

SHAWANGUNK NATURE PRESERVE NUGGETS October 2024

255 Shawangunk Road, Cold Brook, NY 13324
www.ShawangunkNaturePreserve.com 315 826 7405

Sunset over two beaver ponds from the
observation tower.



"THESE ARE THE THINGS I PRIZE" by Henry Van Dyke

These are the things I prize and hold of dearest worth:
Light of the sapphire skies. Peace of the silent hills,
Shelter of forests, Comfort of the grass,
Shadows of cloud that swiftly pass,
And, after showers, The smell of flowers And of the good brown earth.
And best of all, along the way,
Friendship and mirth.



CHEESE BASKET WORKSHOP!



UPCOMING SNP WORKSHOP

Saturday, October 19, 2024. 9:30 AM –
HALLOWEEN SCULPTURES with Peggy Behrendt

Make a hand-crafted Halloween ornament using needle-felting technique with beautiful, dyed wool in many possible colors. Pictured is a relatively simple spider sculpture and a more complex witch icon which would naturally require more time and material. You may come up with your own designs; a tombstone, a pumpkin, a bat.... Materials cost will range from \$5 to \$20 according to what you choose to make. This is a fun sculptural technique that anyone can do who can manage stabbing an object with a needle(s) without hurting yourself.

Meet at 217 Shawangunk Rd. Cold Brook.
Call 315-723-2813 by October 12th to attend.



Delving Deeper

by *Timothy Hume Behrendt*,
SNP Coordinator



Regeneration must be a part of everyone's life speckled as our lives are with the unpleasant or the tragic. How? How do we become and remain "regeneratively" disposed in our up-and-down lives? We can, among other ways, remember and practice three things:

1. Our life is limited, and each day is a unique, once-in-a-lifetime gift.
2. All things do pass in time—the good and the bad. We thus need not be overwhelmed by the negative but endure with hope and drink deeply of the positive as it occurs.
3. Each day will bring us possibilities to create many small, pleasant moments, if we work at it. Learning to enjoy the little satisfactions of life in the present is what counts.

Each day these three simple ideas can bring us a regeneration of the heart. These truths can allow us to appreciate more fully the sun with its warmth, the earth with its wooded hills, the flowers of our yards, the night with its deep stillness, and the morning with its newness. These practices help bring us the many blessings of family, home, friends, and community.

SNP IS LOOKING FOR VOLUNTEER DOCENTS/TRAIL GUIDES!

We occasionally have large groups wanting to visit Shawangunk and we'd like to establish a list of knowledgeable volunteers willing to help guide and inform such visitors on their trail walks. Call or text 315 723 2813 to discuss this if interested.



Cats Fluffy & Spotty walked the whole Forest River Trail with us and seemed to enjoy the scenery!



A visitor from Germany tried out peg's accordion. Her sister doesn't look too impressed.



In September, Jessica from Wild Soulstice LLC led a plant walk along the Black Creek trail, sharing with the group wisdom about the conservation of woodland medicinal plants and the principles of ethical gathering of all plants but particularly those that are on the vulnerable list. Jessica promoted the idea to look for help from the plants that are growing around you, many that are considered weeds but have medicinal uses and can sometimes be substituted for the less abundant woodland plants that she recommends saving for emergency use.

Looking for more herbal education? Contact:
Jessica Maureen Hinsdill
Wildsoulstice@gmail.com



Gold Thread identified on our trail. The threadlike roots are bright gold and are considered to have anti-bacterial properties.

FEEDING OUR WISDOM POOL – “PRACTICALITY”

“Think of many things, do one.” (Gaelic)

“Everything is good for something.”

(Italian)

“First food, then religion.” (Afgan)

“Better to ask twice than to lose your way.” (Danish)



Tim noticed this architecturally incredible hornet next high in trees along a recent bike ride. These nests are made by a process we call maceration, or by chewing the fibers of wood, bark and cloth. According to entomologist W. Brown, wasps and hornets are beneficial because they protect gardens and landscapes from pests like caterpillars, spiders and aphids and they pollinate blooming plants. ...they are typically not aggressive, so it is best to remain calm and avoid making aggressive movements toward them. They become a problem when they are protecting their nests and babies. (Only nests near human activity need be of concern.)