

Hi! Last spring we worried that the bees would not be able to pollenate successfully in the rains. We need not have worried. As summer ripened the Sanct. turned into a gigantic Fruit Bowl, starting with tiny wild strawberries of unbelievable sweetness and ending with ripening Autumn Olives. We got caught in what old time mariners would have called "The Doldrums"--heat, humidity and not enough wind to fill the sails. Despite the drought The Sanct. carried on with only the grass trails turning brown. The lessening water in Red Maple Swamp did nothing to discourage a marvelous display of wood roses. It was a good time to build up the dam--done by the Youth Conservation Corps--in exchange for nature lessons. They cut a new trail up from Quarry Walk and on to the happy and vocal bullfrogs in Quarry Pond. It sweeps gently up the hillside. At the top one sees a big sky-water view that is truly lovely. From the highest point one sees few man made things--a house near Purgatory, the ugly bath house on Second, some telephone poles--that is all. The rest is sky, waters, fields and trees. We need a name for this big sky-water trail. Absolutely the only negative things at The Sanct. in summer are the deer flies!

All the spring babies were fed and freed in proper time--even the squirrel with the broken arm. There's no telling the numbers of baby things alive because of our Sanct. and Bob's knowledge of what and how to help them. In the hot weather our nice old hawks had pans of water in which to bath, and the sheep had a canopy to shield them from the sun. Someone stole our injured barred owl. And also, someone took our new flag, from off the pole!

Early July Nature Day Camp got underway with 80 pupils. The entire teaching staff arrived daily on bicycles--how's that for conservation! One night no one went home--campout in the orchard. On different days the trails were peppered with Indians. Too small to be frightening with their bows strung with nylon wool. We wonder what the spirits of Indians who lived on our Sanct. might think about small Palefaces learning their ways with such evident joy.

The Sea Studies got underway with an orchard campout for a 5 A.M. start to the shore--it is, afterall, the early fisherman who gets the fish! Later they learned from shapes and size and placement of fins, the life styles of fish caught. The catch was not wasted either! Many family gardeners had good crops despite the drough, altho many others did not mulch enough to save their crops.

The C.E.T.A. gardeners are well taught and their abundant crop will be given to the needy. The inside of the new shed is being put in by the YCC, and all trim on old buildings and new, have a new coat of paint. Ship shape is the word for The Sanct.!

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A shark sighted off First Beach! And immediately it is killed! Certainly no one should sacrifice a leg to find out if this shark is a man eater or not! But most are not! This one had no teeth. People turn into sharks themselves when they set forth in power boats, armed with sonar for tracking, power rifles etc. to kill sharks. We fear that a movie called "Jaws" has given a Hollywood version of these fish. Sharks have immunity to virus, fungus and blood infections. Not one has ever been found with a tumour or a cancer. Sharks, with their marvelous immunities, may prove to be man's best friend. Would the world be a better place with all sharks dead?

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It's is good to read about nice people. Two scuba divers, helicoptering along the California shore spotted a whale in trouble. One of the divers went overboard and cut the whale free of a fish net that had trapped it. There was a nice group of people in N.J. who fed, cooled and medicated a beached sick whale, until it was airlifted to an aquarium for more expert care. We wish we could read about intensive police searches for those who torture animals. Decades of studies show that almost every murderer in prisons across this land, started their anti-social behaviour by torturing and killing animals. They grew up to torture and kill people. If they could be found as children, perhaps they could be taught what's right and what is wrong.

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Joggers are everywhere, as are articles saying "This form of exercise may not be for you"! A 3-day conference on exercise has come up with a 9 point list of pluses for a here-to-fore overlooked exercise. It is called "Walking"! Their first plus is "safe and efficient" and they end with "beneficial for the arthritic". They do not say that tensions fade with walking as dew dries before the sun! They do not know, poor souls, that the very best place to walk away the grumps, tensions, arthritis, back aches, head aches, cardiac-vascular irregularities, and osteoporosis, is at our Sanctuary. Dieters—walking aids in losing weight!

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Scientists have been unhappy with their statements on animal fat cholesterol, knowing all along that Esquimos eat large amounts of animal fats yet suffer no ill effects such as we do in the "Lower 48". Nevertheless it was prudent to alert us to existing dangers. Silly are those among us who cut out fats without a doctor's say so. Only 5% of us collect cholesterol! Recently the reason for the differences between us and Esquimos has been found. Raw meat contains high amounts of Vit. B6, and we kill it when we cook meat! We could all study up on our fruits and vegetables, and pop Vit pills high in B6. Or, we could do as chic Europeans do—eat Steak Tartar!! Recipe for 4—1 lb. bottom round, ground twice by butcher. You add 1 cup stuffed olives, or capers, one egg, salt, black and red peppers to taste, also tabasco if you wish, a tablespoon of best mixed mustard, and all the most garlicky French dressing needed to form the meat into a pasty form. Mix all together and eat it. It is DEE-lish-i-ous and full of Vit V6.

Remember, everything you put into your eating place ends up on your sitting place.

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You have been whittling, painting, canning, pickling and tatting all summer for the Harvest Fair, haven't you? It's coming at us, down the line, and things are needed to sell for the benefit of our Sanctuary!

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Of all the things that you wear, your facial expression is the most important.

