

NUGGETS of NEWS for AUGUST, 2024

From the
SHAWANGUNK NATURE PRESERVE

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This Mama Bear came to our bird feeders quite a few times, until we started bringing them in each night. A hissing sound from our window would make her run away. She favored her front right paw. What a beautiful creature! (We keep our distance!)

"Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time?"

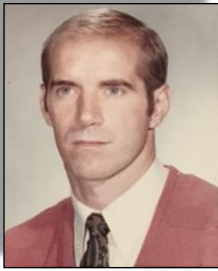
John Lebbcock



Tim is amazed and tickled by the transformation of our neighbor's mailbox after Kim painted it by hand.

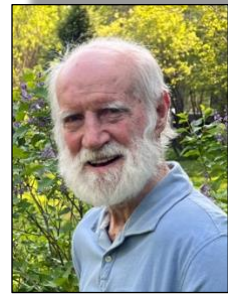
"Don't wait for inspiration. It comes while working."

Henri Matisse



DELVING DEEPER

by Timothy Hume Behrendt, Preserve Coordinator
(Tim turns 87 August 3rd)



Seven guides to help nurture future moments of rapture.

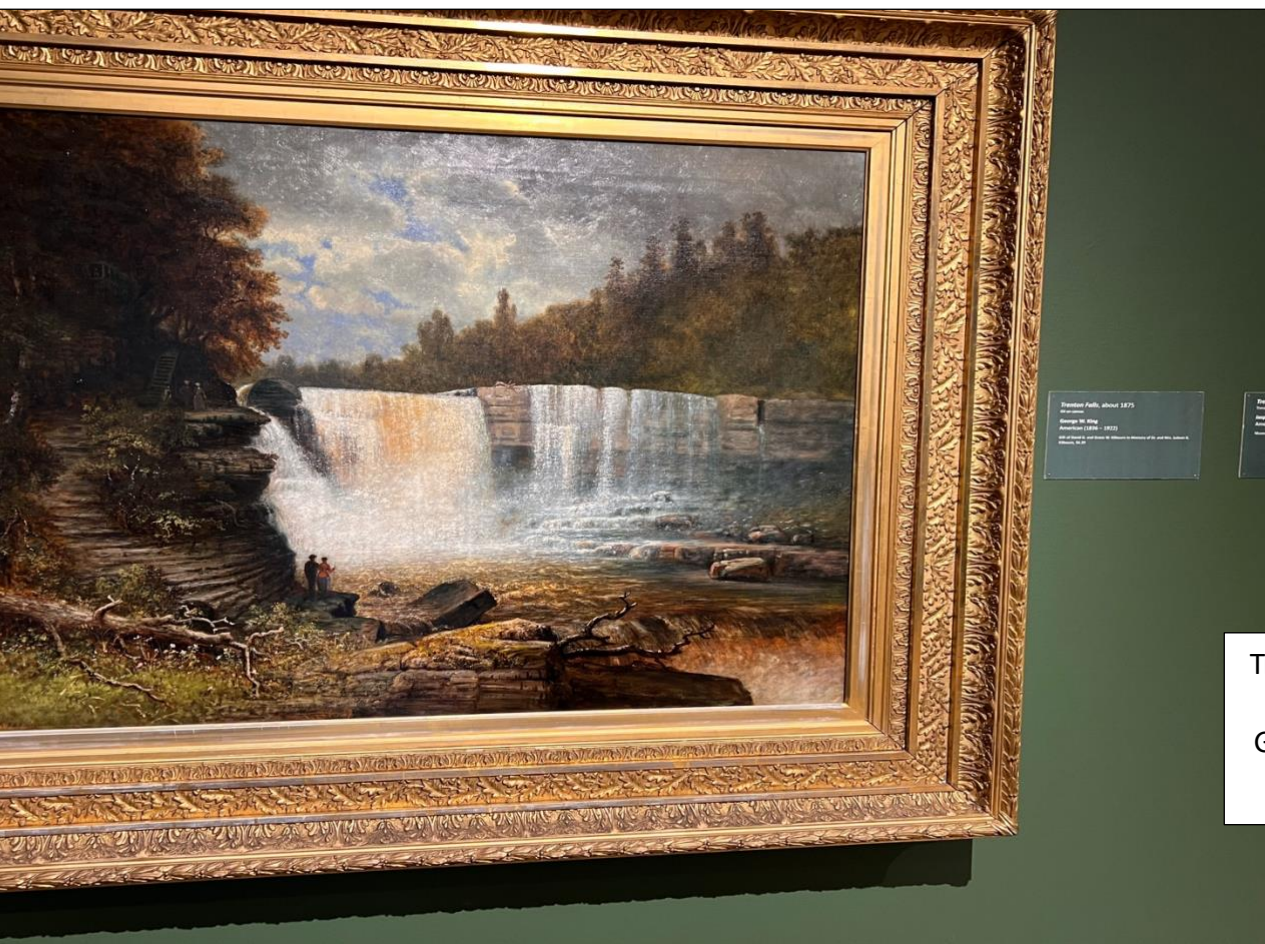
- As Joseph Campbell has said “follow your bliss.” Don’t let others or life’s challenges keep you from pursuing “gut” level interests. Others can’t do your dying for you, so you shouldn’t let them do your living either.
- Live each day as if it were your last. Time for us is so brief. This helps keep that perspective, so we don’t hold back or waste our “moment of consciousness.”
- Live with high integrity. It has the best possible feedback for us, others, and our earth home. It also helps set the stage for those moments of rapture.
- Be an adventurer. Don’t be afraid to try new experiences that beckon your attention. Not only will you live richer, but you’ll die (when that time comes) more content.
- Believe in yourself. You have untapped potential, more than you ever dreamed. It may be buried by your life’s circumstances, but it can be brought forth by your faith in yourself as a valued, talented, unique part and partner of life’s wonderful creation.
- Look for the positive in everything that happens to you. You can own the pain, the failure, the hardship without overlooking the potential good that can be extracted from it for your well-being and the well-being of all.
- Spend time remembering and daydreaming not only of past pleasures but wildly joyous futures. Remembering and daydreaming are a wonderful part of any person’s life and can take us to places again and again that are rapturously and safely ours.

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STATE OF AFFAIRS at SHAWANGUNK – FIFTY YEARS and CONTINUING!

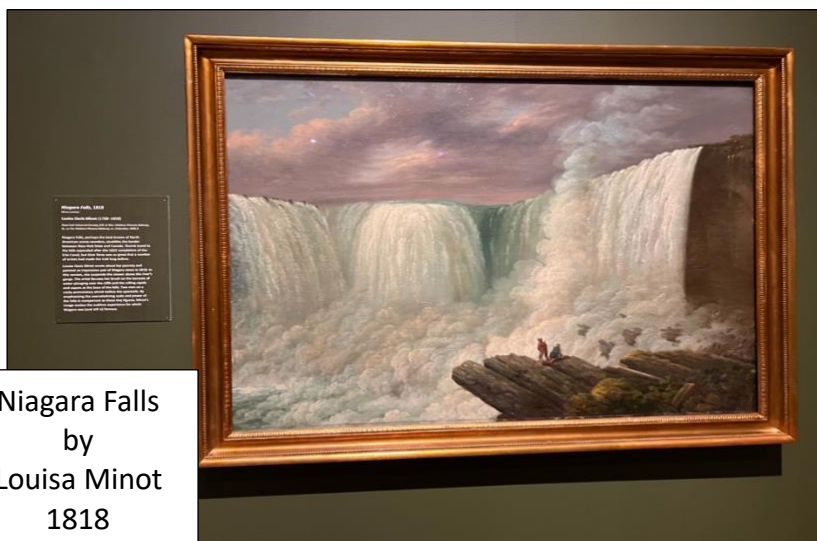
Trails are expanding, buildings are diminishing. We’re emptying the old Crafts Workshop and garages next to the parking area in preparation for demolition. Workshops will now occur at Whispering Pine Lodge. These buildings, built by Tim almost 50 years ago out of cleared trees and scrap lumber have held up well but are ready to be recycled. In their place, we propose to establish a pretty park for visitors to rest in before taking the trail. We will include a large, professional sign displaying a trail map, and brief history of the preserve with areas and inhabitants of particular interest. We feel this will enhance visitor experience and reduce maintenance responsibilities for our volunteers.

We’re currently looking into options for demolition that are safe and economical as well as designs and sources for the sign and are pleased to receive suggestions & support.



Trenton Falls
by
George King
1875

We visited MUNSON in Utica to see the Trenton Falls exhibit as well as AMERICAN LANDSCAPES from the NY Historical Society and loved it all! The guided tour made it particularly interesting as we learned interesting facts about not only painting techniques, but ecological messages incorporated in many pictures from the Hudson River Valley school because the artists were concerned about the beginnings of industrial impact on pristine wilderness.



Niagara Falls
by
Louisa Minot
1818



Mary
Walters
@ 1865



Peg has her own interpretation of Trenton Falls in oils, on exhibit in Whispering Pine at Shawangunk.

"Life's Challenges are not supposed to paralyze you, they're supposed to help you discover who you are." Bernice Reagon

August is intensely focused on the latest favorite game at SNP - Jenga/Timber Tower.

