



NUGGETS of NEWS March 2024



From the SHAWANGUNK NATURE PRESERVE



FAMILY SLEDDING THE SLOPE AT
TRENTON TOWN PARK, Barneveld NY



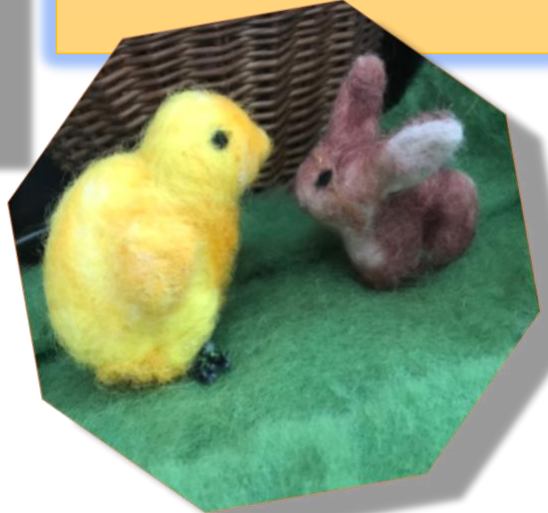
Upcoming Workshop: NEEDLE FELTED BUNNY or CHICK

Saturday, March 23, 2024.
10 am - 1 pm

Made entirely of lovely, soft, natural wool in a choice of colors you'll learn how to sculpt your bunny or chick with a special long, barbed needle. It's easy to do but can be tricky to get the shape you want. It's fun whatever happens!

Materials are \$15.

Come to 217 Shawangunk Rd.,
Cold Brook, NY 13324 & call
ahead [315-826-7405] by March
16th to reserve your place.



What do you get when you cross
poison ivy with a four-leaf
clover?

A rash of good luck!



TIDDLY WINKS WITH TIM & SPOTTY



A NAP BY THE FIRE

INDOOR WINTERTIME ACTIVITIES AT THE PRESERVE



FAMILY MONOPOLY!!



BIRD WATCHING



PING PONG WITH AUGUST & FLUFFY

DELVING DEEPER

By Timothy H. Behrendt

We are urged and sometimes just coaxed into being more aware in the moment we are living by learned coaches. The big challenge is - how? One way is by focusing on our breathing as we deepen and accept it. Another way is to remember that this moment is our life. And so it is, whether we embrace it or not!





Kimberly Behrendt has been using this solid shampoo bar with very satisfying results for about five years. She feels good about not having added to pollution from plastic bottles because of it. HiBar Solid Shampoo is available from Amazon and other sources.

“It is often the small steps, not the giant leaps, that bring about the most lasting change.”
Queen Elizabeth II

DID YOU KNOW?

In the spring of 2023, GreenUtica planted 12 trees in the Sullivan Memorial Grove in Proctor Park and 52 trees on the Memorial Parkway. This 21-year-old community based non-profit organization has invested over one million dollars in Utica’s nearly 600 acres of parks, planting trees & flowers making clean & green spaces readily accessible.

[Greenutica.org](https://www.greenutica.org)



Besides the lovely trails at Shawangunk, here is another nearby trail to explore.

ON EGYPT RD. in Boonville you will find a beautiful trail, open year around which is 14.4 miles out and back. Pictured here is a comfortable warming hut offered there and young Sylvia Behrendt taking a rest on the trail after walking it with her Home School group. The Black River Environmental Improvement Association [BREIA] is a nonprofit funded by Butler Conservation.

BREIA now offers more than 50 kilometers of trails, making it one of the largest classic ski, snowshoe, and mountain biking trail systems in the East. There are four more public locations besides the one in Boonville each offering a distinctive experience for walking, hiking, mountain biking, cross-country skiing and snowshoeing.

Access to the trails and facilities is free, and donations are not accepted. The trails remain open throughout the year and offer hiking / biking opportunities during the warm seasons, and snowshoeing / cross-country skiing in the winter months.

It’s recommended to check trail conditions before visiting.

<https://www.breiax-countryski.org>