

DIONONDEHOWA

Wildlife Sanctuary & School

ISSUE 17

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2019

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

DWS&S Board of Directors

Peter Andrea
Danielle Costas
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Bonnie Hoag
Geoffrey Ovington
Kristi Plunkett
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DELIGHT: Born of the Restorative Art Project

Our Restorative Art Project, now affectionately known as RAP sessions, began in January of 2018 and is still going strong. In ways, sometimes seeming miraculous, and always serendipitous, this confluence of energy and ingenuity has nourished Dionondehowa in its slow recovery from yeowling hounds, violent trespass and a roaming herd of murdering feral cattle (Please see the update page 2).

The Restorative Art Project was inspired by Intuitive Painting teacher (and artist) Carol Bollinger Green as a gentle way to shift the anxious snarling energy that seemed to have overtaken the vibrant quiet of the Sanctuary. The idea was to gather, share ideas and insights, *and paint*. The paintings were then placed in the woods on willing trees. Similar to sand paintings, which are allowed to wash away with the rising tide, it was expected that wind and rain would eventually tatter these offerings for harmony, *for delight*. The Artists then collect the remains, bringing them back to the knoll for mindful burning.



Tree Spirit Near the Ruins

The knoll also served as a place to dance the “mudra” - given in a dream - which gestured to trespass hunters “no penetration without permission” - the mama voice, the native authority of the mama saying *no, you may not*. A voice with so much certainty that it cannot be defied. Dancing the mudra into a full circle, sending our message out & across the Sanctuary’s posted perimeter, we understood fierce-gentle, an attitude we went on to call the **malitia**, a peaceful subduing of our martial mind.

A natural extension of all this strength-of-purpose, awash with playful creativity, is the possibility of Delight. Delight: all-but-forgotten, as we feed our hunger for it by way of those funny short videos we shuttle among our friends: that darling dancing puppy, innocent and funny. An orphaned kitten gently nurtured by an adopting goat. This year, at Dionondehowa, we hope to turn attention away from that surveillance device in our paw or pocket and invite everyone to turn *toward* the Woods and Creeks and Fields, remembering our Delight in Nature. (Please see our Calendar page 3 for the *Deep Ecology with Beauty & Delight* workshops.)

As preparation, we’ve asked our readers to give us a few sentences about their own experience of Delight * Some have said that just turning their thoughts toward the word gave them a shimmering moment of Delight. This *Newsletter* is laced with our readers’ thoughts on the matter. Other responses can be found on the website under the “Writings” section. If you are feeling inspired to contribute, please chime in now by email.

Gratitude is Abundance

- * *Everything is tingling with the sun on my face. I can feel the light go through my hands and out my fingertips. Warm inside.* ~ SS Toronto
- * *Brightening of the heart, dancing in the wonderment, a sweet surprise, maybe a chance to relax into the moment, deep gratitude and joy.* ~ CG Valley Falls
- * *This is a provocative one... I’ve never thought of the definition that deeply, but what a great word Delight is! I view it as sheer and spontaneous joy. An intense whiff of fun. A positive-vibe-filled invisible cloud that envelops for a few moments. Life’s recompense for the hardships and bad days.* ~ SLM Diamond Point

Why we needed the gentle brilliance of the Restorative Art Project!

For those who may not know the recent history of Dionondehowa it might be useful to offer a condensed review. Early in 2017 new neighbors (self-proclaimed coyote hunters) arrived on the northern boundary with a kennel of 22 Walker hounds whose anxious snarly yeowling often continued for hours at a time, at what was eventually termed "maximum barking" volume by the engineering firm (as assessed by NYS-DEC sound guidelines).

Finally, by court order in Autumn of 2018, decibel readings were taken on all four properties surrounding the kennel. For the Sanctuary the first reading at the shared boundary, 168 feet from the kennel, measured 14.5 dB - considered "Very Noticeable" which is only .5 dB from the 15-20 dB "Objectionable" Sound Pressure Range. There is only one range above this which is "Very Objectionable to Intolerable".

Prior to the arrival of the hounds we were often at that boundary because it is there that Ecologist David Hunt, in 2016, established our 30-meter-square Reforestation Study Plot which was to help us assess the reforestation process over decades to come. Soon after the arrival of the coyote hunters, they made a well-worn ATV track straight through that plot (oblivious to our purposes), placed their hunting perches on Sanctuary trees, facing *into* the Sanctuary, and began to train their coyote-hunting hounds on Dionondehowa. On several occasions they disabled our trail cameras (which were in place to apprehend them), removed the memory card and replaced the camera, but in "off" mode.

At the house and barn, 1865 feet from the kennel (well-over a quarter of a mile away and surrounded by Sanctuary) the reading was 5.8 which is within the "Intrusive" range. How can we serve the public by offering them the vibrant quiet of being in nature, if that experience might, at any moment, be ambushed by violent noise, dogs in pursuit, or people with guns?

As if all this were not enough, DWS&S Co-founder Geoffrey Ovington was well into his process of dying, one more layer of stress, every day, until his death at home as he had wished, on June 30, 2017.

Almost a year later, on May 11th while we were deep in preparations for the May 12th big celebration of Geoffrey's life, there were gunshots on our northern ridge. It was the same neighbor, turkey hunting on the Sanctuary, a crime which he denied when DEC Officers went to his house that day. On December 17, 2018 he finally pled guilty, in court, to the hunting-trespass ticket. And the decibel readings led to the construction of some sound-deadening at the kennel.

So...things are definitely improving for Dionondehowa and the neighborhood but not without exhausting persistence and amazing support. *Thank you* to family and friends for your endurance and forbearance! You know who you are! *Thank you* to our neighbors who, growing weary of the noise and trespass on their own properties, joined us as an informal coalition. It was then that the balance really began to shift. *Thank you* to the participants of the Restorative Art Project and the faithful friends who attended court, *month after month*. *Thank you* to CJ Davidsen who offered to patrol again this year and *without* the expectation of hunting. His presence on the Sanctuary sent trespass-hunters a clear message. *Thank you* to our Town of Jackson for sticking with us to find a workable remedy to quiet the kennel and return to us the familiar peace of the Sanctuary and the neighborhood. If you feel you, too, should be thanked in this roundup of gratitude then please accept our thanks! We want no one's generosity overlooked.

Okay. That's the dogs. Now: the abandoned, feral herd of beef cattle (averaging 1800 pounds, we're told) who were already wandering the neighborhood in Spring of 2018, and by May were grazing in our Long-grass Nesting fields *while* the ground-nesting species (Bobolinks in particular last year) were on their nests, *on the ground!* One of this herd actually killed a neighbor. Perhaps that is the steer who is *still roaming the neighborhood* even today... in March of 2019. Hoof prints were recently recognized in the snow, not far from the Rexleigh Covered Bridge. How can this be? You might ask. Yes, how can this be?

In spite of the remaining feral cattle, however many or few, we're delighted to feel we can once again (if somewhat cautiously) bring people out onto the Sanctuary for joyful adventures, seeking Beauty and Delight. BH

✧ *Delight! Hmmm? I think Overjoy!* ~ JB Salem ✧

✧ *It's so nice to even think about the idea of 'delight'... uhhm... Delight is the first kiss of sunlight on the skin in the summertime, the feeling of salt water holding you dear to its surface while treading water on your back, getting lost in movement and music, being in love for the first time in a long time, especially when it's with yourself as you smile the smile of inner peace that opens the gates wide to the heart of all hearts!* ~ EO Albany

✧ *Delight... first that comes to mind is lightness in everything I do or feel, no drama. De-light - makes no sense to me in the first moment. But maybe it's necessary to de-light things to see them as they are, and to give room to dance with darkness.* ~ AS Berlin

Special Thanks to *The Post-Star*, City Editor Bob Condon, and Reporter Gwen Craig for the beautiful front-page feature story on Dionondehowa (Sunday, December 9, 2018). You can find it online by searching for "Dionondehowa" at www.poststar.com

Dionondehowa's 2019 Calendar of Events

- February 16 *Deep Ecology with Beauty & Delight Workshop* 1 - 4:30pm \$60
- March 24 *Restorative Art Project Workshop* 1 - 4pm \$50
- April 7 *Deep Ecology with Beauty & Delight Workshop* 1 - 4:30pm \$60
- April 14 *Union College Workday*
- April 27 *Creek Restoration Workshop* with David Hunt 9am - 4pm Volunteers needed
- May 2 *Strengthening NYS Trespass Laws* with NYS-DEC Officer Matt Krug 7pm No Charge
- May 11 *Annual Bird Walk* with Nat Parke 9am - 12pm Donation
- June 9 *Deep Ecology with Beauty & Delight Workshop* 1 - 4:30pm \$60
- June 22 *Solstice Celebration and SRM Workshop* What is Geoengineering and why does it matter? 1 - 4pm \$50
- July 6 *Taconic Music Concert* Joint Fundraiser 3pm \$15
- Sept 21 *Annual singing of the AHHHpera: The Rift* 1 - 4pm

Please note that while access to the Sanctuary is through the School, visits by appointment are available at 518.854.7764

✧ *Delight is doing something positive and constructive to help the community.* ~ LS Shushan ✧

Deep Ecology with Beauty & Delight



This workshop is an in-depth introduction to "being in nature... and the nature of being"- finding Beauty and Delight in the vibrant quiet of Dionondehowa's 217-acre non-profit forever-wild Sanctuary. We begin with conversation about our experience of Delight and Beauty, using playful exercises as preparation to deepen our experience of both... while out on the Sanctuary. When we return inside we will sip warm pine needle tea and tell our stories. For our sensibilities, Deep Ecology

explores human relationships with Nature... once we set aside our field-guides (and assumptions) and take Nature itself as our teacher.

A friend who is an admirer of Rudolf Steiner, of Goethe and of anthroposophy wrote the following, after seeing this Tree Spirit photo, "Yes, of course! A spirit revealing itself, thrilled that it is finally surrounded by people who believe in its existence."

~ CM Chatham

Creek Restoration and Ceremony - Volunteers Needed Saturday, April 27 from 9am - 4pm

Holistic Ecologist David Hunt returns to guide our 17th Creek Restoration workshop, intending to complete the barbed wire removal project as part of the ongoing series to clean up major human disturbances along the corridor of Battenkill tributary T28 on the Sanctuary. In addition to removing the barbed wire, coiling it and bringing it up from the Creek to the road for transport to the recycling center we will link spirit and science by sharing stories related to the stream, human endeavor and restoration. Please bring hardy gloves, eye protection, wire cutters if you have them, love for streams, and openness to restorative healing. Please let us know you're coming at 518.854.7764. Lunch is provided. DH

To learn more about David's mindful and thorough approach along the Creek please read Pamela Landi's thoughtful essay, found at dionondehowa.org under "Writings" where she tells about last year's invasive-honeysuckle removal. Also, under "Writings" please find poetry and essays by Ann Shapiro, Bobby Pinkham, Tristan Thomas, Suka Kenai Sloan Moon and more *Delight* ✧

✧ *Delight! I think of a surprise, an unexpected experience that triggers joyfulness that you can feel with your whole being. Caught up in the wonder of a happening.* ~ CL Lake George



Trish Marki of North Country Wild Care - an organization "Dedicated to the Care of Injured and Orphaned Wildlife" - came in June (2018) to collect two orphaned fawns who had been bleating for hours, without relief, in the sparse woods near the house. The distressed call for their mama and her milk went on for hours but I was determined to let nature take its course: either the doe would return, or she would not. The day-old twins split their

time between plaintive cries and curling up in sleep, perhaps the quintessential expression of vulnerable beauty. At the end of a long day, with very hungry babies and no sign of the doe, Trish was able to come. We wrangled the little darlings, secured them in an ample travel crate, and she fed them one at a time, from a



nipped bottle. Although it may appear from the photo to be cola it was not. They started their lives on Pedialyte and soon were on their way to their new home in Bolton Landing. As for nature taking its course: if their mother was hit by a car or suffered some other fate because of humans, is that nature? Had they been farther out on the Sanctuary, their fate unknown to me - rather than at my front door - then they would have either been adopted by the herd or dinner for coyotes. The harshness of the wild ones is more acceptable to me, than the harshness of humans. That said, I will never fully accept the premise of life on planet Earth: that we must kill to live.

BH

North Country Wild Care's Emergency Hotline: 518-964-6740

Being alive is a mystical adventure.

✿ *Delight.....joyful unexpected wildlife encounters; brilliant stars, milky way galaxy on clear nights; full moon rising; sunsets to include intense colors (gold, silver, purple, orange, yellow, crimson); watching a wind invite trees and their leaves to begin their ballet; dew covering an intricate garden spider web; any delectable meal/wine, especially shared with loved ones; a butterfly landing on me; any rare bird on the feeder; a wild cottontail rabbit showing up when I throw carrots to the backyard and it comes when I rap on the deck railing while singing, "Here bunny, bunny!"; when someone I care about does something I want them to do, without my asking; when those I love experience happiness, joy, contentment; anytime! unexpected spontaneity & genuine excitement about anything positive... I could go on much longer but will be merciful! Delighted that you asked! ~ AA Little Rock*

✿ *Delight, for me, comes most frequently from unexpected extras: a new understanding, a little more of something, an added perspective, or a fresh idea. ~ PA Oakland*

✿ *What a lovely idea. I smiled just thinking about delight. The element of surprise is what came to my mind. Something unanticipated on an otherwise gloomy day intensifies delight for me. It can be ordinary like seeing a cat peering in my kitchen door, for instance. Or finding a long lost possession in an unexpected place and then remembering memories attached to it. Simple stuff really. ~ EM Mississauga Canada*

✿ *Just off the cuff: Delight is too soon passing and long recalled. ~ AS Hebron*

Nazi Biowarfare and Lyme. Study-group forming.

Please join us at dionondehowa@yahoo.com for ongoing discussion and research. We meet monthly. We will begin our studies with CIA Projects *Paperclip* and *Artichoke*.

Further reading materials will include: Ft. Riley, Kansas & the 1918 Influenza Pandemic; Ft. Detrick experiments; the history of weaponizing bacteria & viruses; aerosol experiments over populated areas; ever-changing complexity of Lyme and its co-infections, including diseases known to have been weaponized; USAMRIID; *The Brucellosis Triangle, Lab 257, Clouds of Secrecy, Tomorrow's Weapons, Germs Gone Wild*. What actions do we take now to stop further proliferation of biological warfare and weaponized insects?

Please note, from our 2015 Newsletter: Our investigation continues regarding Lyme disease as a result of biological warfare and, more specifically, what is termed 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 of this complex disease? Why are we not inspired by our illness to demand the closing of infectious/weaponized disease research laboratories which have proliferated in our communities since 9/11 2001, as reported in *Germs Gone Wild?*



Union College Work Crew 10.7.18



left to right: Lauren Stebbins, Drake McDonough, Bridget Cunningham, Cassie Davis, Angie DeDona, Bonnie, Jay Isaacs

Taconic Music Concert

Saturday July 6 at 3pm

Please note: this year we'll host our joint fundraiser with Taconic Music on *Saturday*. And... another first for our Muse Room... not only students from TM's 2019 Chamber Music Intensive, as in years gone by... but also *faculty* will grace our stage, including violinists Joana Genova and Heather Braun-Bakken, violists Ariel Rudiakov and Basil Vendryes, cellist Richard Belcher and pianist Davide Cabassi. The program details will be available as we approach the concert date. Find TM's full concert schedule, including the Dionondehowa performance, at their website: taconicmusic.org

Nine talented music majors - violinists, violists, cellists and a pianist, ages 20-26 - will attend Taconic Music's Chamber Music Intensive and be in residence for four weeks this summer. Under the guidance of nationally and internationally renowned faculty members, they will learn and perform complete string quartets and piano quintets.

As this is our annual joint fundraiser with Taconic Music, your \$15 ticket, purchased at the door, supports the creative work (and play) of both nonprofit organizations.

✧ *Delight? Freedom, presence, openness, awareness.* ~ MD Greenwich ✧

Lax NYS trespass laws and how we can improve them

NYS-DEC Officer Matt Krug Thursday, May 2 at 7pm

At the close of the 2018 deer season we contacted NYS-DEC Environmental Conservation Officer Matt Krug to ask how we might work to strengthen NYS trespass laws, both for him as an officer and for landowners who often go to great lengths to clearly establish their borders, against trespass hunters, only to have violation tickets amount to little more than a slap on the wrist. It seems to some of us that the law favors the trespasser rather than the landowner.

In a previous conversation, Matt had said that if landowners really wanted to help... they would address the issue of the law. We suggested that Dionondehowa would be willing to direct some energy toward effecting change in NYS laws if others would join us in that endeavor. It's just too large for a solo undertaking.

We asked Matt to help us get started by listing the changes in the law that he and others in law-enforcement feel would really make a difference once trespass violations make it into court.

He wrote, "Different states have different laws regarding trespass. In NY it's only a violation to trespass on posted property. If someone goes around a gate or over a fence then it could be a misdemeanor." He asked us to take a look at the "purple paint rule" which has been gaining traction in other states to assist landowners with protecting their property. And he added, "At hunter education courses we tell the students to always obtain

permission from landowners."

"Also, besides trespass laws. We have a tremendous problem with road hunters in vehicles, ATVs and UTVs. Currently there is no law that prohibits subjects from driving with a rifle in their lap. Nine out of ten vehicles I stop during hunting season for road hunting have a gun in their laps, occasionally loaded. A law prohibiting the transport of firearms in motor vehicles - except with the gun being in a case - would help to slow the amount of deer shot from the road."

In conversation with another officer, who agrees that NYS hunting-trespass laws are too lax, we also learned that automobile insurance companies have a part in keeping weak laws because they have to pay out so much for deer-car collisions. They'd like deer populations lowered.

We welcome your help with:

- general spiffing up for the July 6 Taconic Music Concert
- ongoing care for Geoffrey's orchard
- ongoing care for the new bluebird boxes
- brush-hogging the perimeter of the Long-grass Nesting fields
- trail work - reclaiming old logging and farming roads
- checking the posted signs along the Sanctuary perimeter
- skimming algae from the wetland
- walking the Sanctuary in hunting season to discourage hunting-trespass and to keep the Wildlife Sanctuary... well...
a wildlife sanctuary



Tristan Thomas, who graduates in 2019 from Mt. Anthony Union High School in Bennington, was our 2018 Summer Intern. His investigative focus: Coyotes. Thanks to Kate Cooper, Coordinator of Academic Services, Community College of Vermont, Bennington, for making the connection! Bonnie set up

interview appointments for him with NYS-DEC Officer Marcia Goodrich and Steve Hall of AdirondackWildlife.org. These offered Tristan two radically divergent points of view on Coyotes from which to form his own conclusions for the paper which can be found at www.dionondehowa.org under the "Writings" section.

Apprenticeships at Dionondehowa

Learn how to:

- start a nonprofit forever-wild landtrust
- invent, organize and promote workshops and programs
- care for 217 acres of Sanctuary
- assume all the vital work of DWS&S, as its volunteer director
- leave a legacy of Beauty and Nourishment for generations to come

Some News

This summer, a longtime friend of Dionondehowa will be visiting her childhood home near Lake George. Along with her generous offer to be available for several days to help out with whatever needs attention at Dionondehowa, she sent this thoughtful insight: "Seems to me we are a very privileged society, so taking a working vacation makes a lot of sense. I had thought about doing a holiday with a whale research station on the St. Lawrence but Dionondehowa is closer to my values and my heart." JJ Dundas, Canada

Dionondehowa celebrates with Diane Sheehan Shovak her first novel, the mystery *Deceit* - published in 2018 by *Spilled Ink Press* and available on Amazon. The setting for this story was inspired by Diane's many summers spent just over the border on Lake Saint Catherine, which is how she came to attend our Summer Writers Retreats. It was here that Diane's new book first showed its vital signs. The weekend retreats were guided by Bonnie, as writer and performance artist, offering playfully evocative writing exercises, lots of laughter and the opportunity for ideas to be honed and heard. We applaud Diane's success!

We are looking for the best home for feral cats Shekinah and Jenny who have been wintering in The Muse Room. We have too many cats in our care! Too many. These two neutered cats need a new home where they can continue to dispel their feralness. Jenny is well on her way to being a cuddle-bug. Shekinah needs more reassurance to really embrace humans. Like all of the feral males who've come our way over the many years, it is almost certain that if and when he can surrender to being loved he'll be a wonderful companion. Those who've suffered most - homeless and out in the wilds - seem to be the most soulfully connected to a human, once they feel safe.

☀ *Delight is de-light. Of light. Breezy peazey. Hard to grasp but so great to sense. A walk on the wild side that is just wild enough to keep us laughing with joy instead of trembling. I trip on a stone, fall to the ground and end up eye to eye with a fluffy caterpillar taking a slow walk across a leaf. That's delight. ~ BQ Chatham*

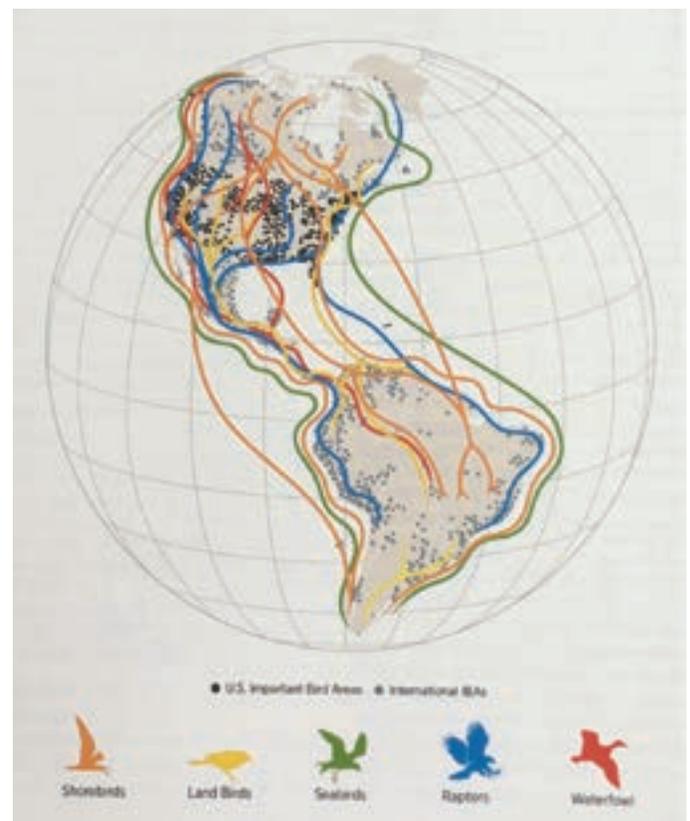
☀ *I love the idea. I REALLY need to remember delight and bring back the habit of delighting in the everyday things...not just the tsunami delight. For me that is slowing down and refocusing. I'm in a pissy mood just now, got my buttons pushed by something my husband said, and I'm now allowing it to rot the rest of the day. But, I know I don't need to allow those thoughts, I can slow down and look around and delight in visual, auditory and sensual pleasures. The windchime, just walking without pain, finding rain on glass beautiful.... pulling more delight into my day. It's a habit I want to support. ~ KP Santa Barbara*

☀ *I think delight is sometimes a feeling about taking joy from something whimsical, something small from which you did not know you were going to procure a sense of joy, but did (much to your delight), an easiness of feeling happy, tickled. Sometimes feeling delight also comes from doing something of honor or from goodwill. ~ MC Salem*

Join us for our Annual Bird Walk

International Migratory Bird Day

Saturday May 11, 9am - 12pm



Audubon Migration Map

Courtesy of National Audubon Society



February 3, 2019 Shushan

Celebrate the Sun

Saturday June 22 1 - 4pm

There are some who still simply cannot *see* the trails.

There are others who *see* but are convinced they are "only" exhaust from increased commercial jet traffic. Let's just say for the moment that *is* what they are. They still spread out and become cloud-cover. Why is this not cause for alarm: commercial jet exhaust clouding over the sky? This alone should raise Climate Change concerns and propel intervention.

That said, there is yet another reckoning even more disturbing. Commercial air traffic does not leave trails. Scientists tell us that the exhaust evaporates within seconds of hitting the atmosphere. The exhaust only turns into cloud-cover with chemical additives. And further, commercial jets don't fly in parallel lines, Xs, or grids.

On June 22 from 1 - 4pm we'll celebrate the Sun with an in-depth introduction to Persistent Jet Contrails, Cloud Seeding, Solar Radiation Management, Solar Geoengineering and whatever name will then be current for the environmental modification programs. We'll include the 11/23/18 BBC *Newshour* interview with Philip Williamson; the DARPA document "Owning the Weather in 2025"; the history of weather modification for commercial and military purposes; military experiments which contaminate Earth's atmosphere; the ongoing deflection of the public's attention away from geoengineering by way of the "chemtrails" hoax; and how our native common sense and outrage are subverted.

We'll challenge the pronouncement that human activity alone is spurring Climate Change.

Nowhere in Climate Change science and reportage is there ever mention of ongoing military programs and experiments such as: the Charged Aerosol Release Experiments (CARE); the High-frequency Active Auroral Research Program (HAARP); actions to control the Jet Stream and the Polar Electrojet; tomography; directing hurricanes; attempts to reshape the ionosphere to "level" the battlefield; Navy war games in the Pacific, using red and white phosphorus; rocket releases of barium and too much more.

These contribute to Climate Change as certainly and perhaps more ignominiously than our ordinary, destructive human activities.

Beauty for Lunch

from the Dionondehowa Diary

Inside, preparing for January's big snow and low temperatures, I look North. Two big black birds, dancing with anticipation, high up on branches: one in the Ash, the other in the Elm. Crows? Ravens? One or the other, for sure. My eyes can't discern the details, beak and feet, to make a call... but if they're Crows, they're big-uns.

These hungry omnivores have come in for lunch at the sunflower-seed feeder. I think I'm keeping an eye on them but then - suddenly - the one in the Elm is tearing apart a... a... maybe it's kale greens from the compost.

The binoculars suggest feathers. A clump of something falls from the beak, high high above, to the snowy path near the pin cherries. Whatever it is... at least I'll be able to find the evidence. At least I'll get to know for sure.

Bundling up and heading out with the camera... I think I'll find... and I do. I expect it might be the Cardinal who has so often sat alone in those pin cherries... seeming to hold back... or maybe waiting his turn to come in and ground-feed on rejected seeds.



In any case I am, for a moment, very sad, not so much for his loss as for my own. He's been such a brilliant note against the grey and white.

As I began to write this tale of a "true thing", which I was blessed to witness, I looked up and - glancing out the window - could see a bright red Cardinal sitting in that *very* place.

I felt relief, of course. It was not then... after all... *my* Cardinal.

My Cardinal. Curious how we claim our family. Sometimes... whether they want us or not. Whether or not he had admired *me* - at the sink... looking out... day after day.

As a postscript I found myself considering the mystical feel of a Cardinal devoured and a Cardinal yet-remaining, as though a gesture that there is no death, only transformation.

On a related subject, recently there seems to be a flock of wonderful stories about how often birds become an expression of the presence of a deceased loved-one. If you (or someone you know) have had such an experience, we'd like to hear your story and add it under "Writings" at www.dionondehowa.org.

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Wildlife Sanctuary & School

148 Stanton Road, Shushan, NY 12873



Come to your senses at Dionondehowa!

copied on 100% PCW recycled paper

Come to Your Senses at Dionondehowa!



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.



Thanks to artist Penelope Poor who expanded our Restorative Art practice by sending us this beautiful 2-sided painting, imbued with love and complete with a ribbon for hanging - inside or out. She inspired us to consider making RA postcards, too, which can then be mailed almost anywhere, worldwide, delivering gentle, restorative energy and attitude. And, perhaps, even inspiring other RA gatherings all over this wonderful weary world.