ONE FIRE

**Critter Song**

Origin: Based on Children’s Totem Chant by Spiral Rhythm (2015); brought to Primitive Pursuits with minor approved modification by Wren Anjali, 2019

*Cats, dogs, bunnies, frogs*

*Snakes and wriggly things,*

*Birds, bats, furry rats,*

*Anything that sings,*

*Anything that hops, crawls, flies,*

*Or swims in the salty sea,*

*Is a Being of the Universe*

*And so is a friend to me!*

**Hickory nut milk recipe:**  Boil 2 cups crushed hickory nuts, shells and all, in 4 cups water for 30 minutes.  Use a sieve to separate the liquid into a pitcher.  Add 4 Tablespoons maple syrup.  Allow to cool a bit or add some cold water.  Stir and serve.