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## Pumpkin Hollow Gets Greener

Imagine the Hollow at the height of summer's plenitude... It's hard to envision that it could get any greener, but Pumpkin Hollow took a significant step in 2015 to reduce our carbon footprint! Installation of an array of 110 solar panels on the barn and carriage house roofs is underway! The solar array will cover 70% of our current usage, and is part of our vision and plan for a sustainable future: thinking globally and acting locally.

For years we have supported an environmentally friendly coexistence with our home Mother Earth. We recycle paper, plastic, glass and metal. Our organic garden nourishes and feeds our guests and staff throughout the year. We purchase and use recycled paper, and 70% of our cleaning supplies are eco-friendly—we aim for 100%! In addition to our solar panel project, this year we bought and installed 250 energy saving LED lights. We do not air-condition our buildings; instead we keep them cool with insulation, fans, and have begun installing more energy efficient windows. Most significantly we rely on Mother Nature's cool nights with gentle breezes, and beautiful shady trees.



Minimizing our carbon footprint is an ongoing lifestyle at the Hollow. We line dry our laundry whenever weather permits and use energy efficient washers and dryers. When the weather gets cold, Pumpkin Hollow heats with wood stoves that are fueled by wood consciously harvested from trees on our property. We also recognize the importance of supporting organic agriculture and local farmers. Accordingly, when necessary we buy fresh produce from local farms, order organic grains, beans and legumes from a

natural food buying club, and purchase our bread from a local bakery which uses New York state grown flour and organic ingredients.

From the abundance of our organic garden to the green energy of our new solar panels, Pumpkin Hollow affirms our commitment of theosophical service to a broad community of seekers. Our way of life is based on study, service and meditation, which enlivens the retreat center with its grounds of extraordinary beauty and atmosphere of harmony and healing energy.



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## “Drops of Water Turn the Mill Singly None, Singly None”

The lyrics *‘step by step... drops of water turn the mill, singly none, singly none’* has become part of Pumpkin Hollow’s lineage of ‘meaningful metaphors.’

For the past 77 years, the continuous growth of the Hollow has been founded on joyful service. Thus, all our activities are the result of *‘step by step... drops of water turn the mill, singly none, singly none.’*

Pumpkin Hollow was purchased in 1937 by members of the Northeast Federation of the Theosophical Society. The founders envisioned a place where like minded people could gather for study and meditation permeated by the harmony, beauty and healing atmosphere of Nature.

Prior to 1937, the land was an active farm where the grist mill served the local community. Next time you come to the Hollow, look for the building’s foundation situated above the waterfall. Also take note of the old millstone outside the kitchen where we wash vegetables as they are harvested from the garden. *‘step by step... drops of water turn the mill, singly none, singly none.’*

In the mid-1990’s, at the closing ceremony of all the Therapeutic Touch Programs, Dr. Dolores Krieger began a now long-standing tradition. In the pine grove, near the Healers Sanctuary they sang the folk song: *‘step by step... drops of water turn the mill, singly none, singly none’*, while spiral dancing to the center and out again.



In July of 2014, it was first ‘envisioned’ and spontaneously announced to guests that we would be raising funds for the installation of solar panels. The flow of intention began. Project planning was accomplished, news traveled by word of mouth, and an email was sent out. We are truly in awe of the response.

In the Fall of 2014, Pumpkin Hollow received a grant of \$25,000. That was matched *in-deed* by \$25,000 in contributions from many, many generous hearted people who were inspired by the Hollow’s commitment to the future. Another generous gift of \$25,000 and a no interest loan of \$25,000 allowed us to sign the agreement to install 110 solar panels (on the barn and carriage house roofs) with 5 inverters (installed inside the barn loft).

Our fundraising goal in 2015 is to raise the remaining \$25,000 to repay the loan. *‘Step by step... drops of water turn the mill, singly none, singly none.’*



If you would like to contribute to the Solar Panel Project please see form on back page.

**PLEASE KEEP US INFORMED** about E-mail & Postal Mailing address changes  
when sending use ‘e-mail’ or address change in the subject.

E-mail: [pumpkin@taconic.net](mailto:pumpkin@taconic.net)

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## New Era at the Hollow

2015 has ushered in many new and wonderful changes here. On February 19<sup>th</sup>, Paris and George experienced the joyous birth of their first child. We wish Shankar, a beautiful dark-haired baby boy, a warm welcome into our Pumpkin Hollow community.

Stephen Priesthoff our long-term maintenance person has moved on to new adventures. It was with much love and gratitude for his presence, skill and wonderful spirit that we said good-bye.

Leda Milazzo has joined the ranks of the resident staff here at Pumpkin Hollow. As a second generation theosophist and Hollower, she brings the intention of service and love of Pumpkin Hollow traditions with her as she skillfully assumes her new responsibilities in the office and around the Hollow.

While many changes have occurred at Pumpkin Hollow, much remains the same. This winter, Loren, Carolyn, Nancy, and Peggy and the other staff members remained a steady presence at Pumpkin Hollow. And most especially, the generous gift of time and service given by our many volunteers continues to allow Pumpkin Hollow to flourish and be a beacon of light for all who come to visit. As the fullness of the 2015 season approaches, the heartbeat of the Hollow remains vibrant, the energy alive and the spaces warm and welcoming.



**Pumpkin Hollow Foundation Inc.** is a non-profit financial contributions insure continuity of growth and well-being in our sanctuary. Pumpkin Hollow depends on your generosity.

A deep bow . . .  
from the Heart of the Hollow

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For complete information about program descriptions, registration and program fees visit our web site at **[www.pumpkinhollow.org](http://www.pumpkinhollow.org)**

Programs are added throughout the year. If you do not have access to Internet, call the office (518)325-3583 for a description of Pumpkin Hollow programs.

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### **Yes! I want to support Pumpkin Hollow Retreat Center and its continuing growth.**

I have enclosed a **tax-deductible** contribution of \$ \_\_\_\_\_

Credit Card: (Circle) Visa    Master Card    # \_\_\_\_\_ Exp. Date \_\_\_\_\_

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- Check one:    ☐ Please use my contribution where it is most needed.  
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