



NUGGETS of NEWS March 2024



From the

SHAWANGUNK NATURE PRESERVE



Our Beaver Pond Overlook

Upcoming Workshop:

FUN COLORS and TAPE PROJECT

February 3, 2023, 10:30 am – 1:00

Insecure about your artistic skills? Don't be! This art experience will open you to new & exciting options. With colors and tape unleash your artistic inhibitions in a carefree kaleidoscope of creativity. Materials \$7. Please text or call Kim @ 315-507-7698 to register. We'll meet at Whispering Pine.



I think having land
and not ruining it is
the most beautiful art
that anybody could
ever want.”
Andy Warhol

Without this playing with fantasy, no
creative work has ever yet come to
birth. The debt we owe to the play
of the imagination is incalculable.

Carl Jung

TREES



Sunset in the SNP forest.

A study out of Germany recently published in the journal *Scientific Reports* showed that the more trees a neighborhood had, the fewer prescriptions for antidepressants among its residents. The effect was particularly strong among the less wealthy.

Another group of scientists randomly cleaned up and planted trees and other greenery in vacant lots in Philadelphia. Those living nearby showed a 41.5 percent reduction in self-reported depression symptoms.

These studies suggest the depression-busting effects of nature aren't confined to untamed wilderness.

DELVING DEEPER

by Timothy Hume Behrendt,
SNP Coordinator/Minister/Counselor

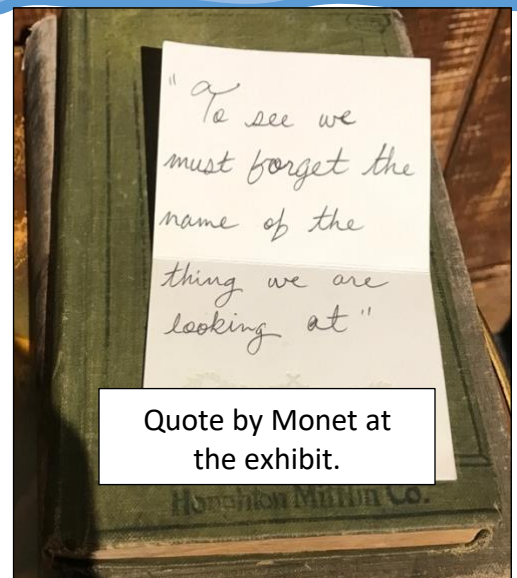
We are urged and sometimes just coaxed into being more aware in the moment we are living by learned coaches. The big challenge is - how? One way is by focusing on our breathing as we deepen and accept it. Another way is to remember that this moment is our life. And so it is, whether we embrace it or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



Tim & Peg recently went to the beautifully done immersive Monet exhibit in Schenectady.

When we don't spend enough time outdoors, we develop "Nature Deficit Disorder."

Richard Louv, author of "Our Wild Calling" (How connecting with animals can transform our lives – and save theirs.) and "Lost Child in the Woods"



Quote by Monet at the exhibit.



*"Human kindness has never
weakened the stamina or softened
the fiber of a free people. A nation
does not have to be cruel to be
tough.!"*

Franklin Delano Roosevelt

*"If you don't love yourself, you can't really love anybody else! Talk to yourself the way
you would with a friend."* Timothy Hume Behrendt

2024 marks the 50th anniversary of two Love Affairs!

Tim & Peg's marriage on Feb 14, 1974.

And

The beginning of the Shawangunk Nature Preserve , Sept 1, 1974,

Watch for some special projects and activities in the works to
celebrate the creation of this grand deep ecology vision.

IN 2023

Our trails got lots of use this year with individuals, families, and clubs such as Tramp & Trail.

Our biggest fundraising workshop was the Wreath Making, using fresh balsam & willow from the preserve garnering \$1,000 and bringing joy to many people.

Visits from a state ornithologist doing a bird count and a graduate student studying wild orchids were happily received.

An easier-to-use canoe/kayak rack was constructed as well as a small tower with a grand view of one of our largest beaver ponds.

SNP FINANCIAL REPORT for 2023

Total Income	\$6,932.08
Total Expenditures	<u>-\$5,165.99</u>
End of Year 2023 Balance	\$1,766.09

INCOME CATEGORIES

Donations	\$4,274.84
Publications	\$855.00
Interest	\$309.24
Workshops	<u>\$1,493.00</u>
TOTAL INCOME for 2023	\$6,932.08

EXPENDITURE CATEGORIES

Special Projects (Display products/tent for ecology events, lumber for new canoe rack and beaver watchtower, lunch/supplies for BNYMellon volunteer day)	<u>-\$1,014.29</u>
Wildlife Support (supplemental feed)	-\$171.28
Book printing	-\$490.17
Workshops	-\$524.00
Office (website, software, professional printing, ink, postage, etc)	-\$1,289.36
Building & Trail Maintenance (Lumber, hardware, etc.)	-\$641.86
Property Taxes	<u>-\$1,034.44</u>
TOTAL EXPENDITURES for 2023	-\$5,165.99

Bank Balance 12/31/23. \$22,422.69

In 2022.....

Total Income	\$5,670.70
Total Expenditures	<u>-\$6,644.61</u>
End of Year 2022 Balance	-\$973.91



Many thanks to our volunteers who spent time (& money on gas), to come to help... to our many generous supporters who share their precious financial resources with us...and thanks to Rebekah & Gael Audic who use their mower/ATV and equipment, gas, etc. as well as many hours of heavy physical labor constructing bridges & keeping trails clear. Consequently, we've had much more public use of trails this year, with very positive feedback.

Plans for 2024 include scouting and beginning a trail from Shawangunk Rd to the western part of the Preserve which will pass through a unique grove of huge, very old hemlock trees, an equally old hardwood forest area, then entering red pine forests, broad meadows of blueberry, deep alpine mosses, shrubs and cattail marshes. Presently only accessible by public road, this will be a lovely way to explore this part of the preserve which has such diverse habitats & ecosystems.

It will entail some extensive bridge construction through wet areas, and we are looking for able volunteers willing to assist and special funds for lumber.

A **celebratory 50th Anniversary Picnic** at the Autumnal Equinox is being planned to honor all supporters, past & present who have made this preserve possible.