

NUGGETS of NEWS from SHAWANGUNK NATURE PRESERVE

[WWW.ShawangunkNaturePreserve.com](http://WWW.ShawangunkNaturePreserve.com)

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**HAPPY NEW YEAR !!**



Our view while writing Nuggets Newsletter



## DELVING DEEPER

by Timothy Hume Behrendt

There are wonderful benefits to being honest about who we really are. Here are three -

1. We will have more awareness to deal with any situation. If we know how we feel, deep down, we can thus make decisions more in-tune with all our authentic feelings, needs and wishes.
2. We will experience life consciously in a richer fashion with moments of ecstasy to balance our time with agony. We will have a variety of ripe feeling and deep memories permeating our consciousness as situations arise.
3. We will have more conscious control over what we do, since we will not be propelled with subconscious feelings we don't know, like, or understand. We can focus on decent behavior rather than repressing uncomfortable states of mind, which takes lots of energy. For example, we will find it easier to leave compulsive behavior patterns (addictions), since they are usually unsuccessful conscious attempts to ward off and mend subconscious and unconscious memories, thoughts, and feelings we are intensely uncomfortable with.



Our Wonderful Wreath Weaving Workshops have come back in full swing with many happy folks enjoying making their own, super fresh, fragrant holiday decorations



Wreath Making brought in \$740 this year! This workshop is our biggest fundraiser besides the many generous donations by Preserve Supporters.

**FOREST WILDLIFE STILL ABOUNDS IN WINTER!**



We strongly suspect that this animal trail which goes down a steep bank to the creek is made by Otters.



We think that this animal trail alongside Black Creek was likely made by Beavers because of their wide tail.



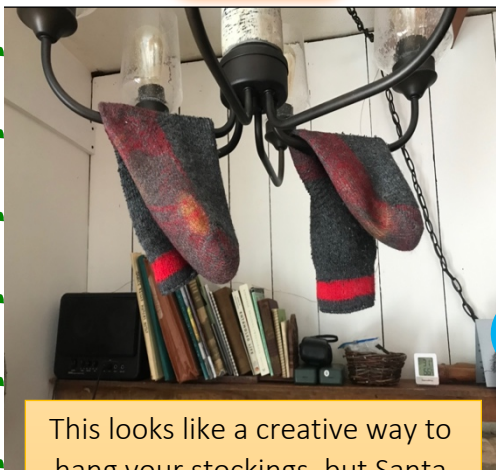
Sue Tittler (left) and Peg (top right) had a beautiful x country ski experience on our Black Creek Forest Loop Trail. FOREST LIFE continues in the WINTER!! Snowshoes are probably a better option for this trail as there are areas of good-size dips and hillocks which are challenging to navigate on skis.

"Creativity is inventing, experimenting, growing, taking risks, breaking rules, making mistakes, and having fun."

Mary Lou Cook Cheatham



Tim delivers a wreath to a neighbor on Shawangunk



This looks like a creative way to hang your stockings, but Santa didn't think so.

They did get dry, however!

"No one makes a greater mistake than those who did nothing because they could do only a little." (paraphrased)

Edmund Burke

## A WAY TO CAMP-OUT IN THE WINTER....



Sylvia & August had a Holiday camp-out in their living room

Tim & Peg camped- out next to the wood stove in the kitchen when the electricity was out last month. On the opposite side are big windows to see stars through (if the clouds ever let them). They liked it so well, they've been doing it ever since.



FAMILY TIME on NEW YEAR'S DAY at SHAWANGUNK



PEG & TIM play a few tunes while the Grand & Great Grandkids build a Lincoln Log house.



INK the kitty, approves of the construction, but looks appalled (and guilty) when it collapses. "I only touched it!" she claims.



Sylvia makes sure our Tiger puppet gets something to eat.

"Life is a succession of moments. To live each one is to succeed."  
Corita Kent



Television brings the family into the same room so that they can ignore each other close together." Anonymous



Kim learns a tune on an Autoharp