



DECEMBER NUGGETS OF NEWS
SHAWANGUNK NATURE PRESERVE
255 Shawangunk Rd
Cold Brook, NY 13324
315-826-7405. shawangunk@ntcnet.com



A deer trail through the woods.

BY SPECIAL
REQUEST -
WREATH
WORKSHOPS
EXTENDED!

On December 5th, you may choose a 10:00 or 11:00 class time to make a Balsam Wreath or Kissing Ball made from fragrant, fresh greens harvested ecologically in our Preserve.

Call ahead in plenty of time to reserve space for you and your friends. Materials \$15.

Call 315-723-2813 or email: shawangunk@ntcnet.com come to Whispering Pine 217 Shawangunk Rd

New Proverbs by Timothy Hume Behrendt

"Life without forgiveness toward others and self is, in time, a harsh pit of bitter emptiness - who do you need to forgive?"

"The highest earthly treasures are wisdom and gratitude which are freely available to all who earnestly value and seek them."



Our balsam workshops have become an annual tradition for many folks!



Volunteers Amanda Harrell & Elaine McCabe enjoyed a beautiful day in the Preserve helping Peg & Tim gather balsam tree branch tips for our annual wreath & kissing ball workshops.



ON CREATIVITY

"The way to get good ideas is to get lots of ideas, and throw the bad ones away."
Linus Pauling (Bio-Chemist, Peace Activist)

"You can't use up creativity. The more you use, the more you have."
Maya Angelou (Poet, Civil Rights Activist)

"Creativity is allowing yourself to make mistakes. Art is knowing which ones to keep."
Scott Adams (Creator of Dilbert comic strip)

DELVING DEEPER by Timothy Hume Behrendt
From his first book **“With A Village Church”** 1971

Moments of meaning...can we ever have enough of them? Do we not grieve their passing? The winter night by a streaming creek with silver stems catching stars in their tangled web; the youthful summer romance when everything went right in love; the quiet moments by a still clear pond that caught autumn's colors and allowed me twice the view; long awaited spring deep in the woods with warm breezes teasing young birches; these were moments when life was fully enough. But if I follow John Keats' thought I will grieve not, for these peak moments cannot fade, and though I have not their specific bliss, forever will I lovingly remember them and they be fair.

SHAWANGUNK IS FULL OF ADVENTURE!



Alexander Pope & wife Laura Sinnott Pope (pegs former piano student) spent a fun day here recently with their children and some friends.



Feeling cattail fluff for the first time.



Historically cattail fluff has been used for...

- Lining diapers
- Menstrual pads
- Insulating shoes & clothes
- Padding & pillows
- Staunching wounds
- Starting fires
- Extending wool

MOST KIDS LOVE TREE CLIMBING! (WE DID!)

Some benefits are.... (of course there are risks)

- Fosters a deep connection to the environment – the feel of bark, sounds of leaves, light shining through leaves.
- Helps build physical strength and ability, coordination, spatial awareness.



Children discover wonderfully aromatic balsam sap hidden in bubbles on tree trunks.

Historically balsam sap was used as...

- Topical antiseptic for wounds, burns and sores
- Cough remedy
- Fire starting
- Waterproofing items like canoes.

Each day holds a surprise. Let's not be afraid to receive it, whether it comes to us as sorrow, or as joy, it will open a new place in our hearts, a place where we can welcome new friends and celebrate more fully our shared humanity."

Henri Nouwen

A FUNDRAISING MESSAGE ON GIVING TUESDAY

Dear Friends,

If you haven't done so already, please consider a small donation to the Shawangunk Nature Preserve on this Global Day of Giving.

Since the initial purchase of 3.5 acres, the preserve has grown into a nonprofit 516-acre deep ecology learning center and wildlife preserve. Our mission is to keep the land forever wild and provide educational services to the community fostering an appreciation of the natural world. We also offer regular free workshops (with material fees only) on natural crafts, free canoes, and kayaks (in season on Black Creek) and if you're in the area, you can always come and take a walk, x-country ski or snowshoe on our trails and enjoy a peaceful break!

Your support, whether through a donation or by spreading the word to others who might be able to give, is invaluable.

To make a tax-deductible donation online or learn more, please visit:

<http://www.shawangunknaturepreserve.com/>

Have a great day!