

PURSUIT

HOBBIES, PASSIONS & PASTIMES



A collection
of activities,
how-to, insights,
and inspiration

On average, one inch
of rain equals how
many inches of snow?
(answer below)

- a. 10 inches
- b. 1 inch
- c. 5 inches
- d. 1 foot



MORE
THAN A
PIGEON
PERCH...

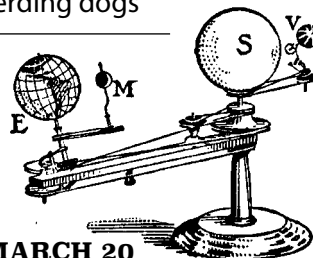
**January is National
Hobby Month!**

Pursuing hobbies helps
to relieve stress, increase
happiness, and boost
creativity.

Answer: a. / one inch of rain
equals about 10 inches of snow



**Feb 16-17: The Westminster
Kennel Club Dog Show** 2,000
purebred dogs take the stage
for Best in Show: hounds,
working dogs, terriers, toy
breeds, non-sporting and
herding dogs



MARCH 20
Vernal Equinox
Spring Arrives!



BIRD WATCHING



Winter 2015 :: Vol. 1/1

Pursuits magazine is dedicated to promoting hobbies, passions, and pastimes as a way to reduce stress, boost creativity, and increase happiness.

From activities that take less than an hour to stories of life-long endeavors, *Pursuits* is a collection of activities, how-to, insights, and inspiration.

We want to light the spark that gets you going, offer new perspectives on what you're already doing, and encourage you to do more.

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Hello!

Welcome to *Pursuits* magazine.

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We're **looking** for people with hobbies, passions, and pastimes who are **interested in SHARING** their story.

If you think you or someone you know might be a good fit for our profiles, write us!

Is there **something you'd like to see in Pursuits?** Let us know.

ideas@pursuitsmagazine.com

Quizzical Answers:

1. frostbite 2. purify 3. chisel 4. love 5. sniff 6. poet 7. Georgia 8. Maine 9. flipflop 10. houseplant 11. Bowdoin 12. snowball 13. pigeon 14. anger



**Make new friends
this winter...**

**...play
outside**



What she's made of:

- **Hat:** wool hat with velvet trim (looks better on her than it ever did on me!)
- **Eyes:** made from trimmed evergreen sprigs
- **Hair:** dried flower sprigs from the garden
- **Nose:** dried and curled autumn leaf
- **Mouth:** fresh cranberries secured with cocktail toothpicks
- **Necklace:** peeled orange in a continuous ribbon

Our first snowgirl came to life during a December snowstorm, welcoming us in the backyard for a good five days before warmer temperatures took a toll. She was quickly and gracefully dismantled. Here's how we did it:

snowball snow: Test the snow. If it's too cold outside, the snow won't hold together. Make a snowball—if it's sticky enough to hold together, it's sticky enough to make a snowman.

location: Begin by deciding where you want your snowman to stand. If you're planning to take photographs, be mindful of the backdrop.

construction: Make a snowball and pack it tightly. Place the snowball on the ground and roll, pressing lightly as you go, so that it picks up snow.

Turn and rotate the snowball as it grows, working your way back to where it will stand (big snowballs are heavy and awkward to carry).

Stack two or three big snowballs and pack snow around the joints to secure. Alternately, form the snowman by gathering and shaping a mound of snow.

photography: Like people, your snowman may look better from the left, the right, from above, or below. Capture his or her personality by trying different angles. Do take your photographs the same day. Wind, warmer temperatures, and nighttime critters may dismantle what you've made.

Tips and Tricks



Why Are Fish So Gullible?

[They fall for things hook, line, and sinker!]

Beat cabin fever with an activity only winter offers—ice fishing. Plan ahead by getting your license and traps in order, and when the lakes and ponds freeze, you'll be ready to drop a line. Here's what you'll need:

a fishing license Check with your state's fish and wildlife department.

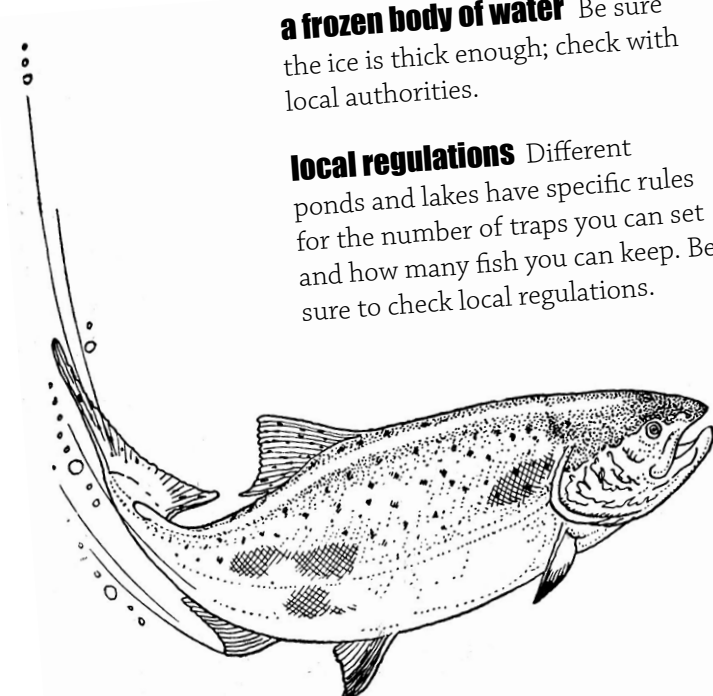
a frozen body of water Be sure the ice is thick enough; check with local authorities.

local regulations Different ponds and lakes have specific rules for the number of traps you can set and how many fish you can keep. Be sure to check local regulations.

warm clothes Bundle up by dressing in layers, wearing warm socks, and insulated boots. Cover exposed skin with a hat that comes down over your ears as well as gloves (or mittens) to keep your fingers warm, and avoid frostbite.

re-fuel
Be sure to take along snacks and plenty of water to stay hydrated.

supplies
- a chisel to cut holes
- ice fishing traps
- fishing line and hooks
- bait

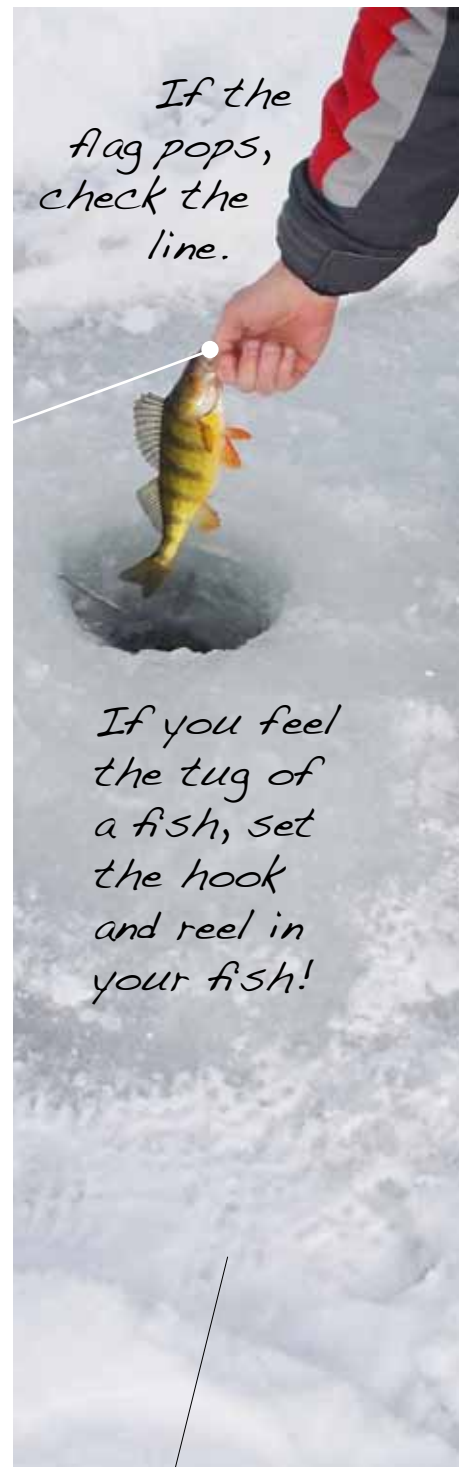




Use a
chisel
or power
auger to
cut
holes.



Bait the hook,
put the trap
over the hole,
and set your
flag.



If the
flag pops,
check the
line.

If you feel
the tug of
a fish, set
the hook
and reel in
your fish!

The ARROW and the Song • PAUL REVERE'S
 Ride • The SLAVE'S DREAM • Loss and GAIN
 The COURAGE of MILES STANDISH • THE
 WRECK OF THE JESPERUS • EVANGELINE
 • Tale of the INN • The Song of
 HIAWATHA • A RAINY Day • HOLIDAY
 The LULLABY • The TIDES • The Hangings
 of the CROSS of Snow • My
 BOON • THE GOLDEN LEGEND • The NEW
 ENGLAND • The BELFRY of Bruges

poet

SCULPTOR FRANKLIN SIMMONS



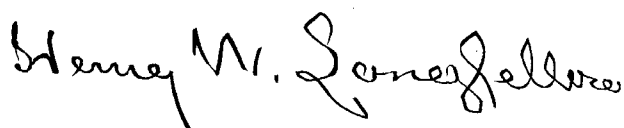
state street

congress street

More Than a Pigeon Perch

[*rediscovering local landmarks*]

Statues are identifying landmarks and part of the fabric of our cities. Some, like Longfellow, may be familiar, but what's the backstory? We were curious. Starting here at home in Portland, Maine, this is the first in a series.



He broke bread and corresponded with the likes of Nathaniel Hawthorne, Mark Twain, Harriet Beecher Stowe, Oscar Wilde, and Charles Dickens.

Born February 27, 1807, in Portland, Maine, Henry Wadsworth Longfellow was a linguist, professor, and poet.

A graduate of Bowdoin College, Longfellow yearned for a life in literature. Forging an agreement with his alma mater, he set out across the Atlantic to study European language and literature. And though he would return to teach at Bowdoin and then at Harvard College, writing would prove to be his vocation. Well-known works include *Evangeline*, "The Wreck of the Hesperus," and "Paul Revere's Ride."

In his lifetime, Longfellow was a best-selling author and enjoyed considerable

success with his work. But he suffered tremendous loss in his personal life.

His first wife and childhood friend, Mary Storer Potter, died following a miscarriage. And his second wife, Fanny Appleton, with whom he had six children, died after setting her dressing gown afire with candle wax. Forever saddened, he did little writing after Fanny's death.

Sculptor Franklin Simmons' bearded Longfellow sits with a stack of books at his feet, scroll in hand. Like Longfellow, Simmons was born in Maine and became a well-known artist in his day. A second sculpture by Simmons, Our Lady of Victories, stands just blocks away in Monument Square in downtown Portland.

Rediscover landmarks in your own community. Consider drawing a map of what you find or writing an article for a blog or local newspaper.

Hiking the APPALACHIAN TRAIL

[a 28-year journey]

Shortest Hike: Maryland, 40 miles in 5 days

Longest Hike: Central Virginia, 135 miles in 17 days

Breakfast: coffee, bagels the first few days, then oatmeal

Unexpected Food Craving: Hostess SnoBalls!

What was the toughest part of your 28-year journey?

The toughest part was finishing, because I didn't want it to end.

What makes you most proud about finishing?

I'm a big believer in perseverance. I think that to achieve anything really worthwhile takes time. This is one example.



**About the
Appalachian
Trail**

- The trail is 2,100+ miles long and passes through 14 states
- 2-3 million people walk some part of the trail each year
- 1 in 4 thru-hikers who start will finish
- thru-hikers walk the trail in a continuous journey (in about 6 months)
- section hikers complete the trail walking sections in a continuous line, picking up each time from where they left off
- flip-flop hikers complete the trail in disconnected sections

When Jeff Ryan and a friend set out to hike the Long Trail in Vermont, they soon realized they were also hiking a segment of the Appalachian Trail. "That," Jeff says, "was the start of a hike spanning 28 years and 2,100 miles."

We were interested and asked him a few questions.

● Maine



Read more about Jeff's story at feedthevision.com/odyssey

Georgia ●

Logistics: Most hikers walk the trail between March and November, so for many, winter is a good time to plan. From meals to receiving packages along the way, the off season is a good time to map your journey.







Get Your Hands Dirty

[lift your mood and clean the air]

Consider bringing a bit of life and greenery indoors with houseplants. They not only look good, but houseplants can also lift the mood of a room and purify the air.

Love Gardening? (Or considering gardening as a new hobby?) Tending to houseplants during the winter allows you to get your hands dirty while you wait for the outdoor growing season to begin.

Getting Started Do a bit of research before you buy. Consider what size plant your room can handle and where you want to put it.

Does that corner of the kitchen get direct sunlight, or is it a north-facing room that tends to be a bit darker? How high do you set the thermostat? We drop the temperature down at night, and the living room is a cool 58° while we sleep. Some plants do well in cooler temperatures; others prefer to stay warm.

With a little forethought, you *and* your plant will thrive in your new environment.

Interior Design Growing a variety of plants adds visual interest to your environment, and you can choose containers that reflect your preference for sleek modern designs, rustic tones, bright colors, or muted tones.

Where to Buy? Local florists are a good bet. They're familiar with plant varieties and can guide you with tips on placement, care, and maintenance.

Already Have Houseplants?

This might be a good time to give them a boost. Be sure they are well-watered, and if it's been a while, consider treating them with a bit of fertilizer. Is it time to re-pot an overgrown plant? Are the leaves a bit dusty? Cleaning options vary depending upon the type of plants.



Beach Rocks

a collection of
heart shaped rocks



DEAR _____⁽¹⁾,

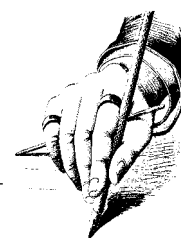
(This Valentine's Day⁽²⁾) I want to let you know that I think you
are⁽³⁾ _____.

When I think about how you⁽⁴⁾ _____
_____,

it makes me⁽⁵⁾ _____,
and I wanted you to know.

With everlasting love,⁽⁶⁾

_____  _____



1. Write to someone you love, someone you admire, someone you know who could use a lift
2. If it's not Valentine's Day, try ... I've been thinking of you, and ...
3. Terrific ... funny ... the best cook ever ...
4. Work so hard ... walk the dog ... sing to me ... tell such funny stories ...
5. So very happy I found you ... glad to know you ... proud to be your ...
6. With gratitude ... Your adoring ...

THINGS I NOTICE
WHEN I WALK
THE DOG



Agatha and I walk every day.

Well, almost every day. When the rain blows sideways and the snow drifts against the back door, we cozy up inside.

When we do walk, Agatha likes to sniff.
And stop. And sniff and stop again.

She sniffs at signposts and fence posts, fallen branches, footprints, and paw prints.

When she sniffs, I wait.

And while I wait, I notice things.

I notice morning dew dampens my shoes and mourning doves travel in twos.

I notice acorns knock, knocking on low branches as they fall to the ground.

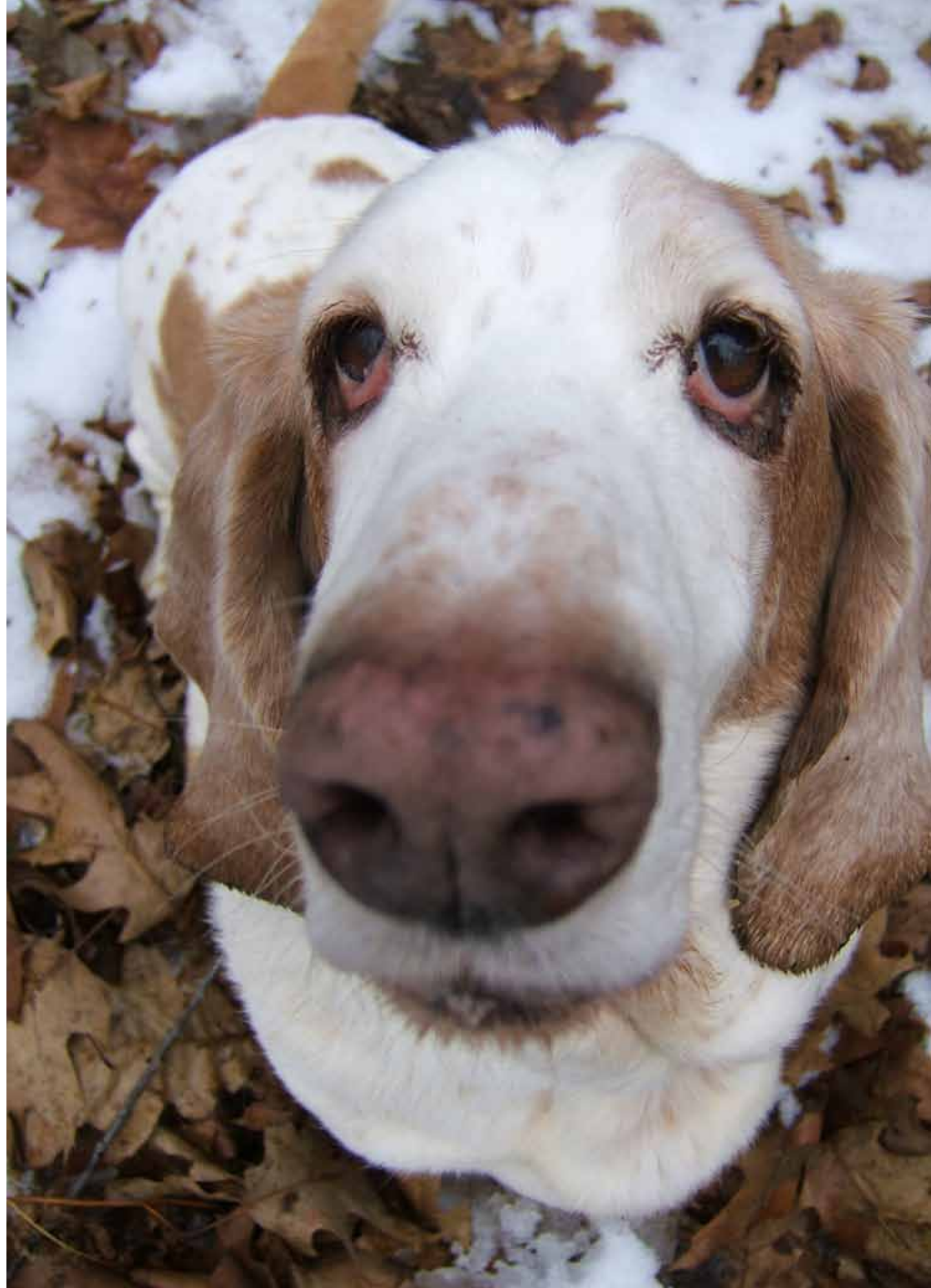
Low-tide beach sand freezes like concrete.
And snow-blanketed hillsides shimmer like sparkle snow in a storefront window.

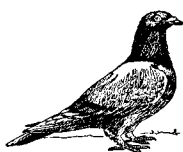
But most of all, I notice that when I don't feel like walking but we go anyway, I'm glad we did.

I think Agatha notices, too.

Agatha

Agatha is a red and white, droopy-eyed, long-eared, short legged, big-pawed, scent-sniffing basset hound.





QUIZZICAL

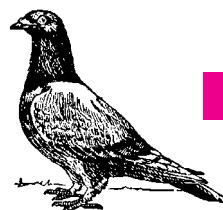
A Crosswords Search

The clues and answers in this puzzle relate to the articles in the magazine.

Search and circle answers across and down. Answers on page 3.

a d c h i s e l f r s v o
f s w g l x p o e t u m l
r p l p u r i f y k i d k
o b g h z x g e o r g i a
s y b c x f e u k h g n u
t d s f s n o w b a l l g
b u n i u i n l o v e u e
i y i e m u l p w d u g r
t o f a a h g e d o i m t
e g f l i p f l o p o b v
i u y u n t s s i m n e a
h o u s e p l a n t b i m

1. exposed skin is at risk for _____
2. houseplants can help _____ the air
3. manual tool for cutting holes in ice
4. the world needs more _____ letters
5. Agatha likes to _____
6. Longfellow's profession
7. northern end of the Appalachian Trail
8. hikers who complete the Appalachian Trail in disconnected sections
9. Longfellow graduated from _____ College
10. beginning of a snowman
11. birds that perch on statues
12. power tool for cutting holes in ice



PHOTOGRAPHY

looking
forward to
spring





winter
2015



Houseplants
Magical
ICE FISHING
HIKING *snowfolk*