

SHAWANGUNK NATURE PRESERVE NUGGETS January 2025

255 Shawangunk Road, Cold Brook, NY 13324

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Cold Brook, NY 13324

315 826 7405

www.ShawangunkNaturePreserve.com



Evidence that deer are sleeping
around our old cottage.



SNP WORKSHOP Sat Jan 18, 10-2 PM

SEAT WEAVING with RUSH

Learn how to do rush work by making your own rush seated stool. Fiber Rush is a classic, fun & easy material to work with, and attractive & durable as a seat. You will assemble a prepared natural wood footstool frame and then weave the seat. If you already have something that needs this kind of seat, you may make arrangements to use that instead of the stool kit which is \$30.00. Otherwise materials cost will depend on the size of the seat you bring. You may bring your own materials, too. Talk to Peg.

Please reserve your spot by Jan 8th. Call or text 315 723 2813





Tim & Great grandson August represent four generations of holding hands with chickadees.



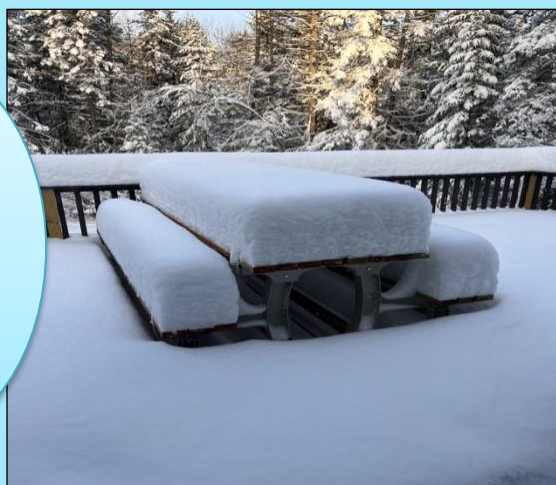
HOLISTIC HEALTH GUIDELINES

by *Timothy Hume Behrendt*, SNP Coordinator

1. Try to have interesting work that you can respect and can offer a fruitful retirement.
2. Keep a diet that is low in sugar, salt, fat, hydrogenated oil, fried and barbequed 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. Cultivate relationships that are honest, supportive, mellow, and forgiving.
4. Maintain an environment of clean air with natural, attractive, safe surroundings, and a minimum of harsh noises and over-stimulation.
5. Practice 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. Pursue regular recreation that one can pleasantly lose oneself in – from reading to air gliding.
7. Nurture a religion or philosophy of life that has high purposes and values, that allows us to ride out the low times, sorrows, and defeats, that encourages us to grow, accept and refine our perspective on life.
8. Allow time for deep rest, 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.



Fluffy McGuffy was not pleased with all this snow!



SNP FINANCIAL REPORT FOR 2024

INCOME

DONATIONS.	\$4,800.
PUBLICATIONS	\$1,375.
<u>INTEREST</u>	<u>\$ 321.31</u>
TOTAL INCOME	\$6,496.31

EXPENSES

TRAILS & GROUNDS	\$1,595.97
OFFICE	\$1,274.81
PROPERTY TAX	\$1,028.66
WILDLIFE SUPPORT	\$ 195.42
<u>WORKSHOP MATERIALS</u>	<u>\$ 15.00</u>
TOTAL EXPENSES	\$4,109.86

2024 BALANCE \$2,386.45

TOTAL IN BANK \$27,139.97

Heartfelt thanks to our loyal supporters who help us protect & cherish the unique eco-systems and diversified residents (flora & fauna) of SNP and the programs we offer.

With no paid staff, and devotion to keep expenses down with creative solutions, we hope you feel satisfied that your donations are well applied and making a positive difference.

DID YOU KNOW? Food Banks address human inequality and help the environment all at once. Foodbanks associated with The Global Food Banking Network provided 1.7 billion meals to over 40 million people last year. That's the equivalent of mitigating an estimated 1.8 million metric tons of carbon dioxide.

Otherwise perfectly edible ingredients recovered from farms & other food businesses, would go to a landfill where they'd create greenhouse gas emissions and squander the energy that went into producing the food (water & land use, transportation, etc.)

The BLACK CREEK TRAIL from the end of Shawangunk Rd to Black Creek, and The THREE POND TRAIL at Pardeeville & Sunset Lodge Rd. are available for snowshoeing throughout the winter months and may be used any time.
(Pictured is Danny Katz who is now grown up.)





Kim Behrendt
(center right
picture) helped
Peg & Tim facilitate
the always joyfully
received annual
wreath-making
workshop at the
Ray Elm Seniors &
Children center in
the Oneida Nation



SNP Project Considerations for 2025

1. The old Crafts Shop building where workshops used to be held is structurally declining and it's no longer needed since we have Whispering Pine available now. We feel the safest thing to do is remove it. It would be nice to replace that area next to parking for the Black Creek Trailhead with a bench or benches, some perennial flowers & informational sign(s) about SNP. We realize this will not be cheap.
2. Tentative plans are to expand the east & west branches of the Three Pond Trail so that it forms a loop. This will involve a fair amount of swamp bridging materials. Fortunately, we have enthusiastic and skilled volunteers interested in this.
3. SNP is considering sponsoring one of our active volunteers to participate in the NY Master Naturalist Program at Cornell University which may then enhance the informational quality of the educational program we offer groups that visit.