

SHAWANGUNK NATURE PRESERVE NUGGET October 2023

255 Shawangunk Road, Cold Brook, NY 13324

www.ShawangunkNaturePreserve.com 315 826 7405

Shawangunk Rd & Trailhead to the Black Creek
River Trail



“ABOUT POSSESSIONS”

- ❖ “A lot of people get so hung up on what they can't have that they don't think for a second about whether they really want it.” (Lionel Shriver)

- ❖ “To be content with little is difficult; to be content with much, impossible.”
(Marie von Ebner-Eschenbach)



Shawangunk Nature Preserve offered information and children's crafts at last month's Wildlife Festival at the Utica Zoo. We welcome all the new Nuggets subscribers who signed up at this event. Thanks to Kim Behrendt for recreating and updating the Preserve pamphlet, organizing our booth, and offering a popular children's craft!



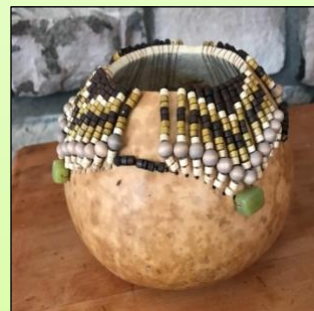
UPCOMING SNP WORKSHOPS

Sat. Oct 14, 10:30-12

THE POWER OF OBSERVATION Spend some quiet time by a beaver pond after a short hike practicing the subtle art of observation and meditation, then sharing the experience with others. Some simple meditation techniques will be offered. No fee.

Sat. Nov 4 10:30-1pm

GOURD CRAFTING Choose a cleaned & prepared gourd to embellish with your choice of techniques. You may wish to stitch a border with pine needles or cording. You could choose wood burning, painting or adding decorative beads in a pattern. Brave students may want to try carving techniques. We'll have several samples to inspire you. Meet at 217 Shawangunk Rd. Materials will be \$20 per gourd. Beads may be extra, depending on your choices.



Delving Deeper

by *Timothy Hume Behrendt*,
SNP Coordinator



Being awake one moment at a time, which includes openness to past experience and future expectations is a grand way to be. It gives one wisdom and hope. We must make time, quiet time alone, to help nourish this kind of consciousness. It doesn't mean hours or days away from it all, although this is something some can do. But most must consider having a little time away from it all – pauses. Whether it's a two AM reflection or a trip to a park or forest, our alone time helps nourish a wise and well lived life with fewer regrets.



Tim knocks on the "door" of a Preserve neighbor's house.

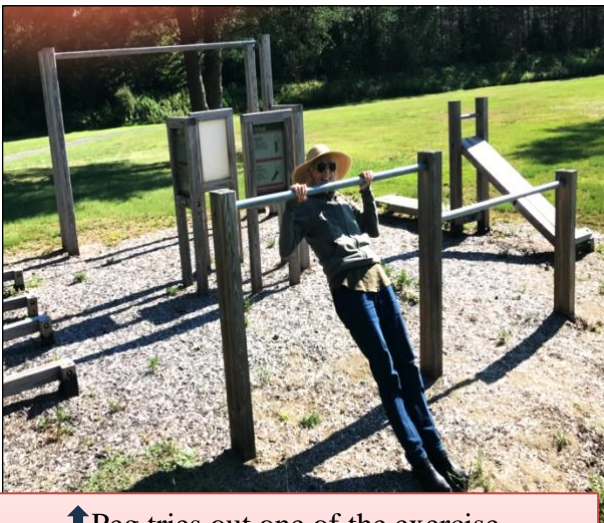
WISDOM ON TOTAL HEALTH

John Adams Said:

"All minds are like old horses. You must exercise them if you wish to keep them in working order!"

From Multiple Sources:

"Take care of your body. It is the only place you have to live. And remember, that you all have an influence on those around you throughout your life – especially the young. It can be for better or worse."



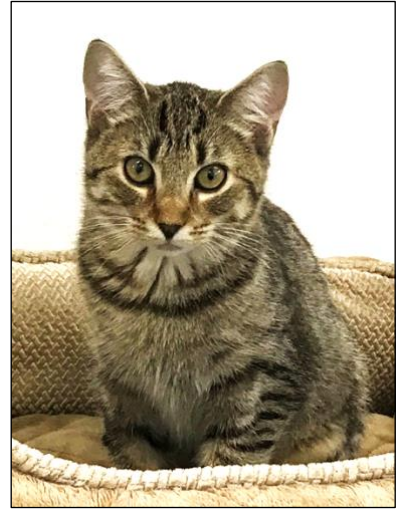
↑ Peg tries out one of the exercise recommendations at a station on the All Purpose Trail in the Town of Ohio Maurice Luther Park. It is set up for walking, jogging, or biking, with interspersed stations of four stretches or exercises each.

It a pleasant location and fun to do!
100 Nellis Rd. Cold Brook, NY



Meet Purrty Blue recently adopted by Peg & Tim from the Herkimer County Humane Society. He is pretty, soft, loving, playful and a wonderful companion.

The dogs & cats there are healthy, neutered and up to date on shots and available to a good home for a small fee that couldn't be matched with private veterinary service. Do consider adopting and providing a home. Black cats especially need homes as they are not always popular but tend to have particularly affectionate personalities.



This cute screenhouse is on a private trail available to the public on Trenton Falls Rd in Barneveld

DID YOU KNOW?

That more than 99 percent of spiders are not dangerous to humans or pets. Their venom is adapted for the capture of insects, and it's not toxic enough to harm humans. Plus, spiders do not deliberately attack humans. If they bite, it's a defensive move, says the American Arachnological Society's Jerome Rovner, PhD, who is also a Professor Emeritus of Biological Sciences at Ohio University. He adds that the danger of spider bites has been greatly exaggerated on the Internet and in Hollywood.

We know, however, that they can really hurt, so are best avoided. Here is a link to a new tool to humanely catch & release spiders and other bugs.

[Critter Catcher](#)

And another link for humanely catching bugs for observation.

[Humane device to catch & study Insects](#)