

NUGGETS of NEWS for SEPTEMBER, 2024

From the

SHAWANGUNK NATURE PRESERVE

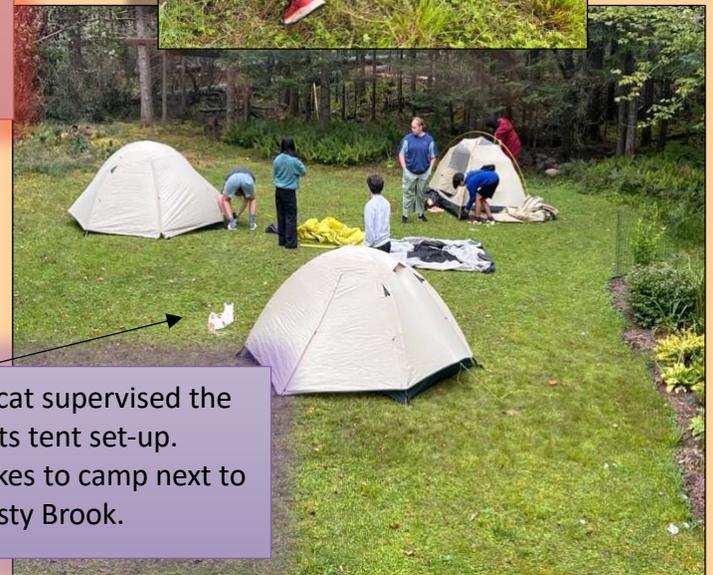
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Incoming freshmen & women students from Hamilton College camped at SNP during a program called; "Find Your Inner Lorax". They came from a tour of the Oneida-Herkimer Waste Authority and were headed to Ithaca next. They learned how to make rope/cordage with various grasses and turned them into headbands, bracelets and necklaces. They helped lower an overturned tree stump and clear up tree branches and brush. A very polite, interested and fun group! Thanks to Hillary-Joy Pitoniak for facilitating this interesting & inspiring program!



Spotty the cat supervised the students tent set-up.
Hillary Joy likes to camp next to
Misty Brook.

DELVING DEEPER – “GREETING THE DAWN”

by Timothy Hume Behrendt, Preserve Coordinator

May this day be greeted in an openly fresh and appreciative way. May we always be receptive to the good and beauty that it has.

May we be wise and avoid the dangers that it poses. May we be forgiving to sidestep the hurts and grudges it could bring.

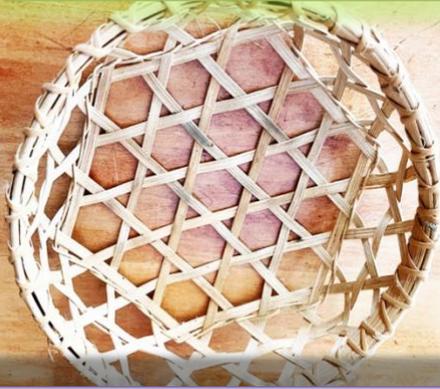
May we be loving enough to transcend the ill will and rejection that it may harbor. May we be understanding to extract from it the peace that invests it.

May we be courageous to meet honestly the challenges that it will deliver. May we be truthful to draw out the reality that permeates it.

May we be fair to make it a just time for ourselves and all we meet. May we be kind to add pleasantness and healing wherever our feet take us.

May all these noble thoughts be reaffirmed quietly in our deepest being each morning as a full renewal of meaning. For they are life to us; they are light to us; they are hope for us, and for all we meet.

UPCOMING WORKSHOPS



SHAKER CHEESE BASKET

With Peggy Behrendt Sept 13th, 9:30-noon

Using rattan, we'll weave a traditional cheese curd & whey straining basket in a challenging & attractive hexagonal weave pattern. If you don't need to strain cheese, it makes a lovely fruit basket. There will be color options. Materials \$15. Call by Sept 10th to reserve.

CALL 315-723-2813 to reserve a place in your workshop. Meet at 217 Shawangunk Rd. Cold Brook, NY



CROCHETED WIND SPINNER

With Kimberly Behrendt, Sept 28th, 11am – 1pm
Create this clever & fun wind spinner with colorful yarns to twirl in the breezes. It's helpful if you have basic crochet skills but give it a try even if it's new to you. Please bring a 3.5mm-4mm crochet hook if you can. We will also have some to loan. Materials \$15

WOODLAND MEDICINALS & SUSTAINABLE WILDCRAFTING

With Jessica Maureen Hinsdill, herbalist of Wild Soulstice LLC. Sept 28th at 2pm

Take a stroll on a nature trail in the preserve with Jessica to identify and learn about the medicinal benefits of our indigenous. We'll learn about ethical harvesting to ensure the plants can continue to thrive. We'll talk about some at-risk plants and the benefits of growing and nurturing your own woodland medicinals. A donation of \$10 is welcomed and rewarded with some ready-to-plant, stratified Ginseng seeds to take home.



After 50 years living in the forest, Tim & Peg come out and see civilization.

A VISIT TO
THE NYS FAIR



We could hardly believe we saw a PINK cow!



The animated dinosaur exhibit was quite impressive!

Thoughts to consider...

“Continuous effort, not strength or intelligence is the key to unlocking our potential.”

Winston Churchill

“If we did the things we are capable of, we would astound ourselves.”

Thomas Edison

The SNP Beaver Watchtower was recently renovated with higher quality, fresh logs from trees recently blown down in a storm, the platform made smoother and more comfortable, and stable steps added to facilitate the less intrepid Climbers. Thanks to Rebekah & Gael Audic for their vision and incredible effort! The view of our beaver ponds, swamps & woods is worth it!



"Ecology and spirituality are fundamentally connected because deep ecological awareness, ultimately is spiritual awareness."
FRIJOF CAPRA

"Nature is not a place to visit. It is home."
GARY SNYDER