

# NUGGETS of NEWS, April 2024

from the Shawangunk Nature Preserve

255 Shawangunk Road, Cold Brook, NY 13324 315 826 7405

<http://www.ShawangunkNaturePreserve.com>



It is a serious thing  
Just to be alive  
On this fresh morning  
In a broken world  
Mary Oliver



## UPCOMING WORKSHOP - A QUILLED FLOWERY MOTHERS DAY CARD

Saturday, April 20, 2024 10 - 1 pm  
217 Shawangunk Rd.



Using colorful strips of paper, you'll learn how to twirl them into coils, teardrops & crescents which will be glued onto a card in the shapes of lovely textural flowers, stems & leaves. This will likely be your most unique Mother's Day card yet. Please call 315 826 7405 by April 13th to reserve your spot. Meet at 217 SHAWANGUNK RD. Materials \$10.

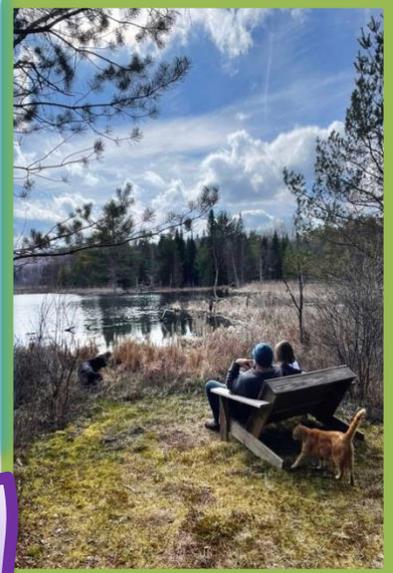


"Trust the earth and all that dwell upon it  
with respect" Native American

"Earth is dearer than gold." English proverb



John & Elaine McCabe made an adorable Needle Felted bunny and chick in our March workshop. If this project interests you, contact Peg to schedule a special workshop in Needle Felting.



Our library & trails are being enjoyed by local families.



From "Reasons to Stay Alive" <https://amzn.to/3wL3orN>  
by Matt Haig

The world is increasingly designed to depress us. Happiness isn't very good for the economy. If we were happy with what we had, why would we need more?

How do you sell an anti-aging moisturizer? You make someone worry about aging.

How do you get people to vote for a political party? You make them worry about immigration.

How do you get them to buy insurance? By making them worry about everything.

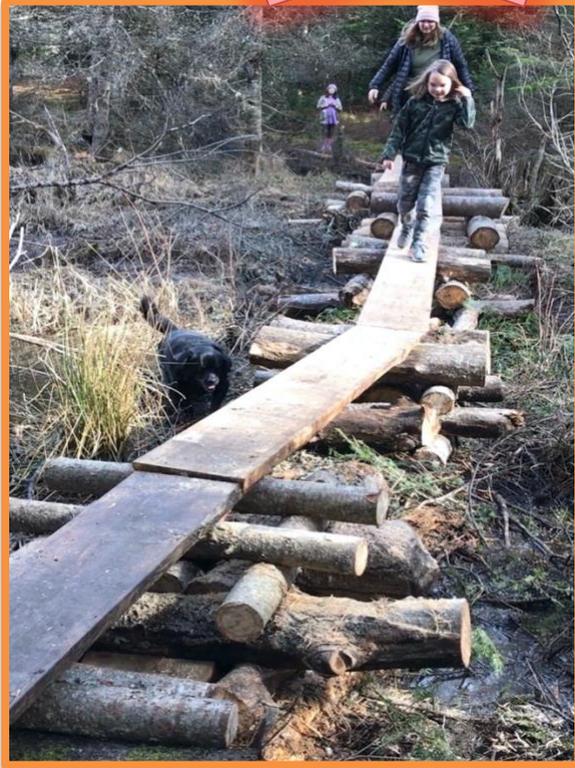
How do you get them to have plastic surgery? By highlighting their physical flaws.

How do you get them to watch a TV show? By making them worry about missing out.

How do you get them to buy a new smartphone? By making them feel like they are being left behind.

To be calm becomes a kind of revolutionary act. To be happy with your own non-upgraded existence. To be comfortable with our messy, human selves, would not be good for business.

WHAT'S NEW AT  
SHAWANGUNK?



Introducing: **The Boardwalk!**

A new bridge over wetlands has been conceived & constructed by our exceptional volunteers Gael & Rebekah Audic on the Trail Committee. Although not intended for any but those secure of foot & balance, it gives the option of walking the Three Pond Trail in a loop from Pardeeville Rd. A handrail may be eventually added to ensure confident crossings. We're pleased that this ecological construction style utilizes mainly dead tree trunks for supports which allow free flow of water and beavers underneath.



Beaver families are thriving, enlarging their huts, eating lots of cherry trees, and building more dams along Misty Brook..



## HEALTH GUIDELINES

**By Timothy Hume Behrendt, 86-year-old Health Counselor**

Bachelors in Physical Education Ohio University,  
Masters in Psychology & Counseling, Indiana & Colgate Universities,  
Masters in Divinity – Garrett Theological Seminary

A good life is something not easily achieved. It has to be created diligently and continually each day with activities such as:

- 1 Interesting work that you can respect and offers a fruitful retirement.
- 2 A diet that is low in sugar, salt, fat, hydrogenated oil, and fried foods; one that avoids substance abuse and draws heavily on clean water, fresh organic vegetables, fruits, whole grains, and legumes while drawing only lightly on eggs, dairy products, and fish.
- 3 Relationships that are honest, supportive, mellow, and forgiving.
- 4 An environment of clean air with natural, attractive, safe surroundings and a minimum of harsh noises and over-stimulation.
- 5 A program with daily hot showers for healthy breathing skin and regular exercise, either through one's lifestyle or through a planned program of activities like walking, swimming, jogging, or stretching.
- 6 Regular recreation that one can pleasantly lose oneself in, from reading to air-gliding.
- 7 A religion or philosophy of life that nurtures high purposes and values, allows us to ride out the low times, sorrows, and defeats, that encourages us to grow, accept, and refine.
- 8 Deep rest is the finishing touch. Some will need more, some less. All will benefit from meditation that encourages stress reduction and deep breathing which keeps our tissues well supplied with oxygen.

Developing one's life from these eight resources is indeed a challenge, one that takes discipline, perseverance, moderation, and farsightedness. The result is a life worth having!