

# Essex County Environmental Center ~ Public Programs

## WINTER 2018/2019



The Essex County Environmental Center is located at 621-B Eagle Rock Avenue in Roseland in Essex County West Essex Park and is a facility of the Essex County Parks System. Hours of operation are Monday through Friday from 9:00am to 5:00pm and Saturday from 10:00am to 2:00pm. Essex County West Essex Park is open to the public every day from dawn until dusk. Pre-registration is required for all programs unless otherwise noted. **All programs require a minimum number of participants to run.** For more information, please call 973-228-8776.

### CLUBS FOR CHILDREN

#### LITTLE EXPLORERS WINTER NATURE PROGRAM

For 2 year olds (Toddlers)

Tuesdays—December 4, 11; January 8, 15, 22; February 5, 19

10am to 11am

For 3 year olds (Tots)

Thursdays—December 6, 20; January 3, 24, 31; February 7, 21

1pm to 2pm



For 4 and 5 year olds (Pre-K)

Tuesdays—December 4, 11; January 8, 15, 22; February 5, 19

4pm to 5pm

**OR** Thursdays—December 6, 20; January 3, 24, 31; February 7, 21

9:30am to 10:30am

This child-caregiver class uses stories, walks and crafts to develop an awareness and appreciation for science and nature for the child as well as the caregiver. Each week, a different nature or science topic is covered. Advance registration and payment are required; call 973.228.8776. **Fee: \$12 per child/session**

#### BUG CLUB

Tuesdays—December 11, January 8, February 12, March 12

4pm to 5pm

**For children ages 6 to 10.** The Bug Club is devoted to children who want to explore the wonders of insects through field walks, games, stories and crafts. Advance registration, payment and minimum number of participants are required; call 973.228.8776. **Fee: \$10 per child per session**



#### FROG POND SCIENCE CLUB

Wednesdays—December 19, January 16, February 20, March 20

4pm to 5pm

**For children ages 5 through 9.** Uncover and discover ecosystem interactions at the frog pond. Explore with nets, magnifiers and microscopes to investigate what lives at the pond and learn from a naturalist what can be done to protect and conserve the pond inhabitants. Advance registration, payment and minimum number of participants are required; call 973.228.8776. **Fee: \$10 per child per session**



#### BIRD CLUB

Thursdays—December 20, January 17, February 21, March 21

4pm to 5pm

**For children ages 5 through 10.** Come explore our wooded wetland and see what birds live here. Use binoculars, field guides, and a keen sense of observation to discover and identify all sorts of birds. Advance registration, payment and minimum number of participants are required; call 973.228.8776. **Fee: \$10 per child per session**



## CLUBS FOR CHILDREN

### WINTER WONDERLAND CLUB



**Saturdays—December 8, 15, 22, 29; January 5, 12, 19, 26; February 2, 9, 16, 23** **9am to 10am**  
**For children ages 4-8.** Let your child enjoy the winter landscape and outdoor activity every Saturday from December through February. Drop off your grade school child for a fun adventure. This is an exploratory club with open focused exploration that highlights areas of participant interest. Warm mint tea and a book reading after outdoor activities may be occasionally held indoors. Dress warmly and in layers. Good boots are a must. If extreme weather prohibits our outdoor experience, we will cancel for safety. Limited space available. Advance registration, pre-payment and a minimum number of participants are required; call 973.228.8776 **Fee: \$10 per child per session**

## WEEKLY PROGRAMS FOR ADULTS

### CHAIR YOGA

**3pm to 4pm**

**Tuesdays—December 4, 11, 18; January 8, 15, 22, 29; February 5, 19, 26**

**For adults.** If you are new to yoga or feel that most yoga classes might be too strenuous for you, chair yoga can provide the more easy-going supported style you've been wishing for. Come experience how gentle yogic breath decreases stress and increases comfort and fluidity of movement, not only through your yoga practice, but potentially throughout your life. All poses are enjoyed at your own pace, seated or standing next to a chair and using it for support whenever you like. Our class will end in a peaceful restorative pose and optional gentle shoulder massage, and may you float out of class with a song in your heart. All levels are welcome. Dress comfortably. Advance registration, monthly pre-payment and a minimum number of participants are required; call 973-228-8776. No refunds for missed classes. **Fee: \$15 class, \$10 for those 65 and older**



### THURSDAY EVENING YOGA

**6:15pm to 7:30pm**

**Thursdays—December 6, 13, 20, 27; January 3, 10, 17, 24, 31; February 7, 14, 21, 28**

**For adults.** In this "all levels" yoga series, each student is invited to explore and play through the breath and asanas/poses, flowing at your own pace with self-compassion and joy; followed by an optional gentle shoulder massage and restorative pose or Savasana of transformation and peace. All levels are welcome. Dress comfortably and please bring your own mat. Advance registration, monthly payment and minimum number of participants are required; call 973.228.8776. No refunds for missed classes. **Fee: \$15 per class, \$10 for those 65 and older**



### ESSENTIAL OILS

**Tuesdays—December 4, 11, 18; January 8, 15, 22, 29; February 5, 19, 26**

**For adults.** In this one-hour class, wellness advocate Stacy McCormack teaches what essential oils are and how they can benefit your life. Each week a new topic will be explored and different oils will be sampled. Learn how essential oils can be powerful allies on your journey to health and happiness and an important ingredient in the recipe of a healthy lifestyle. Participant interest guides this class. Advance registration and minimum number of participants are required; call 973-228-8776. **Fee: \$15 per class**

**7pm to 8pm**



## WEEKLY PROGRAMS FOR ADULTS



### RECLAIM YOUR TIME—4 Part Series

Thursdays—December 6, 13, 20, 27; January 3, 10, 17, 24; February 7, 14, 21, 28

7pm to 8pm

Take the opportunity to change your mind about how you spend your most valuable resource—your time! In this 4-part time-management course, wellness advocate Stacy McCormack teaches how to become more focused and fully present in your life. Ditch a lifestyle of being crammed, overwhelmed, and scattered every day. Arrive at your engagements gracefully prepared and polished. This class addresses daily routines, calendars, and personal and professional schedules. You'll learn how to be prepared for events, manage stress and get a good night's sleep – the turnkeys to opening the door for long-term productivity. This course has a baseline in wellness; at the core of productivity is well-being. Workbook and supplemental materials provided for at home practice and integration. Advance registration and minimum number of participants are required; call 973-228-8776. **Fee: \$75 per person**

## MONTHLY PROGRAMS FOR ADULTS

### HORTICULTURE FOR SENIORS

Mondays—December 17, January 28, February 25

1pm to 3pm

**For senior citizens.** Join the Rutgers Master Gardeners of Essex County for this horticulture class especially designed for senior citizens. The monthly topics are *Greens for the Holiday Season; Arm Chair Gardening, An English Country Garden; and The History of Chocolate, the Good, the Bad, and the Delicious.* Meet in Garibaldi Hall. **Advance registration is required one week prior to program;** call Helen at 973.731.0717 or the Master Gardner Helpline at 973-228-2210. **Free**



### NEW JERSEY WOODTURNERS

Mondays—January 28, February 25

7pm to 9:30pm

**For adults and children ages 3 and up.** Learn to turn with the NJ Woodturners Association. Discover the wonders of creating art from found pieces of wood. Topics vary by the month. Call Gualberto Malave at 908.310.3557 for details. Meet in Garibaldi Hall. **Fee: \$10 per adult, free for NJWA members**

### ESSEX COUNTY BEEKEEPERS SOCIETY

2<sup>nd</sup> Tuesday of the Month—January 8 “Optimizing the Hive”

7pm to 9 pm

**For adults and children ages 12 and up.** The ECBS, a chapter of the NJ Beekeepers Association, is dedicated to teaching new beekeepers how to manage their bees and helping experienced beekeepers to do it better. If you think you might be interested in keeping honey bees and would like to explore what's involved, you're welcome to join us! Meet in Garibaldi Hall. Call ahead to confirm meeting as monthly meeting location may change from time to time.

**Fee: \$10 per child, \$12 per adult, free for ECBS and NJBA members**



### RUTGERS ENVIRONMENTAL STEWARDS PROGRAM

Tuesdays, February 5, 2019 through June 11, 2019

6:30pm to 9:30pm

For more than 10 years, the *Rutgers Environmental Stewards Program* has trained adult volunteers in current environmental issues affecting New Jersey so they can help solve environmental problems in their communities. Each week, participants will receive classroom and hands-on training from local and university experts on important environmental topics. The program focuses on science and public policy based on that science. Topics include: Geology, renewable energy, climate change, protection of public land, environmental justice, native and invasive species, oils and the environment, wildlife ecology, and more! Meet at Turtle Back Zoo Education Center, 560 Northfield Ave, West Orange. Please

complete the online application at <https://tinyurl.com/RESessex>. Cash or checks only. Checks should be made to "Rutgers, The State University of New Jersey" and should be sent to Amy Rowe, Rutgers Cooperative Extension of Passaic County, 1310 Route 23 North, Wayne, NJ 07470. Please indicate the name of the person you are registering when you submit payment. For more information, email Amy Rowe at [rowe@njaes.rutgers.edu](mailto:rowe@njaes.rutgers.edu) or call 908-235-1168. **Fee: \$250**

## **New Jersey Audubon ~ URBAN OASIS BIRDING FIELD TRIPS ESSEX COUNTY**



Led by Dave Hall, Associate Naturalist

**Field trips are designed for ages 12 and up.** Have you ever wanted to “bird watch” but didn’t know where to begin? Would you like to find some of the hidden gems in Essex County? Let New Jersey Audubon be your guide. We will look for resident and over-wintering birds as well as scenic vistas. Many of these trips are to Essex County parks, the first county parks system created in the United States. Dave will set an easy pace, and most of the trails are on level and wide paths. Hikes take place unless trails are impassable due to snow or ice; heavy rain or snow cancels. Registrants will receive a confirmation call/e-mail in the event of a cancellation. Advance payment may be made via credit card. Onsite payment by exact cash or check only. To register, please contact the Scherman-Hoffman Wildlife Sanctuary at 908.396.6386.

### **THURSDAY MORNING FIELD TRIPS**

#### **Troy Meadows**

**Thursday, December 6**

**8:30am to 11am**

Search the edges of the swamp for wintering birds. Be prepared for muddy or icy conditions. Meet at Essex County Environmental Center, 621 Eagle Rock Avenue, Roseland, and carpool to the trail head. **Fee: \$6 members, \$8 non-members.**

#### **Essex County Hatfield Swamp**

**Thursday, December 13**

**8:30am to 11am**

Take a journey into the frozen swamp to search for winter visitors and lingering fall migrants that call the heart of western Essex County home. Meet at Stop & Shop, 875 Bloomfield Avenue, West Caldwell. **Fee: \$6 NJA members, \$8 non-members**

#### **Essex County Weequahic Park**

**Thursday, January 3**

**8:45am to 11am**

Visit an Essex County oasis while searching for wintering ducks, gulls and passerine birds. All can be viewed along an easy trail around the lake. Enter and park at Meeker Avenue and Empire Street and meet in the large parking area on the south side of the lake. **Free**

#### **Essex County Hilltop Reservation**

**Thursday, January 31**

**8:30am to 11am**

Take a leisurely winter hike while looking for winter wildlife, especially field and forest birds. Meet at Mountain Avenue and Courter Lane, North Caldwell. **Free**

#### **Troy Meadows**

**Thursday, February 21**

**8:30am to 11:00am**

Search the edges of the frozen swamp for wintering birds and early migrants. Be prepared for muddy or icy conditions. Meet at Essex County Environmental Center, 621 Eagle Rock Avenue, Roseland, and carpool to the trail head. **Fee: \$6 NJA members, \$8 non-members**

# New Jersey Audubon ~ URBAN OASIS BIRDING FIELD TRIPS ESSEX COUNTY

## SATURDAY MORNING FIELD TRIPS

### Essex County South Mountain Reservation

**Saturday, December 8**

**8am to 11am**

Visit several key locations within Essex County's largest park. Discover how easy it is to find wildlife in winter when there is plenty of food, water and shelter. Meet at Essex County Turtle Back Zoo, 560 Northfield Avenue, West Orange, and carpool to various locations within the park. **Fee: \$6 NJA members, \$8 non-members**

### Essex County Riker Hill and Becker Tract

**Saturday, January 5**

**8:30am to 11am**

Walk through old farm fields to discover overwintering field birds. Hike along the ridge at Riker Hill for great views and a look at woodland birds. Meet at the Environmental Center, 621B Eagle Rock Avenue, Roseland, and carpool to the hiking site. **Free**

### Essex County Hatfield Swamp

**Saturday, February 23**

**8:30am to 11am**

Take a journey into the frozen swamp to search for winter visitors and early spring migrants that call the heart of western Essex County home. Footing could be icy or muddy depending on the weather. Meet at Stop & Shop, 875 Bloomfield Avenue, West Caldwell, and carpool to the trail head. **Fee: \$6 NJA members, \$8 non-members**

## December 2018 SEASONAL PROGRAMS

### GINGERBREAD HOUSE MAKING WORKSHOP

**Saturday, December 1**

**11am to 1pm**

ON SITE REGISTRATION AND CREATION OF YOUR GINGERBREAD HOME OR HABITAT. Stop by the Essex County Environmental Center and our resourceful staff will get you started on your own unique creation. A second workshop will be held at 3pm at Essex County Turtle Back Zoo education building. Must pre-register by this date to participate in the contest. **Some materials will be provided, however, you are encouraged to bring your own items.** This is the last day to register for the contest. Advance registration is required; call 973.228.8776. **FREE**



### 14<sup>th</sup> ANNUAL SUSTAINABLE HOMES & HABITATS GINGERBREAD CONTEST & EXHIBIT

**All entries must be registered by Saturday, December 1 and submitted by Monday, December 3rd**

Create a unique gingerbread house with natural accents and green building design features. Sustainable Gingerbread Homes will be on display from Wednesday, December 5 through Saturday, December 15. Prizes will be awarded in various categories on Monday, December 17<sup>th</sup>. To register or for more information, please call the Environmental Center at 973.228.8776.



### COOKIES WITH SANTA

**Saturday, December 8**

**1:30pm to 3pm**

Bring your pets and come join Essex County 4-H for a family picture with Santa. Hot cocoa and cookies galore! Meet in Garibaldi Hall. For information contact Chrystine Gaffney, [cg709@njaes.rutgers.edu](mailto:cg709@njaes.rutgers.edu). Direct registration at [tinyurl.com/4hcookieswsanta](http://tinyurl.com/4hcookieswsanta). **Fee: \$10 per family**





## December 2018 SEASONAL PROGRAMS

### HOLIDAY GIFTMAKING WITH HEALTH BENEFITS



**Saturday, December 15**

**11am to 12pm**

**For Adults.** Join Jenn Forino, founder of [plusoils.com](http://plusoils.com), in making thoughtful holiday gifts of infused bath salts and floral sprays with therapeutic grade essential oils. This workshop will start with a mini-lesson teaching you how to use therapeutic essential oils for your overall health and well-being. For more information, please call, 973-228-8776. Pre-registration and minimum number of participants required. **Fee: \$25 per adult**

### GREEN GIFTS, HOLIDAY PAPERMAKING & GIFT TAG CREATION

**Saturday, December 22**

**11am to 1pm**

**All ages.** Join us before the holidays to make recycled paper and gift tags from colored construction paper scraps, scented herbs and old holiday cards. The whole family can join in on making these colorful additions to your holiday gifts. Also, make a gift from nature of your choice—beeswax candle, multi-purpose body scrub, herb sachet, picture frame or recycled bird feeder. May make more than one “green gift”—additional fee(s) apply. By reducing waste and recycling materials, we extend the value of resources and promote environmental stewardship. For more information, please call, 973-228-8776. Pre-registration and minimum number of participants required. **Fee: \$15 per adult; \$12 per child; \$5 per additional gift**



### WINTER WILDLIFE EXPLORERS CAMP

**Wednesday, Dec. 26; Thursday, Dec. 27; Friday, Dec. 28**

**9:30am to 3:30pm**



**For children in kindergarten to 3<sup>rd</sup> grade.** Campers enjoy stories, crafts, campfires and forest adventures exploring our wooded wetland forests in winter time. For more information, call 973.228.8776. Pre-registration, payment and minimum number of participants required.

**Fee: \$180 per child for all three days OR \$70 per child per day**

### FAMILY YOGA

**Saturday, December 29**

**11am to 12pm**



**For ages 5 and up.** Happy Baby, Cats and Cows, Tree, Elephant and Child’s Pose. Welcome to our Family Yoga Class, where you’ll share and enjoy an adventure of calming breath, fun asanas/poses, and gentle stretches with your nearest and dearest in a friendly, go-with-the-flow atmosphere. Advance registration and minimum number of participants required; call 973-228-8776. **Fee: \$10 per child, \$12 per adult.**

## January 2019 SEASONAL PROGRAMS

### WELLNESS TIPS FOR BUSY PEOPLE

**Saturday, January 5**

**11am to 12pm**

**For Adults.** No one has time for sickness to slow them down! Learn from Jenn Forino, founder of [plusoils.com](http://plusoils.com), how you can easily incorporate the benefits of therapeutic essential oils into your busy lifestyle to achieve the health you need. Each participant will go home with a Thieves Roll-on and a Thieves Cleaner Concentrate (*Thieves essential oil is a trademarked blend of clove, lemon, cinnamon bark, eucalyptus radiata, and rosemary essential oils known for their powerful health properties*). For more information, please call, 973-228-8776. Pre-registration and minimum number of participants required. **Fee: \$25 per adult**



## January 2019 SEASONAL PROGRAMS

### SHINRIN-YOKU "FOREST BATHING"



**Saturday, January 12**

**11am to 12:30pm**

**For children ages 5 and up.** Take a relaxing forest walk in the new year. Shinrin-yoku is a term in Japanese that means "taking in the forest atmosphere" or "forest bathing." We'll follow cards along our trail that prompt us to participate in an awakening activity like smelling an aromatic plant, touching a textured tree bark or stopping to fill our lungs with fresh forest air. Advance registration and minimum number of participants required; call 973.228.8776. **Fee: \$10 per child**

### HOT CHOCOLATE HIKE

**Saturday, January 19**

**11am to 12:30pm**

**For families.** Join us for a hike around the Environmental Center forest, build a winter campfire, sip hot cocoa and make s'mores. Dress warmly. Advance registration and minimum number of participants required; call 973.228.8776. **Fee: \$10 per child, \$12 per adult**



### MLK DAY: CELEBRATE BIO(DIVERSITY) IN NATURE

**Monday, January 21**

**9:30am to 4:30pm**



**For families.** Drop in for open exploration and hands-on inquiry based activity tables that include furs, feathers, skulls, scat and more miscellaneous bio-facts to uncover and discover. Participate in the creation of native seed balls as a service project that supports our local environment; also includes a make-and-take a clay animal track or pine cone art-impression. Advance registration and minimum number of participants required; call 973.228.8776. **Fee: \$10 per child, \$12 per adult**

### CLIMATE CRISIS: HOW EATING SUSTAINABLY GROWN FOODS BENEFITS OUR BODIES AND OUR PLANET!

**Wednesday, January 23**

**7pm to 8:30pm**

**For adults.** Sustainable Farming methods must be resource-conserving, socially supportive, commercially competitive, and environmentally sound. Is Organic meat and produce better than Sustainable foods? This talk given by **Sandy Williams of Field Goods** explores many of the problems and questions related to our nation's broken food system—including climate change and the healthcare crisis. Although climate change can seem insurmountable, individuals can make a meaningful difference by pledging to eat sustainably produced food, sourced from small local sustainable farms. Program includes samples and tasting of products and produce from small sustainable farms. Advance registration required; call 973.228.8776. **Free**



### FAMILY YOGA

**Saturday, January 26**

**11am to 12pm**

**For ages 5 and up.** Happy Baby, Cats and Cows, Tree, Elephant and Child's Pose. Welcome to our Family Yoga Class, where you'll share and enjoy an adventure of calming breath, fun asanas/poses, and gentle stretches with your nearest and dearest in a friendly, go-with-the-flow atmosphere. Advance registration and minimum number of participants required; call 973-228-8776. **Fee: \$10 per child, \$12 per adult.**



## January 2019 SEASONAL PROGRAMS



### KAUFFELD'S CALLING FROGS PROGRAM

**Saturday, January 26**

**11am to 12:30pm**

**For adults and children ages 10 and up.** Like many amphibians, the Atlantic Coast leopard frog faces habitat loss, disease, and pollution. The first step in protecting this species is to identify its range. In order to understand the threats facing this species, biologists need your help to find out where it lives! Become a citizen scientist and help

biologists gather data on population locations in New Jersey. Meet Conserve Wildlife Foundation biologist, Allegra Mitchell, to learn about this new frog species and its habitat, and practice identifying its unique mating call. After training, citizen scientists will go out into the field during the mating season in early spring to collect data for a statewide effort to find out where this species lives. No experience required! Training materials will be provided. Advance registration and minimum number of participants required; call 973.228.8776. **Fee: \$10 per child, \$12 per adult**

## February 2019 SEASONAL PROGRAMS



### MAKING CHARCOAL ART AT THE CAMPFIRE

**Saturday, February 2**

**10:30am to 12pm**

**For families.** We will gather sticks of different wood varieties and turn them into charcoal pencils in a container placed on the fire. The sticks char without completely combusting due to the lack of oxygen and make an excellent artist charcoal. Each participant will get to make some free choice art and take some charcoal pencils home. Advance registration and minimum number of participants are required; call 973.228.8776. **Fee: \$12 per adult, \$10 per child**

### LUCY LIBIDO HAS AN ESSENTIAL OIL FOR THAT! (Girls Only Valentine's Day Special)

**Saturday, February 9**

**11am to 12pm**

**For Adults.** Calling all girlfriends! This girls-only morning is a fun way to prepare for Valentine's Day! You will be pampered with an all-organic brunch including a salad, fresh juice, and superfood muffin catered by Green Point Juicery. Rejuvenate while you learn from Jenn Forino, founder of [plusoils.com](http://plusoils.com), how plants can spice up your love life with essential oils. Everyone will go home with a perfume made with therapeutic grade essential oils. Invite your friends! Pre-registration, payment and minimum number of participants required. **Fee: \$50 per person**



### BUILD A BIRD HOUSE

**Saturday, February 16**

**11am to 12:30pm**

**For adults and children ages 8 and older who are accompanied by an adult.** Build a home that encourages breeding birds and other wildlife to take residence. Putting out your bird house now creates a good chance of having a nesting pair of songbirds in your garden by spring. Advance registration is required; call 973.228.8776. **Fee: \$10 per child; \$12 per adult**





## February 2019 SEASONAL PROGRAMS

### ESSEX COUNTY BEEKEEPERS SOCIETY BASIC BEEKEEPING: A 3-DAY SHORT COURSE

Saturdays, February 16 & 23; April Field Day TBA

8:30am to 4pm

**For adults and children ages 12 and older.** This short course is appropriate for new beekeepers as well as those who need a refresher. It is presented by the Essex County Beekeepers Society, <http://ecbs.njbeekeepers.org/index.htm>, a branch of the New Jersey Beekeepers Association (NJBA), with head instructor/coordinator Master Beekeeper Landi Simone. The class will cover everything beginning beekeepers need to know, from purchasing equipment to harvesting honey and the basics of disease and mite management. The third day of class will be a hands-on Field Day, to be held in April 2019 at various area apiaries. For more information contact registrar Pat Gamsby at [BJORNGLASS@aol.com](mailto:BJORNGLASS@aol.com) or at (973) 960-2997. Email is the preferred means of reaching Pat. Online registration available at <https://njba38.wildapricot.org/events>. Meet in Garibaldi Hall. Snow Date: March 2<sup>nd</sup>. **Fee: \$130 for NJBA members, and \$155 for non-members; includes NJBA membership in a chapter of your choice, class materials, continental breakfast, and afternoon snack.**



### PRESIDENTS DAY: THE LEADER I CAN BE

Monday, February 18

1pm to 4pm

**For children ages 5 and up.** Together we'll explore challenge by choice and team building exercises out on our forest trails and discuss and develop the skills we think make a virtuous leader. Advance registration and minimum number of participants required; call 973.228.8776. **Fee: \$20 per child**

### FAMILY WALK & CAMPFIRE

Thursday, February 21

6pm to 7:30pm

**All ages.** Join a naturalist for a short walk on the trails and experience forest life at night. After the walk, enjoy a campfire with organic fire-popped popcorn and mint tea. Advance registration and minimum number of participants required; call 973.228.8776. **Fee: \$10 per child, \$12 per adult**



### THE HEALTHY BENEFITS of HONEY BEE THERAPY or APITHERAPY

Friday, February 22

6:30pm to 8:30pm

**For ages 13 and up.** *Bee therapy or Apitherapy* is the medical use for the products of the Honey Bee hive—the use of honey, propolis, pollen, royal jelly, beeswax, bee bread, bee venom, honey bees and drones. This talk given by **Dr. Petrusia Kotlar DC** reveals the art and science of treatment and holistic healing through the honeybee and her products for a global health benefit. Program includes samples of some products of the hive with the highlight of the evening being a **Honey Tasting** segment where participants will learn first steps in becoming a "honey connoisseur". Advance registration and minimum number of participants are required; call 973.228.8776. **Fee: \$20 per person**



### FAMILY YOGA

Saturday, February 23

11am to 12pm

**For ages 5 and up.** Happy Baby, Cats and Cows, Tree, Elephant and Child's Pose. Welcome to our Family Yoga Class, where you'll share and enjoy an adventure of calming breath, fun asanas/poses, and gentle stretches with your nearest and dearest in a friendly, go-with-the-flow atmosphere. Advance registration and minimum number of participants required; call 973-228-8776. **Fee: \$10 per child, \$12 per adult.**



## LOOKING AHEAD

### SPRING CAMP

Tuesday, April 16; Wednesday, April 17; Thursday, April 18  
OR Tuesday, April 23; Wednesday, April 24; Thursday, April 25

12:30pm to 4:30pm

For children in grades 1 through 5. Restore the bond between children and nature. Children will have the opportunity to explore nature right here at the Essex County Environmental Center. For details, call the Center at 973.228.8776. Advance registration and payment are required. **Fees: \$140 per child for all 3 days OR \$60 per child/per day**



### EARTH DAY

Saturday, April 27

11am to 4pm

Bring your family, friends, and neighbors for our annual outdoor Earth festival. On this special day, celebrate nature with crafts, games, and recreational opportunities, such as canoeing and hiking. Enjoy demonstrations, information, a local eco-vendors' sale, with Environmental Center staff and partner groups on hand to guide you throughout the day. **FREE**



## PHOTO EXHIBIT

Currently On Display  
Essex County Nature Photography Contest 2018

## ANNOUNCEMENTS

**ESSEX COUNTY ENVIRONMENTAL COMMISSION**—Meetings are typically held the first Monday of each month at 6pm at the Essex County Environmental Center. Some dates may change. For an up to date listing of meeting dates or for more information, please contact Essex County Environmental Affairs Coordinator Tara M. Casella at 973.228.8776.

### **FARMERS MARKET QUALITY PRODUCE—Delivered to Essex County Environmental Center**

Sign-up for Field Goods to get a delightful variety of fresh and healthy, sustainably grown produce and artisan products. Fruit and Vegetable Bag subscriptions, as well as, a la carte local produce items, bread, cheese, eggs, pasta, salad, yogurt, and more from over 60 small farms and producers. Orders start at \$16. New customers save \$10 with code REALFOOD10. Produce is non-GMO and mostly organic. Go to [www.field-goods.com](http://www.field-goods.com), click “Order Now” and search Essex County Environmental Center location.

**GARDENING** — Do you have garden-related questions? Contact Rutgers Cooperative Extension of Essex County and a Master Gardener will gladly assist you on their FREE helpline service. Helpline hours are Monday through Friday from 10am to 2pm. Call 973.228.2210 or e-mail [mastergardenerec@gmail.com](mailto:mastergardenerec@gmail.com).

**WOODTURNING** — The NJ Woodturners Association would like to diversify its membership and gain more participation from women and children. The Association has half a dozen very talented female members, but is encouraging women and children to come to the meetings and learn about the wonderful world of woodturning. The Woodturners meet on the fourth Monday of every month from 7pm to 9:30pm in Garibaldi Hall. Contact Bob Amarant at 908-442-4729 for more information.

## EXPLORE, EXPERIENCE, EDUCATE AND DISCOVER AT THE ESSEX COUNTY ENVIRONMENTAL CENTER

The Essex County Environmental Center is situated in a wooded wetland habitat with access to the Passaic River which makes for an interesting and affordable site to book a naturalist-led field trip for school groups, scouts, adult and community groups.

Book our state-of-the art facility for an educational birthday party, community event, or a corporate business outing. Take advantage of this County facility, stay local and explore the nature of Essex in your own "backyard!"

### Book a Field Trip/Outreach for your School, Scout, Adult or Community Group

- Lenape Learning Programs with Traditional Earth Skills
- Professional Development Workshops for Educators
- Earth Day, Arbor Day, and Fall Family Celebrations
- Spring, Summer, Winter & Holiday Break Camps
- Sustainable Homes & Habitats Gingerbread & Parks Photo Contests
- Adult Yoga & Meditation Programs
- Nature Birthday Parties
- Tot and Pre-K Little Explorers Club, Bug Club, Healthy Living Kids Club & Gardening Programs



## ESSEX COUNTY ENVIRONMENTAL CENTER PARTNER AGENCIES

New Jersey Audubon (NJA) – Kelly Wenzel 908.396.6506

Essex County Beekeepers Society (ECBS) – Michael Frey 973.239.3434

West Essex Park Conservancy (WEPC) – Ron Pate 973.669.8030

Rutgers Master Gardeners of Essex County (MGEC) – Jan Zientek 973.228.3179

New Jersey Woodturners Association (NJWA) – Gualberto Malave 908.310.3557

Essex County 4-H Youth Development Program (4-H) – Marissa Blodnik 973.228.3785

### ATTENTION:

*If you are not already on our e-mail list, and you would like to receive an electronic file of our brochure as well as other e-notices and alerts, please call the Center (973.228.8776) at your earliest convenience or e-mail [tcasella@parks.essexcountynj.org](mailto:tcasella@parks.essexcountynj.org) with an e-mail address. Thank you!*



Our Environmental Center has become the premiere location for environmental education and nature appreciation. With the help of our partner groups, our dynamic schedule of events and activities will captivate all ages. Walk in our woods, discover habitats, get pointers on gardening, learn about nature photography and much more. It's all about nature and it's all at our Environmental Center.

**Joseph N. DiVincenzo, Jr., Essex County Executive**

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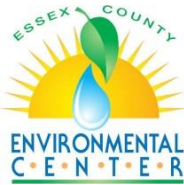
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**COUNTY OF ESSEX**

**Department of Parks, Recreation, and Cultural Affairs**

**ESSEX COUNTY ENVIRONMENTAL CENTER**

**621-B Eagle Rock Avenue, Roseland, NJ 07068**

**973.228.8776 / [www.essexcountyparks.org](http://www.essexcountyparks.org)**

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