

# NUGGETS of information April 2023

from the Shawangunk Nature Preserve  
255 Shawangunk Road, Cold Brook, NY 13324  
315 826 7405  
Shawangunk@NTCNET.com



## UPCOMING WORKSHOPS/EVENTS

10:00 AM on Saturdays  
315 826 7405

Sat. April 1<sup>st</sup> 10:30-12

### A FAMILY TREE



This comic/rustic version of a family tree will give chuckles and be fun for all ages to make out of natural twigs, goofy eyes, and a nut or two. It's a cute conversation piece to hang in your foyer or summer patio. Bring your lunch for a little picnic together in the Preserve afterward. Please register by calling 315 826 7405 Materials \$5.

Sat. APRIL 22<sup>nd</sup> 10:30-2:00

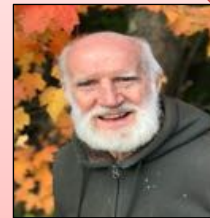
### APPALACHIAN EGG BASKET

This curiously shaped basket was created to manage safe egg transportation on the back of a mule or horse. It's sometimes called a Fanny Basket, to be descriptive. It's a pleasantly fun challenge to make with the opportunity to use different materials for your own unique interpretation. Materials \$15. Meet at 217 Shawangunk Rd., Cold Brook. Please bring your own lunch and register by April 15th by calling Peg at 315 826 7405

## DELVING DEEPER by Timothy Hume Behrendt,

Minister/Counselor, SNP Co-Founder

Adapted from "With A Village Church" by THB



Welcome April. Muddy, wet, moody, lovely April. I love your activity, its diversity, energy, and purpose. Everywhere life is pushing up from the cold and spoils of winter. Everywhere there is movement toward fulfillment. Perhaps this is why I am so fond of our Preserve and its supporters. In some ways they are like April. They, too, are diversified in their interests. They, too, are active. They, too, are united in a reach for something meaningful. April and you. Yes, there is an attractive similarity.



Sylvia & August go for the first bike ride of the season!



Sure signs of Spring!!



QUESTION

*"What do you get when you cross a cat with a lemon tree?"*

ANSWER:  
*"A Sour Puss."*

QUESTION

*"How does the Easter Bunny stay healthy?"*

ANSWER:  
*"Eggs-ercise!"*

# THOUGHTFUL OFFERINGS

By Kimberly Behrendt



When my children started to ask that classic question of, “I wonder what I’m going to BE when I get older?” I tried to inspire them to readjust the question to, “I wonder what I will DO when I am older?” Instead of becoming something else, somebody else, this question sparks the idea that they will still BE themselves even when they grow older and that they will DO many things and make many choices as they bloom as individuals. My hope is that it frees up the pressure that they must become someone other than who they already are thus further building their sense of self.

## SOME WAYS TO CELEBRATE EARTH DAY

(APRIL 22, 2023)

- PLANT SOMETHING
- RIDE YOUR BIKE
- SPEAK OUT
- CONSERVE WATER
- BUY REUSABLE BAGS
- USE A REFILLABLE WATER BOTTLE
- GET PRODUCE FROM A LOCAL FARMER’S MARKET
- BUY USED CLOTHING INSTEAD OF NEW
- UNSUBSCRIBE TO CATALOGS
- SPEND TIME OUTSIDE
- SUPPORT ENVIRONMENTAL GROUPS

WHAT DID THE  
DIRT SAY TO  
THE RAIN?

YOU’D BETTER  
CUT IT OUT OR  
MY NAME WILL  
BE MUD!



PRESERVE BEAVER PONDS ARE READY FOR LOTS OF WILDLIFE ACTIVITY!!



With patience and perseverance, lovely plant hangars were made in Peg's Macrame Workshop

### From the Mayo Clinic

Here is an exercise to help you shift focus to the present moment and help interrupt unhealthy thought patterns. (adapted)

Look around you and notice:

- Something you can see: Your hands, the sky, a plant...
- Something you can feel: Your feet on the ground, a ball, your friend's hand...
- Something you can hear: The wind blowing, someone laughing, your breath...
- Something you can smell: Fresh cut grass, coffee, soap...



A beautiful March morning in the Preserve

## DEAD TREES ARE A VALUABLE PART OF OUR ECOSYSTEM!

Dead trees are an essential part of a healthy forest! They support wildlife and ecological processes, whether standing (snags) or lying down (logs). Birds, mammals, amphibians, reptiles, invertebrates, and insects seek refuge in natural cavities and they are used for perching, foraging, and nesting. If you have property, try to retain as many snags of hard and soft wood as possible and include at least one large snag and log per acre. Many species use trees that are only partially dead.

*“If we recognize and understand the natural value of snags, dead limbs, and logs, they become more appealing to the human eye. Snags and logs are not signs of an “unkempt” forest, nor are they waste materials to be discarded. Rather, dead trees are home to many animals and storage for moisture and nutrients. Because so many animals rely on dead wood during some part of their lives, snag, limb, and log retention are essential components of any wildlife conservation or management plan. “*

**Melissa J. Santiago** and **Amanda D. Rodewald, Ph.D.** School of Natural Resources, The Ohio State University

<https://woodlandstewards.osu.edu/sites/woodlands/files/imce/0018.pdf>

## OUR VISION IS AWESOME!!!

From “AN IMMENSE WORLD” by Ed Yong (a Pulitzer Prize winner)

“Stretch out your arm and give a thumbs-up. Your nail represents roughly 1 degree of visual space, out of the 360 degrees that surround you. You should be able to paint 60 to 70 pairs of thin black-and-white stripes on that nail and still be able to tell them apart. A human’s visual acuity, then, is somewhere between 60 and 70 cycles per degree, or cpd. The current record, at 138 cycles per degree, belongs to the wedge-tailed eagle of Australia. It can spot a rat from a mile away.

But eagles and other birds of prey are the only animals whose vision is substantially sharper than ours. Sensory biologist Eleanor Caves has been collating visual acuity measurements for hundreds of species, almost all of which are surpassed by humans.