

DIONONDEHOWA

Wildlife Sanctuary & School

ISSUE 13

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2015

DWS&S

Incorporating Purposes

The Wildlife Sanctuary:

- * Provides a recharge area for wildlife on the Sanctuary and in the region
- * Contributes to the corridor that provides migration routes for large animals
- * Provides habitat for native plants and animals in an ever-dwindling natural landscape
- * Provides riparian and landscape beauty for recreational users of the Battenkill
- * Contributes land to existing forever-wild areas

Dionondehowa School:

- * Focuses on Nature Studies, the Healing Arts, and the Expressive Arts in a beautiful natural setting
- * Encourages the free exchange of ideas
- * Makes Expressive Arts, Healing Arts, and Nature programs available to individuals of diverse backgrounds and interests
- * Engenders a sense of social and environmental responsibility
- * Offers skills for implementing social and environmental responsibility

Decisions . . . decisions made!

Our 2014 Dionondehowa Newsletter raised the difficult matter of most of the Sanctuary's fields. These fields played host to the few bird species who nest in tall grass and whose nesting period matches that of farmers' choice for feed. In Dionondehowa's case, the description applies to the Bobolink, the champion of migrating songbirds, commuting from the north central and eastern part of North America to Argentina. And back.

Because of the Bobolinks' need for grass nesting and farmers' need to cut that same grass, the species' numbers have sunk dramatically. For almost two decades, Dionondehowa had a good relationship with a local farmer who was willing to cut grass after July when Bobolinks would have already begun their migratory route. Late-cut grass is considered less beneficial as feed but this farmer saw value in the grass as bedding material. He reported to us after the 2013 season that the soil in our fields showed signs of getting weary. . . and he was reaping far less per acre than the work to bale the hay was worth. But the Sanctuary Board felt uncomfortable with the industrial farming approach the farmer proposed to bring the fields back to vigor. The 2014 Newsletter outlined the farmer's proposals and some alternatives, which we felt were a better fit with the Sanctuary's aims.

For more than a few months we seemed to tread water. Eventually we made contact with John Ubaldo whose farm shares a border with the Sanctuary. As he raises beef, pork and duck organically we were optimistic that we had found a source for manure. DWS&S Board Members met with John and together put a plan in action whereby his Black Angus beef cattle would graze on certain of the Sanctuary's open fields. The cattle would be contained by a portable, solar-powered electric fence with water and supplemental feed brought to them as needed. The cattle were moved from field to field when edible growth approached an end.

And thus the experiment began in the last week of July in fields where we felt sure no Bobolinks had nested. The cows were led along Stanton road by two farmhands in a herd of about twenty and were soon in place... eating... and fertilizing. And, of course, that was the essential of the experiment for us: the revitalization of the soil with organic matter. In this case the organic matter would not be compromised by herbicides, pesticides or other introduced chemicals.

By early September, 2014, the try-out seemed to be working. The cows' natural fertilizer was pretty evenly spread and very little green was rejected. We are informed that the cows' hooves also aerate the soil. An unexpected benefit for us was the benign and pleasant nature of the herd. Their daily chore was simple. They went about it without complaint and with no apparent suffering for what we might call tedium. In a word, they looked content.

John Boys Farm benefited from the experiment as well. It gave his own fields a rest and he knew that our fields had not been "treated" in any way for more than twenty years. He may well have even felt a spark of satisfaction at having helped a modest wildlife sanctuary move toward an important goal.

As this experiment continues to show positive signs, we are considering expanding it for restoration of other fields. Expanding the experiment to other fields, which are not necessarily used by long grass nesting birds, could have many benefits, too. The borders between open fields and woods provide important habitat for many small mammals, rodents and countless bird species.

For friends of Dionondehowa, this restorative approach can be exciting and rewarding. It is not every day when an unlikely dream like Dionondehowa achieves an essential aim. We trust that our experiment will continue to prosper!

G.O.



DWS&S Board of Directors

Peter Andrea
Stanley Dorn
Bonnie Hoag
Geoffrey Ovington
Kristi Plunkett
Ron Sloan
Eric Streble

Progress Report on GMO Labeling in NYS

"In 2014 the August West Foundation helped NYS legislators introduce bills for labeling Genetically Modified Organisms. Sheldon Silver helped bury the bills so we could not get them voted on before the session ended. This year the bills were reintroduced as A.617 (sponsored by Assemblywoman Rosenthal) and S.485 (sponsored by Senator Lavalle). On January 26, 2015 we held a press conference and lobby day in Albany. Hopefully we will have much better luck this year." J.U.

John Ubaldo is Founder and Chair of the Board for the August West Foundation for Sustainable Agriculture.

Contact him through www.augustwestfoundation.org.

Humanitarian Radio

In an effort to broaden the offerings of web radio and to introduce a new concept, Susan Caumont and Jeff Beller have built www.bridgesprogramming.com. Central to their purpose is the HREM: Human Renewable Energy Measure, which asserts "value for humanity in the economic system". Their ideas are also found at www.renewtheearth.org where Susan posts a monthly feature: *Letter to the Earthlings: Projects for Children to Spark Their Curiosity About Nature*.

Come join Susan and Jeff in conversation Saturday June 13, 1-4pm.

Creek Restoration - A Call for Volunteers

David Hunt returns May 16, 9am - 4pm to guide us in the removal of all remaining barbed wire along the Creek corridor. How many decades has it rusted there, some of it the early style of cut-and-twisted sheet metal, some swallowed by the lignum of now-old maples? What stories might these tangles tell of the families, of the sheep & cows who once grazed along the Creek, even into the mid-1960s and the last days of the Stanton's dairy farm? We'll muse over lunch, provided by the Sanctuary, and then complete our work by delivering the coils of wire to the recycling center. With this day's effort we move ever closer to fulfilling David's vision: Freeing the Creek of "major human disturbances" as it crosses the Sanctuary, on its way to the Battenkill.

Ecological Intuition & Medicine, as David calls his work, is a low-consumption, low income, low-tech, non-profit, intentionally unincorporated venture promoting healing of Nature and Western Culture through encouragement of intuitive solutions towards long-term sustainability. Contact him at 518.279.4124.



Postcards of *Dionondehowa's Daughter* by Suzanne Sloan (with our motto *Come to Your Senses at Dionondehowa!*) are now available. All proceeds directly support DWS&S programs. 10 for \$8. Please inquire at 518.854.7764.

Gratitude is Abundance

Honoring The Farmer Activist

George Houser of Easton, NY, who died in late Autumn 2014 was a man of far-seeing intelligence and a hero for activists intent on protecting farmland and water. In the 1970s he and Phil Peters all but single-handedly defended southern Washington County from a breeder reactor and years later he was the go-to guy when activists of the young Battenkill Conservancy were tackling abuses of the River. George had a powerful storehouse of knowledge and experience which he could draw on and articulate with the ease and grace of a gifted courtroom attorney. As with the legacy of so many unsung heroes, we all are enjoying the benefits of his vigilance & perseverance. Thank you, George.

Thanks to Ron Sloan

Ron who is a zoologist and DWS&S Board member, emeritus, has made a generous donation of books, expanding Dionondehowa's library considerably with antique (and perhaps rare) titles. Included are *NYS Museum Memoir 8 Volume 2 Insects Affecting Park and Woodland Trees* (1906); *Birds of Prey of the World* (1964); *Birds of New York* by Eaton (1914); *The Ruffed Grouse: Life History, Propagation, Management*; *Wild Flowers of New York, Volumes I & II* (1918); and *Mammals of the World*.

THANKS to:

Skosh Snyder for tuning us up for the MMF Young Artists

Olivia Williamson for organizing our Union College work days

Nat Parke for leading another wonderful bird walk

Peter Andrea for our newsletter and maintaining our website

David Hunt for his ongoing efforts for our Creek Restoration

Corrina Aldrich SWCD District Manager for connecting us with

Audubon's Pasturing Project

Joe Driscoll newly retired SWCD District Manager for his great help over the years

Patti Buck for her help with the MMF Young Artists Concert and with the final proofing of this newsletter

All who so generously donated sumptuous food for the MMF Young Artists Reception!

Thanks to those who have donated memberships for Dionondehowa, including *The American Elm Institute*, *The American Chestnut Foundation*, and *The Cornell Lab of Ornithology*.



Dionondehowa Wildlife Sanctuary & School Calendar of Events 2015

- April 19** *Union College Environmental Club* returns to help out on the Sanctuary
- May 9** *Bird Walk* with bird enthusiast Nat Parke 9am - Noon donation requested
- May 16** *Creek Restoration* with David Hunt 9am - 4pm volunteers needed (article page 2)
- June 13** *The HREM* with Jeff Beller and Susan Caumont 1 - 4pm (article page 2)
- June 21** *Celebrate the Solstice and Rosalind Peterson's ongoing work* (article page 6)
- July 26** *Manchester Music Festival* Young Artists Concert in the Muse Room 3pm
- August 8** *The Rift* improvisational singing of the new AHHHpera by Bonliz Hoag
- August 15** *citizenfour* Laura Poitras' documentary film and conversation 6pm
- September 5** *Vegetarian/Vegan Potluck Feast* and conversation about what we eat 11am - 4pm (article page 3)

To join any of these workshops and programs please register at 518.854.7764

Think Outside the Box! What Box?



Union College Work Crew, Fall 2014

Wish Bones

Our *Win-win Wishing* essay in last year's newsletter evoked a response from one of our readers who is a vegan. In line with wishing, she asked that we please wake up to the injury all of us cause as omnivores, meat-eaters, and even as vegetarians. For most of us the suffering we cause is by proxy since we can turn *away* from the farming and husbandry methods and *toward* the pleasures, without having to acknowledge the horrors of these lives as they mature in preparation for our plate. This brief response cannot, nor is it intended to, address the larger issues of eating meat, fish, dairy and eggs... or of just *eating*. There is much to be said and even argued, as we weigh the suffering against the perceived benefits.

To that end Dionondehowa will offer a Vegetarian/Vegan Potluck Feast and conversation on September 5, 11am - 4pm.

Cat Scat and Then Some

This *not* being some very cool jazz singer's improvisation but rather the excrement left by wild beings and more particularly in this instance, Bobcat scat. All scat is rich with information for the curious naturalist and poet. In Winter 2014, many specimens were left behind as Bobcats crossing the Sanctuary often came in close to the buildings. Although their excrement contained a lot of fur, it also had bits of bone which we have identified as belonging to squirrels.

More recently we came upon a "rope" of vomit about twelve inches long and an inch in diameter - too large to be from our feral Cats. This chunky line of glistening pink, half-masticated flesh seemed to come from the esophagus of a larger animal which we, again, took to be a Bobcat. Poking it apart a little with a stick revealed a frozen round worm and a single pellet of Rabbit scat, leading us to imagine that this Bobcat had hunted successfully, gorged and then regurgitated its meal. About an hour later, returning to the site to share this discovery with a friend, we were further amazed to discover that not one morsel remained. Not one.

Sunflower Seeds & Suet

Whether or not it is broadly beneficial... in the winter we do hang feeders and suet for Birds near the Sanctuary buildings. We have long wondered whether feeding non-organic black-oiled sunflower seeds affects the gene pools of the species who flock to the feeders. Likewise, what is in the non-organic beef fat we hang for the Woodpeckers? Is it possible that hundreds of species are being genetically harmed by our "good intentions"?



Lyme Disease Update

Dionondehowa continues to offer Lyme Disease resources which, in our experience, are worthy of the trust of Lyme Disease victims. DWS&S is a community resource for those seeking alternative treatments, Lyme-literate physicians, background on the evolving disease, and the recommended O'Tom tick removers which are now available at the Sanctuary.

In addition there is good news for those struggling with the onset or chronic effects of Lyme! Thanks to the passion and diligence of Lyme Disease activists, NYS has passed legislation which allows patients and their doctors to make decisions regarding their treatment choice without the interference of the Infectious Diseases Society of America and without accusations of medical malpractice from the Office of Professional Medical Conduct. We applaud these efforts and are grateful for the protection of the law. It is important, however, to ask why is Lyme the only disease where the right of doctor-patient confidentiality & choices must be defended by law?

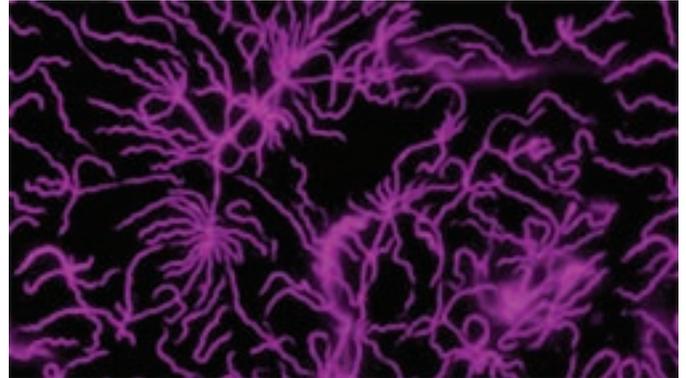
Our investigation continues, regarding Lyme as a result of biological warfare - specifically entomological warfare: weaponized insects. In Spring of 2014 DWS&S Director Bonnie Hoag spoke with Dr. Richard Horowitz, respected Lyme-literate doctor and author of *Why Can't I Get Better?* Bonnie inquired about the military roots of Lyme. Dr. Horowitz responded that he has heard this from "reliable sources". Why, then, are we Lyme activists not exposing these roots? With the increase in infectious/weaponized disease research laboratories, why are we not demanding the closure of such facilities. In *Germes Gone Wild* Kenneth King states "...since 2001 the number of high-containment germ labs in the U.S. has risen from fewer than 200 to more than 1300..."

Many people may not know that there was a bold move by the U.S. military, after WWII, to create two forms of disease - as weapons. One was designed to be fatal: HIV-AIDS. The other, called "non-lethal" would infect "the enemy" with what are called protean symptoms such as are seen in fibro-myalgia, chronic fatigue syndrome, Epstein-Barr, and the complex disease misnamed Lyme. [See *The Brucellosis Triangle*] The descriptor "protean" refers to Neptune's son, Proteus, who was a shape-shifter. Lyme is a shape-shifter, too: famously difficult to diagnose and difficult to treat.

In *Why Can't I Get Better* Dr. Horowitz writes about Mycoplasma fermentans, genitalium and pneumoniae. Although he does not refer to the patent, for the purposes of this article it is important to note that pathogenic mycoplasma is a *patented invention* which may be found in the blood of patients with a Lyme diagnosis. Patent #5,242,820 was pursued under the auspice of the U.S. Army. It was derived from AIDS patients.

Dr. Horowitz has coined an acronym, MSIDS: Multiple Systemic Infectious Disease Syndrome which helps define the complexities and sets in place a path toward recovery by treating the various identified disease components one at a time or in combination.

Any one person may have a panoply of viruses, bacteria, and patented inventions, as with pathogenic mycoplasma. In general, our medical community continues to misunderstand and misdiagnose the complexities. Are the medical schools and the Centers for Disease Control (and Prevention) culpable? Why



Live Borrelia burgdorferi courtesy of Dan Drecktrah and Scott Samuels, University of Montana

are our physicians so poorly informed? A friend told us about her son who, at 18 months, was diagnosed and treated for Lyme. As he got better her son's pediatrician said that now he is immune, much as he would be immune to measles after having the disease. This is simply not true. And, as such, could pose health complications for him in the future.

Further, are women being told that if they have had Lyme they may have a child who is born Lyme positive and that the symptoms may emerge over time? Are people with Lyme/MSIDS donating blood for the Red Cross drives? How many people may have Lyme and yet have not tested positive for antibodies? How many haven't even thought to have themselves tested? And what of the evidence that Lyme can be transmitted sexually? What safe-guards are in place to stop the spread of so-called Lyme throughout the whole world population?

The fine documentary "Under Our Skin" addresses the incestuous relationship among the pharmaceutical and insurance industries, and university research laboratories. It also exposes the rush to own patents. It demonstrates how the Infectious Diseases Society of America has tried to control the protocols of treatment and has successfully undermined Lyme-literate physicians. While the argument continues about whether or not Lyme/MSIDS is chronic, some of us have begun to think it may actually be *progressive*.

For those who would like a list of known Lyme-literate physicians please email us at dionondehowa@yahoo.com or phone 518.854.7764.

This article is based on readings from the following books: *Germes Gone Wild* - Kenneth King; *Tomorrow's Weapons* - J.H. Rothschild; *Osler's Web: Inside the Web of the Chronic Fatigue Syndrome Epidemic* - Hilary Johnson; *Biowarfare and Terrorism* - Francis Boyle; *Clouds of Secrecy: The Army's Germ Warfare Tests Over Populated Areas* - Leonard Cole; *Lab 257: The Disturbing Story of the Government's Secret Plum Island Laboratory* - William Carroll; *The Brucellosis Triangle* and *The Extremely Unfortunate Skull Valley Incident* - Donald Scott & William Scott; *Why Can't I Get Better?* - Dr. Richard Horowitz.

BIG . . . MEDIUM . . . SMALL

This winter, early 2015, has seen bird activity on the Sanctuary in these three size categories.

Bald Eagles have not become as common as Robins, but they are here in apparently established numbers based on the frequency of sightings. From the east-facing top floor window of the barn, I am often treated to the view of an Eagle flying up from the Battenkill probably heading West toward the Lakes, Lauderdale & Hedges, where they are often sighted. For some reason the Eagles like to "aim" toward the peak of the barn roof and follow its ridge a few feet above. Their size and their blazing white head & tail are magnificent.

Among medium-sized birds, the Red-bellied Woodpecker has been a resident at the Sanctuary for three years. *The Peterson Field Guide to Birds East of the Rockies* (1980 edition) lists this bird's range as northern NJ and southern CT. But for two decades birdwatchers in our latitude have spotted them often. Their name, "red-bellied", hardly describes them since the "red" in question is really a slight pastel pink, and barely visible anyway. The real red is in their crowns. This year we have seen two. One, we know to be male as the nape & crown are fully red. We're waiting to get a better look at the other. If the red covers only the nape we'll know it is female which might indicate a nesting pair.

As for the small birds, I was surprised when, at the end of January, I spotted what might have been a Red-breasted Nuthatch. The behavior of this bird, however, quickly told me it was something else. My initial glimpse of him placed him high in a locust and moving around to the back, inconspicuously. Then he dropped at once to the base of another locust and proceeded to spiral up. Nuthatches normally scour the bark, heading down. So this bird was a Brown Creeper, a difficult bird to spot any time of year, but a rarity in winter. G.O.

Come to the annual *Bird Walk* with Nat Parke, International Migratory Bird Day May 9 from 9am - Noon.

Maybe Learning is Remembering

Ticks and Catamounts

It is oddly enlivening to consider extremes of potential danger on the Sanctuary. This year we'll have Lyme-disease-carrying Ticks at one end of the scale and Mountain Lions at the other. Whether these big Cats are moving East in search of new habitat or have successfully survived their near extermination from years gone by, they are definitely with us again. Friends in Hebron wrote in their 2014 holiday letter: "In March, Joe sighted a Mountain Lion in our yard four times in one day. He was lucky enough to get a photograph of it and I photographed the paw prints. The NYS Department of Conservation insists there aren't any Mountain Lions here but many of our friends have also seen them. Several conservation officers arrived here to see the photos and confirm that it was a Mountain Lion."*

On the other side of Dionondehowa, south of Cambridge, along Turnpike Road there have been other reported sightings. This news is exhilarating to be sure and especially because of our intention to help provide migration routes for large mammals along the River. But... now what? We already have to let visitors know that they might encounter Coyotes or Bears on the Sanctuary, and certainly there are times when the prevalence of Ticks keeps us off the Land altogether... but now... as you have just read, we may not even have to go into the woods for an encounter. A big cat may pass through the yard.

This new and ancient possibility forces us to reconsider our relationship with danger. It could be said that the Ticks have shown us our place, too, but... there is something about the Catamount that straightens our spine with an electric surge.

*Sally & Joe Brillion

"The Wildest Idea on Earth"

Smithsonian Magazine September 2014

In this issue author Tony Hiss introduced the wild idea of naturalist E.O. Wilson: "Half Earth" - a crazy-wonderful concept of returning half of the planet to the "ten million other species". Dionondehowa, of course, revels in such a plan. With our 217 forever-wild acres we might just be the fringe on the postage stamp on this love letter to planet Earth.

In broad strokes the idea is to reconnect wildlands and establish corridors between them. With our second incorporating purpose Dionondehowa committed to "contribute to the corridor that provides migration routes for large animals". It appears from the maps, on pages 74-75 of the article, that DWS&S lies in a key position within the lower circle on the NY/VT border, centrally located along the Battenkill. And so we contribute - in our small way - to the Appalachian Valley's "2000-mile-long corridor". Please take a look for yourself.

Feral Cats

In general, the feral Cats who have crossed the Sanctuary have allowed us to tame them, bring them into the fold, domesticate them. Readers may remember the feral Cat we named Wild who, after many months of attention (and food), surrendered his uncertain liberty, in exchange for warm digs, 3-squares, playtime and an abundance of affection. We are now many months into an attempted taming of a black and white female who became pregnant before we could trap her and get her spayed. We are putting a call out for safe and loving homes for her kittens. Dionondehowa will pay for the neutering of these kittens but cannot house and feed them.

If you can help, please call 518.854.7764.

Sky Update

Geoengineering is again in the news, including Solar Radiation Management (SRM) - the technique which we have been watching with the most concern. The articles (listed below) announce the National Research Council's report, discussing proposals on how to slow global warming. Our Dr. Strangeloves - including Ken Caldeira and David Keith - continue the pretense of neutrality while weaving their tacit endorsement into conversations about SRM. They say we may have to "field test" the computer models. What - if not some brand of field testing - are the experiments we witness daily and globally: the trails dispersed by military jets across the Sky - pluming trails which combine, over time, haze the Sky and dim the Sun, effectively eliminating Direct Sunlight which - any second grader can tell us - is vital to life processes on planet Earth.

Even with very little attention to the Sky it is easy to detect the pluming trails. We need only to be willing to watch the process: 1) begin to accustom your eyes to seeing the pale white haze which is now almost always visible, even on a "blue-sky sunny" day; 2) notice the lines of expanding "contrails" which may appear in Xs, parallel lines, cross-hatches, random streaks, or dotted lines; 3) if possible, note the type of jet, commercial or military (both are used); 4) keep an eye on the lines, over time, as they plume and combine to haze the Sky and dim the Sun; 5) note, from day-to-day, the regularity of this program; 6) investigate Solar Radiation Management and the long history (since WWII) of geoengineering for military purposes.

Related articles:

Washington Post February 9, 2015 Joel Achenbach

Mother Jones February, 2015

New York Times Science February 11, 2015

Global Research February 1, 2014 Rady Ananda

Hill Country Observer Letters to the editor August, 2014

Those of us who were born after 1980 may not remember a "natural" Sky. It might be helpful to look at landscape paintings from earlier centuries to get a sense of the difference. The old-timers among us may remember the Sky of their youth without the pluming trails or resulting haze. They may also note the recent increase in weather jargon: rivers of rain, mezzo scale convective system, upper atmospheric trough, mid-level energy, polar vortex, modest low-level convergence, conducting bowing structure, instability in the air, deepening storm system, cyclonic split level flow pattern, short wave trough... to list a few.



Celebrating the Solstice and the Ongoing Work of Rosalind Peterson

It is altogether appropriate that we celebrate Rosalind Peterson on the Solstice, June 21, 1-4pm. It was because of the geoengineering technique, Solar Radiation Management, that Rosalind came to our attention in 2008. Since then, she has been for us (and thousands of others) a trusted resource for her thoroughly documented research on SRM and many other critical issues. The results of her ongoing work are available for everyone at www.agriculturedefensecoalition.org. We applaud her tireless dedication, as an investigative journalist and as an activist. We will celebrate the Sun and Rosalind with a conversation about the dangers of geoengineering and Solar Radiation Management. And, of course, with June 21 also being Father's Day we'll raise a glass of sun-tea to all the dads. Meanwhile, we can get you started with a reading list of government hearings and documents. Just give us a call at 518.854.7764.

SOLAR RADIATION MANAGEMENT - SRM

SRM is a geoengineering technique which is considered, by some, to be a global solution to global warming. Ostensibly, it reflects the Sun's heat away from the Earth by hazing the Sky with aerosols such as sulfur dioxide or aluminum oxide.

Instead, THIS CHEMICAL HAZE:

- * reduces Direct Sunlight which is vital to fundamental life processes such as photosynthesis
- * lessens the public will to address climate change with low-tech common sense solutions
- * compromises physical and mental health (vitamin D deficiency, depression, asthma)
- * causes continued ocean acidification from CO2
- * further depletes ozone
- * increases dangerous ultraviolet radiation
- * increases diffuse radiation, making the Sky less blue
- * increases diffuse radiation, decreasing solar power production
- * risks potential for military use
- * affects local and global weather systems
- * risks much more rapid global warming, if discontinued
- * puts permanent pollution above astronomers' telescopes
- * assures there will be human error with sophisticated technical systems
- * assures there will be unexpected consequences

Do we have the right to try to control the planet's climate, without consideration of all other species?

These are some of the concerns voiced in testimony by scientists during the U.S. House of Representatives hearings before its Committee on Science and Technology (2010-11). No hearings were held by any other government committees such as agriculture, environment, or human health.

Invasive Species? Who Decides?

In my opinion we Humans top the list of invasives. And certainly our self-interests have “crowded out” many others.

If it sounds like I’m human-bashing I apologize, even as I am compelled to continue speaking my mind. Let’s take a moment to consider the generosity, beauty and intelligence of Plants— of the Plant People. What if we think of them as our equals rather than one more resource we must control, direct and harvest?

This playful shift in perception can give us a new sense of *companionship*. Not as we know it with “companion planting” wisely encouraged by gardening experts, but rather companionship *between* Plants and Humans. With this kind of companionship we release our assumptions and allow for the possibility that we can learn directly from Plants. We can let go of what we have been taught and, instead, sit quietly - softening our vision and our hearts. This Summer at Dionondehowa we will offer simple and playful ways to rebuild our relationship with Plants... letting them take the lead.

If you’d like to explore the wisdom of the Plant People: for nourishment, for medicine and for companionship, please contact us at 518.854.7764. These sessions are ongoing.

Goutweed vs. Ground Ivy

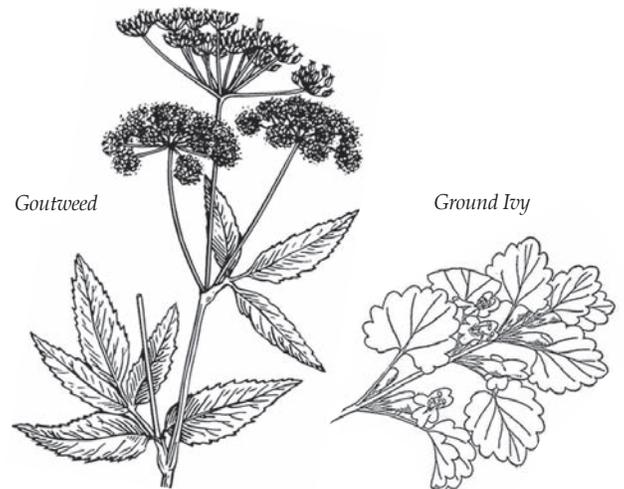
It seems useful to compare the above notion with the fear and loathing I, too, have suffered with “invasives”. Case in point: Over time, infamous Goutweed has become the #1 “enemy” in the Sanctuary gardens. Many years ago it came home from a friend’s garden, a stowaway in a big clump of prized Solomon’s Seal. Neither of us then knew the scourge it is. By the time I noticed, it was already too late. The spindly white roots advanced vigorously through the lawn, scouting out new territory. It felt to me like a takeover. What-to-do?! What-to-do?!

We began digging it out by the roots (again and again) (and again) which only seemed to encourage its prosperity. While we never did try the blow-torch solution, in our desperation we did resort to an herbicide, I am chagrined to report.

It was good fortune that brought Stephen Buhner, herbalist and author of *Healing Lyme*, to me as a guest on my radio program. Of course I asked what to do about Goutweed. He gently redirected my thinking, noting that invasive plant species do seem to come into an area as though following diseases for which they can offer medicine. He referred specifically to Lyme Disease and the residual arthritic pain some of us suffer. As its name suggests, Goutweed can address this symptom. Stephen suggested eating it in salads: nutritious and tasty and certainly bountiful. Oh. I get it. Pay attention to what is unfolding. Let go of my panicked interventions. Instead... enjoy Goutweed: its flavor, its constancy, its medicine and its wisdom.

This shift in my understanding helped allay my concern about a complete Goutweed takeover, but I wonder if I hadn’t already telegraphed my fear and... called in the troops. In the Summer of 2014, I was surprised - no, flabbergasted - to find the flourishing Goutweed had suddenly been overtaken by Ground Ivy— itself an “alien”. In Human terms it looked like a stand-off and by early Winter, before the first snow, the Ground Ivy appeared to have taken the lead.

Yes, Ground Ivy can be considered invasive, too... certainly the Goutweed might feel it is... but it is doing me a great service. As a ground cover, its shallow roots make it easy to remove if desired and, like Goutweed, it is edible. Rest easy, dear Humans. Sometimes it’s okay to let “nature take its course”.



So, What Do the Books Say?

Ground Ivy, aka Gill-over-the-ground, (*Glechoma hederacea*) is said to be a member of the mint family. *Peterson’s Field Guide to Eastern/Central Medicinal Plants* describes it as an “alien, creeping, ivy-like perennial. Leaves scallop-edged, round to kidney-shaped; sometimes tinged with purple. Two-lipped violet flowers, in whorls of leaf axils, blooming March-July, and found along roads and in lawns throughout our area.” As medicine “traditionally, the leaf tea [was] used for lung ailments, asthmas, jaundice, kidney ailments, ‘blood purifier’. Externally, a folk remedy for cancer, backaches, bruises, piles. Reportedly toxic to horses.” As an immigrant... how did it, likely, come to be here? The *Field Guide* states that “Nearly all common weeds naturalized from Europe have been used as medicinal plants in their native lands.” We might wonder how many of the “weeds” we argue with in our gardens could offer us nourishment and medicine (and companionship) if given the chance.

As for the much-maligned Goutweed, aka Bishop’s Goutweed, (*Aegopodium podagraria*) Mrs. Grieve in *A Modern Herbal* describes it as an honorable and useful Plant. Its *Medicinal Action and Uses* are “Diuretic and sedative. Can be successfully employed *internally* for aches in the joints, gouty and sciatic pains, and *externally* as a fomentation for inflamed parts.” An earlier herbalist, Gerard, wrote, “with his roots stamped and laid upon members that are troubled or vexed with gout, swageth the paine, and taketh away the swelling and inflammation thereof...”. Elsewhere in the text he does admit “when it hath once taken root it will hardly be gotten out again...” It would seem that Gerard did not share our recent experience of Ground Ivy effectively halting Goutweed’s progress through the gardens.

B.H

Come to your senses at Dionondehowa!



DIONONDEHOWA
Wildlife Sanctuary & School
148 Stanton Road, Shushan, NY 12873

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Come to Your Senses at Dionondehowa!

2016 Marks Dionondehowa's 20th Anniversary

How shall we celebrate? At ten years (2006) many friends came like pilgrims to bask in beauty and share a deliciously wholesome vegetarian meal donated by Spoonful Catering. We walked the land, exploring the Sanctuary with the Tree Tour. With a guided meditation we quieted ourselves for the Emotional Landscape stroll. Rick Gottesman tended our fire on the knoll; ML Healey saw what needed doing and did it; David Hunt was present to field wildlife questions; and the deed to the non-profit's new 42 acres passed hands symbolically from Supervisor Alan Brown to DWS&S Board member Ron Sloan. All this... in the embrace of a beautiful day.

2016 Marks the 100th Anniversary of the Battenville Bridge

Because we have taken our name from the River flowing under that bridge, we propose a 100-year anniversary celebration *at* the bridge. We will be celebrating the bridge itself, of course, but also what it symbolizes. As a (now-rare) single-lane, it connects the towns of Jackson and Greenwich with a neighborly nod and wave as one driver allows another to cross in a friendly manner which is all but lost on the roads of the 21st century.

Dionondehowa Wildlife Sanctuary & School, Inc. is a non-profit land trust located on 217 acres bordering the Battenkill (Dionondehowa before the Dutch came) in southern Washington County, New York State. While the Sanctuary serves as a refuge and recharge area, the School is dedicated to Nature Studies and to the Healing and Expressive Arts, using them to engender social and environmental responsibility, in an atmosphere both contemplative and joyful. The name Dionondehowa, pronounced Dye-on-on-duh-how-uh, was first recorded in 1709 and is listed in Beauchamp's *Aboriginal Place Names of New York State*. It means "She Opens the Door for Them" and may have referred to the Eastern Door of the Iroquois Confederacy.

Special Thanks! to all of you who support Dionondehowa: with your time, energy, dollars, far-sighted wisdom and expertise. We couldn't do it without Y*U!