

## Wildlife Sanctuary and School

ISSUE 7

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2009

### 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 Healing Arts, Expressive 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*  
*Judy Bannon*  
*Stanley Dorn*  
*Bonnie Hoag*  
*Geoffrey Ovington*  
*Kristi Plunkett*  
*Ron Sloan*

### *A Year of Wildcrafting with Dionondehowa*

Last year we invited you to come to the Sanctuary and rediscover that forgotten natural resource: Quiet. We reminded you that the word *Dionondehowa* is said to translate to “She Opens The Door For Them” and that the Land itself is a Doorway.

This year we invite you to move through the door and discover *dinner at your doorstep*, a year-long adventure in wildcrafting.

Wildcrafting is the ancient routine of finding nourishment, medicine and companionship in wild plants. Some of these plants, most infamously nettles & burdock, are among what humans disdain as “weeds.” And yet they are often high in vitamins & minerals and will contribute wonderful flavors to a meal. Then there are the volunteers like lambs quarters & amaranth, the banes of some farmers’ fields. We’ll embrace them for their constancy, flavor and nourishment.

Given the general anxiety humans are currently feeling and our uncertainty about safe, available and affordable food there is no better time to turn toward those “nuisance” plants for encouragement and sustenance.



At our February 2009 soup and bread class, we prepared and shared a delicious lunch including ingredients wildcrafted and dried in the Autumn of 2008.

On April 25, from 1 - 4PM, we’ll visit many of the plants we will be wildcrafting as the seasons unfold. We’ll learn to recognize them as they look in Spring: some of them, hunkered down, a mere “rosette” of leaves; others, already hoisting a tender stalk. Our tour will include cultivated plants as well, such as horehound, skullcap, & echinacea. And volunteers, like purslane and alfalfa. We’ll learn how to safely taste leaves we are unfamiliar with and we’ll enjoy the flavor of “invasive” plants like garlic mustard and gout weed.

On June 20, near the Summer Solstice, we’ll celebrate the same plants we visited in Spring and learn to recognize them in their summer finery. By then, some will be ready to harvest for teas, tinctures and oils.

On August 29, we will revisit these plants we’ve come to know through the seasons, noting their processes of maturing, flowering and going to seed. We’ll continue to harvest for nourishment, medicine and companionship.

By October most of these plants will show us the countless ways they sink their energy back into the earth for their winter rest. The beauty and complexity of their cycles will inspire simplicity in us as we share our many stories of the plants we’ve come to know and love, or not love... as their lives have intertwined with ours throughout the many months.

By returning to the rhythm and flow of the natural world - and plants in particular - we can regain the sense of well-being which is too often stripped from us by the demands of our day-to-day lives.

### *Is That Silver Lining Aluminum?*

In our 2008 newsletter we titled a brief article *Chemtrails*. Now we know they are better called by NASA's own term *Persistent Jet Contrails*. Citizens who express their concern to legislators and the press by way of the term *chemtrails* are quickly dismissed as fringe conspiracy theorists and thus their legitimate concern is marginalized as a "hoax."

NASA states that Persistent Jet Contrails are a problem. It has not yet, however, explained the purpose nor the contents of these, now daily, trails which we watch being laid down across the sky in Xs, cross-hatches, and parallel lines. We watch these lines expand into cirrus-like "clouds" which combine to veil the sky and occlude the sun.

The odd phenomenon of Persistent Jet Contrails is being documented by witnesses in many states of the U.S., in Canada, Mexico and indeed globally as reports and photos are shared from England, Germany, Italy, New Zealand and Australia.

All of these global citizens are asking the same questions: What are the trails for? What chemical patents cause the trails to expand? [Are they the patents like U.S. Patent #5,360,162 *Method and composition for precipitation of atmospheric water* which contains, among other toxins, phenol formaldehyde resin, barium and lead? Or Patent #3,899,144 for *Powder contrail generation with titanium dioxide*? Or Patent #5,003,186 for *Stratospheric Welsbach seeding for reduction of global warming with aluminum oxide*?] Are these formulas precipitating on us each time it rains and snows? Why is this "dimming of the sun" being permitted? Where are the regulations and oversight? Why is there no public debate or discussion? Why wasn't the permission asked of every living creature on this planet? And why can't we get any answers to our questions, even through Freedom of Information Act requests to NASA, itself?

Understandably, many people do not want to see this disturbing daily occurrence. They prefer to dismiss the pluming trails as a dramatic increase in commercial air traffic. If, however, those same souls would continue to observe the sky they would see the trails expand and combine to veil the sky and occlude the sun.

As a Sanctuary & School, Dionondehowa has a formal obligation to protect the environment and to inform the public. To that end we have available, for reading, hundreds of government documents which describe how our atmosphere has become an experimental laboratory. Contaminating practices of weather modification and geoengineering are already well underway.

We have a phone tree for those who'd like to learn to identify Persistent Jet Contrails. Phone 518-854-7764 if you'd like to be added.

*Bonnie Hoag*

## Gratitude is Abundance

### *A Sketch for a Portrait:*

#### *DWS&S Board Member Kristi Plunkett*

Dionondehowa Board Member Kristi Plunkett first came to the Sanctuary and School in 1996 as a teenager.

Among that group of teens it was apparent that Kristi had a deep, though yet undefined, connection to this place.

Now, as she edges toward 30 and has settled gracefully into motherhood, her children - ages 6 and 8 - visit Dionondehowa often, exploring its secrets & its gifts.

Professionally, Kristi has attended several births as a doula and is working toward becoming a midwife with a nursing degree. She has experience, as well, with people at the other end of life - helping seniors with their daily routines - and, in between, has assisted in Steiner-based Waldorf classrooms.

As the youngest member of the Board, Kristi brings to us her incisive clarity, perceptive insights, and sense of humor. About Dionondehowa she says, "I've always felt that this is home."

### *Fairy Walk at Twilight*

On Saturday, August 15<sup>th</sup> fairy enthusiast Darcy May will be with us for a *Twilight Fairy Walk* on the Sanctuary. We'll gather and begin our walk at 6:30PM (sunset at 7:56PM) pausing along the way to share stories of our own fairy encounters. Coming upon a place where we sense their presence we'll quietly invite them to show themselves. After our encounters we'll find our way back, bringing willing twigs and stones to begin a fairy house near the creek.

Darcy May is an artist who specializes in drawing fairies for Dover Books. She teaches Step Dancing and lives in Greenwich, NY.



Holistic Ecologist David Hunt has identified three regionally rare plant species on the Sanctuary: 1) **Triosteum** sp. (Feverwort) 2) **Potentilla fruticosa** (Bushy Cinquefoil) and 3) **Hedeoma** sp. (Pennyroyal). We are still working on removal of **Elaeagnus** sp. (Russian Olive/Silverberry); **Celastrus orbiculatus** (Asiatic Bittersweet); **Berberis thunbergii** (Japanese Barberry); **Cardamine impatiens** (Bushy Rock-cress); **Rhamnus cathartica** (Common Buckthorn); **Lonicera tatarica** (Tartan Honeysuckle); **Rosa multiflora** (Multiflora Rose) and **Alliaria officinalis** (Garlic Mustard).

# Dionondehowa Wildlife Sanctuary & School

## Calendar of Events 2009

*Please keep this schedule, post it and share it with your friends.*

- March 17 (begins) and ongoing, on Tuesdays, the Weekly Writers Salon for writers who are working on a project and would like to read segments for feedback and support 7-9PM, \$15
- March 30 (begins) five consecutive Mondays: the *Spring Writers Series* at the Greenwich Free Library designed for writers at all levels of confidence and experience 7-9PM \$10, if no grant
- April 2 "The World According to Monsanto" - the film - Greenwich Free Library 6:30PM
- April 25 2<sup>nd</sup> in our series of 4 Plant Workshops - *A Year of Wildcrafting with Dionondehowa* Learn to recognize the plants as they look in early Spring 1-4PM \$25
- April 26 Union College Environmental Club and Ozone House return to help out!
- April 30 "Under Our Skin" - the film about Lyme Disease - Greenwich Free Library 6:30PM
- May 9 Bird Walk with bird enthusiast Nat Parke; identify - by sight and by sound - migrating and resident species; 6:30AM for early birds and 9AM for the sleepy-heads; donation
- May 17 1<sup>st</sup> of 4 *Being in Nature and the Nature of Being* workshops; an introduction to "Being Alive Is A Mystical Adventure" - the premise of the next 3 workshops 10AM-4PM \$60 (& potluck)
- May 24 2<sup>nd</sup> of 4 *Being in Nature and the Nature of Being* workshops; learn to "Engage with the Enchantment" and enrich your experience of Being Alive 10AM-4PM \$60 (& potluck)
- May 31 3<sup>rd</sup> of 4 *Being in Nature and the Nature of Being* workshops; learn to enter the "dreamtime" experience of Journeying by way of hypnotic drumming 10AM-4PM \$60 (& potluck)
- June 7 4<sup>th</sup> of 4 *Being in Nature and the Nature of Being* workshops; continue to explore the practice of Journeying 10AM-4PM \$60 (& potluck) and, if you like, stay for the...
- June 7 Full Moon Walk and Native Spirits Gathering - celebrate the full moon and land spirits 8PM \$10
- June 20 3<sup>rd</sup> of 4 Plant Workshops - *A Year of Wildcrafting with Dionondehowa* enjoy the progress of the plants you met at the Spring workshop; learn to harvest some for salad 1-4PM \$25
- July 11 Creek Restoration with Holistic Ecologist David Hunt - 7<sup>th</sup> in our ongoing efforts to help the recovery of the Creek that crosses the Sanctuary on its way to the Battenkill 9:30AM-4PM
- July 18&19 Our 5<sup>th</sup> Annual *Writers Retreat* - this year both days will be at Dionondehowa; hopefully the retreat will again be underwritten by Poets & Writers, Inc. 10AM-4PM
- August 5 Full Moon with Penumbral Lunar Eclipse - will gather at 6:30PM \$10
- August 9 Manchester Music Festival's Young Artists Chamber Concert in The Muse Room of the renovated barn at Dionondehowa; our 7<sup>th</sup> joint fundraiser with MMF 3PM \$15
- August 15 Twilight Fairy Walk with fairy enthusiast Darcy May 6:30PM \$5 under 12; \$10, 12 years - adult
- August 29 4<sup>th</sup> of 4 Plant Workshops - *A Year of Wildcrafting with Dionondehowa* learn to collect seeds and to harvest for drying, and for teas, tinctures, oils, and syrups 1-4PM \$25
- September 6 Tree Tour with DWS&S co-founder (and tree enthusiast) Geoffrey Ovington *or* The Emotional Landscape Walk with DWS&S co-founder Bonnie Hoag 9:30-11:30AM



**For more information, directions, and to register for workshops, please call 518-854-7764**

**148 Stanton Road, Shushan, NY 12873**

**[www.dionondehowa.org](http://www.dionondehowa.org)**

**David Hunt "Creek Restoration & Ceremony"**  
**Part 7: 2009 Trash Dump Cleanup Completion!**  
**A Call for Volunteers**  
**Saturday July 11 9:30AM - 4PM**

As part of an ongoing series to clean up the major human disturbances along the corridor of the Batten Kill tributary stream T28 on the Sanctuary, we hope to focus our 7<sup>th</sup> year's efforts on removing all of the remaining trash from the largest visible dumpsite along the stream banks: a concentrated pile of metal scrap and other debris. In addition to simply removing the debris for recycling, we also hope to combine spirit with science by ceremonializing the event, perhaps with more stories and/or sharing-circles related to the stream, the dump, and the former inhabitants of the land, or focusing on bringing closure to the cleanup of other debris in our lives and society as we bring closure to this multi-year task. Please phone 518-854-7764 to volunteer. And on July 11<sup>th</sup> bring gloves, eye protection, energy, love for streams, openness to restorative healing. Lunch will be provided by Dionondehowa.

*David Hunt*

*Ecological Intuition & Medicine, as David calls his work, is a low-consumption, low income, low-tech, intentionally unincorporated non-profit venture promoting healing of Nature, Western Culture, and psyche through encouragement of intuitive solutions, toward long-term ecological sustainability. You can reach him at 518-279-4124.*

*Special thanks to Lt. Col. Kim Terpening,  
 community liaison for the Air National Guard*

For years we had been enduring very low-flying (200-300 feet) prop-jets which were becoming more and more frequent. We first contacted the Governor's office in March 2007 and were sent to the Northeast Aviation Defense center in Rome, NY. Although we were reassured that these elevations are illegal over populated areas and that the flights would stop, they continued.

Finally, in late 2008, our persistence led us to Lt. Col. Kimberly Terpening, 109<sup>th</sup> Air Lift Wing Community Manager, Stratton Air National Guard Base, Schenectady, NY. She explained that these National Guard practice missions are preparing pilots for "the war effort."

Once she understood that this is a wildlife sanctuary, she took steps to inform the FAA charting office of our concern.

We seem to have been successful in our efforts as there have been, to date, no further low-fly-overs. We are now working with the FAA charting office in Silver Springs, Maryland, to have the Sanctuary permanently recognized as a no-fly-over area.

As advocates for wildlife everywhere we, of course, dream of a time when the whole Earth is charted as a no-fly-over area.

## Dionondehowa – where science and spirit communicate

### *A Year of Wildcrafting with Dionondehowa*

Here are some of the wild and cultivated plants we'll get to know in our workshops:

White Pine, Burdock, Tansy, Motherwort, Nettles, Chickweed, Gill-over-the-ground, Bloodroot, May Apple, Goldenrod, Dandelion, Coltsfoot, Lambs Quarters, Mallow, Cinquefoil, Queen Anne's Lace, Boneset, Joe Pyeweed, Purslane, White Clover, Purple/Red Clover, Violets, Thistle, Horsetail, Fleabane, Horsetweed, Knapweed, Shepherd's Purse, Plantain(s), St. Johnswort, Poke Root, Moneywort, Nightshade, Alfalfa, Primrose, Cow Parsnip, Skullcap, Comfrey, Wild Ginger, Solomon's Seal, Arnica, Tarragon, Sweet Grass, Sage, Lemon Balm, Elecampane, Horehound, Bishops Goutweed, Anise Mint, Horseradish, and Lungwort.



Thanks to the NYS DEC we have available, for reference, the *2008-2009 New York Hunting and Trapping Official Regulations Guide*.

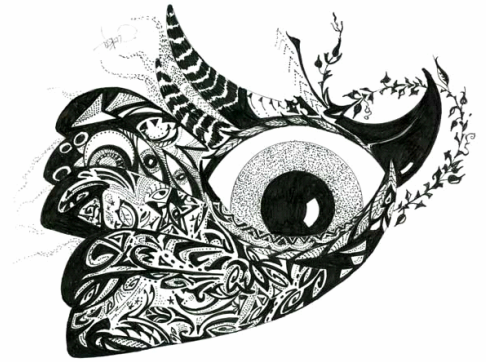
Thanks to the New York Natural Heritage Program we have available, for reference, the June 2008 *New York Rare Plant Status Lists* edited by Stephen M. Young.

*The Dionondehowa Board gratefully acknowledges Betty Lou Bailey - Schenectady, NY, and Mary Malcolm - Guilderland, NY, two long-time supporters of This Wild Dream who have passed on.*

### *Special Thanks to:*

- ◆ an anonymous donor for DWS&S's membership with the American Chestnut Foundation
- ◆ new Board Member Peter Andrea for finding us free web hosting at *Dream Host* and for helping to manage our website: [www.dionondehowa.org](http://www.dionondehowa.org).
- ◆ Board Member Judy Bannon for shaping and editing this newsletter content.
- ◆ our youngest contributor ever, 7-year-old Leilah Mariposa, for her \$8 donation.
- ◆ Tom Perry, 2009 graduate, for organizing several recent work parties from Union College's Environmental Club and Ozone House. Year after year, Union students have contributed generously to the Sanctuary's maintenance and recovery.

*Come to your senses at Dionondehowa!*



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## Come to Your Senses at Dionondehowa!

*The DWS&S Website Lives (to blight another day!)*  
[www.dionondehowa.org](http://www.dionondehowa.org)

Last year we asked the question: should Dionondehowa (with good environmental conscience) abandon its website? Should we return to the primitive ways of ten years ago when most communication was by way of the phone, fax or U.S. mail? And...what is the tradeoff?

Thanks to those of you who responded, for taking the time to muse with us. We are compelled to keep our website. Even so, our concerns persist. The “price” we pay for immediacy and for perceived expedience is still here, is still “beyond our means” with the injuries caused by mining, research, building, use, and “disposal” of our ubiquitous technology. We are choosing every day to harm ourselves. It’s odd, isn’t it?



Thanks to Board Member and Co-founder Geoffrey Ovington, the Dionondehowa *Tree Tour* map, laminated and portable, is available for those hearty souls who’d like a self-guided tour.

**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.**

*Cover image by Suzanne Field-Sloan, untitled.*