

## SHAWANGUNK NATURE PRESERVE NUGGETS January 2024

255 Shawangunk Road, Cold Brook, NY 13324



### A WINTER EXCURSION

January 13 10 - Noon

Weather permitting, join us for a peaceful & peasant walk, ski, or snowshoe (depending on your equipment and conditions). We have groomed trails that will accommodate all abilities, from a stroll along Shawangunk Rd between majestic snow-laden trees to a woodsy ramble along Black Creek on our more challenging Forest Trail.

See what beaver ponds look like in winter, how many textured lichens adorn our trees, how varied snow textures change day to day, hour by hour, and experience crispy air on warm skin & lungs. We'll finish with a cup of hot cocoa at Whispering Pine. Bring yourself a picnic lunch if you wish.

Meet at 217 Shawangunk Rd.

### 2024 WORKSHOPS

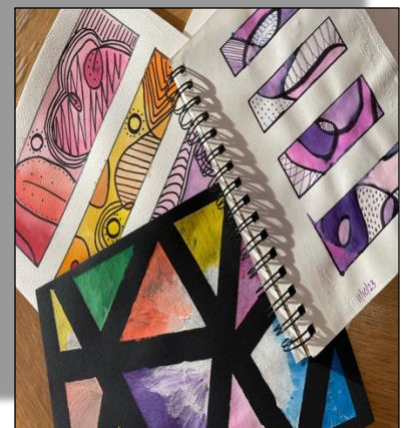
#### **Saturday, Jan 27, 2024 VALENTINE BOOK FOLDING WORKSHOP. 10 am – 2 pm**

Learn to follow a pattern to fold and sculpt the pages of an old book to form a dimensional heart. This craft technique is easy, fun, and has many creative options. The heart pictured is an old juvenile edition of Heidi by Johanna Spyri which I purchased at a thrift store for about fifty cents.

You will need a sharp pencil and a stiff ruler with clear measurements in centimeters. The book you bring must be hardcover, with 227 to 300 pages, and 7.5 – 8" in height. There is no materials fee. If finding this size book and ruler is problematic, let me know when you call a week ahead (315-826-7405) to reserve your place in the class. Bring your lunch!

#### **Saturday, Feb 3<sup>rd</sup> FUN COLORS AND TAPE PROJECT. 11 AM**

Insecure about your artistic skills? Don't be! This art experience will open you to new & exciting options. With colors and tape unleash your artistic inhibitions in a carefree kaleidoscope of creativity. Materials \$7. Please text or call Kim @ 315-507-7698 to register. We'll meet at Whispering Pine.



## DELVING DEEPER

by *Timothy Hume Behrendt*, SNP Coordinator

Ah, another new year. Another year to live and do what we need to do and enjoy doing. It's understandable why people create New Year's resolutions. But this is something we must do every day because each day is new and unique and requires us to respond with our wisest self.

Now that may sound like a cliché, but it's true. Every day we live we get a little wiser because of what we experience. Some of that will be painful, granted, but that, too is part of every life ever lived. So we all need to face the New Year with an open mind and heart, and an ever-wisdom-oriented consciousness.



Have some bark  
for lunch!

We still see signs of  
beaver activity in the  
winter, and their amazing  
dam constructions  
become easier to see.



## TRY A NEW YEAR'S **WTL** LIST!

A "Will to Live" list can be a very helpful way to improve your outlook and help focus your life. You simply list things that make you feel particularly good/happy/energized alongside a list of things that make you feel particularly bad/sad/mad/depressed. Share it with your best friend/partner so you can both understand and help maximize the pro list and minimize the con list.

We have both used this technique many times and found it to be a comfort and positive guide. (*Tim & Peg*)



People of all ages enjoyed the  
SNP Traditional Wreath Making  
Workshops and the Preserve  
made \$1,000.00 on materials  
harvested harmlessly from  
bushes & trees in the Preserve



Balsam is  
known for it's  
calming effect  
which can  
help to relieve  
stress, anxiety  
and promote a  
sense of inner  
peace.

"Art is chaos taking shape."

Picasso

"Each person has a unique perspective that lends itself to originality."

Einstein.

The worst enemy to creativity is self-doubt."

Sylvia Plath



*"Good friends are like stars, you don't always see them but you know they're always there."*

Christy Evans

Our neighbor's house under starry skies.

*"We are all of us stars, and we deserve to twinkle."*

Marilyn Monroe



Unidentified visitor enjoying SNP



We were amazed to find a live spotted salamander out in winter!



## ALL ABOUT SALAMANDERS. (We can feel good about providing safe habitat in SNP!)

They can live for almost 20 years and range in eastern North America from Nova Scotia to southern Georgia & Texas.

They take shelter in deserted burrows of other animals, crevices or under logs of wood or large rocks. Without moisture, they will dry out and die. They tend to live within 100 meters from their breeding pond.

They eat different species of insects like centipedes, crickets, worms, spiders, slugs, etc.

Snakes, skunks, raccoons, turtles, chipmunks, squirrels, etc. eat salamanders.

They are extremely sensitive to ecological changes. More than 90% of baby salamanders die before transforming into adults.

They are not poisonous but can carry salmonella germs, so it's best to wash your hands thoroughly with soap & water right after handling them.