to surround ourselves with environmentally. *Image, Tech Central*

Play breeds creativity and with that in mind, Google created a massive scale labyrinth that could be rocked to and fro in order to roll large marbles through the design as operated by individuals. When you are given license to love your job, it's never work...only the next curiosity!



No matter if it is work or play, enjoy the most out of it this month and use the labyrinth or things you might include that are playful to inspire your walks... Seize the Play!

Questions of our Membership...

With the idea of being of service in what we do for the 365 Club, we would like to ask you a relevant question each month. Just one question and if you would simply “reply” with your thoughts, it can help us to be more purposeful and perhaps help you to feel as if we are a helpful resource for your daily journey.

August Question:

What compelled you to join the 365 club?

[Share with us](#)

Footprints in the Sand Labyrinths

What would summer be without time on the beach with our feet in the sand? Creating and walking labyrinths in the sand can take us back to a more playful and carefree time in our lives. What is nice about a sand labyrinth is that it can be fun and creative on one hand; and it can also teach us much about the temporary nature of things. When the tide comes in, all evidence of the experience is now a memory made and a chance to loosen our attachments. *Image, [City of Labyrinths Toronto](#)*



In our February newsletter we featured Jerry Etzkorn of British Columbia, Canada, and one of his many sand labyrinth designs. For those of us lucky enough to be attending the Gathering in September, we will have an opportunity to build beach labyrinths with Jerry and his friends. We look forward to playing together in the sand in BC!



[32nd Annual Sand Sculpture Contest](#), Stevens design, [Friends of the Dunes](#), and [Phaedrin's run](#) through the labyrinth.

The Dog Days of Summer



In keeping with our focus on play, we thought that it would be fun to consider a variety of ways that we playfully and thoughtfully experience our labyrinth walks with our four-legged canine friends, especially since it *IS* the “dog days” of summer for those of us living in the Northern Hemisphere. It is quite likely that these furry pals of ours can enjoy and experience the many benefits that the labyrinth holds for their human counterparts and may actually help get us to and keep us on the path during these hottest of summer days.

In addition, this period of stagnation and inactivity, from Webster’s definition of “dog days,” offers wonderful metaphors for walking our final days of summer. But before we turn our attention to what many regard as

man’s best friend, we need to clear dogs of any unintended blame that they have been given for these hottest and muggiest of summer days.

A quick look at history points us to the stars, specifically the “Dog Star” Sirius. It was the Romans who associated the hot, sultry stretch of weather in July and August with this brightest of the stars in the constellation Canis Major (Large Dog) and named it the “dog days of summer.”

Turning our attention to our canine friends, it is clear that the labyrinth is being used in some creative and healthful ways for dogs and their companions. John Rudinger, owner and instructor of PetMassage™ Training and Research Institute, demonstrates this well. He is the creator of the only labyrinth in the world that was constructed solely for dogs and their companions, called the Double Dog Labyrinth. He believes that “The labyrinth provides a time, place and method for dogs and their people to work through physical, emotional and behavioral issues as well as bond with each other at the deepest levels.” For more information, on this and all of his fascinating work, please visit his [website](#).



Other references using the labyrinth for playing with or supporting the health and well-being of dogs and their owners can be found on the internet.

If you have stories or references that you would like to share related to this topic, we would be glad to include them in future newsletters. It just may be another category to include in our 365 Walking Club Directory as we go forward together.

Images courtesy of John Rudinger, [Pet Massage](#)

Join us in September!



Looking forward to see you at the Annual Gathering of September in Vancouver!

We will host morning walks for the 365 club members and host a reception to meet and greet everyone.

If you are attending, [please let us know](#) as we are planning a fun activity

to help our directory along and you will be part of the fun.

Blog Update

Enjoy the theme of the art of play this month and share your thoughts in our blog. We are looking for 10 individuals who would like to share thoughts, stories or an idea once or twice a month on the blog. A simple few paragraphs and a picture or two that might reflect your conversation is all that is necessary. Contact us(email link) to be added as a contributing writer.

Contact [Lynda](#) to be added as a contributing writer.

Wishing you all a month of very playful perspective and summertime bliss,



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