

Essex County Environmental Center

SUMMER 2017

Public Programs



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 SUMMER NATURE STROLL

Fridays—July 14; August 11; September 1

2 & 3 year olds

10am to 11am

Fridays—July 21; August 18; September 8

4 & 5 year olds

10am to 11am

Join us for a summer stroll through our wooded wetland and let's see what we can discover. We'll take time to stop and explore the wonders of the season. Programs will be held rain or shine. Minimum number of participants required. Advance registration and payment are required; call 973.228.8776. **Fee: \$9 per child/per class**



BIRD CLUB

Thursdays—June 8, July 6

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: \$8 per child per session**



BUG CLUB

Tuesday—June 13

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: \$8 per child per session**



4-H YOUNG GARDENERS CLUB

Tuesday—June 13

4pm to 5pm

Tuesdays—July 11, 18, 25; August 1, 8, 15, 22

10am to 11am

For children in grades 1 through 10. Have you ever wondered how vegetables and flowers grow? From where spaghetti sauce comes? How you can find a rainbow in a garden? The 4-H Young Gardener's Club can provide the answers to these questions and more. Learning and fun happen all the time here. Meet in Garibaldi Hall. Advance registration required; please call 973.353.1337.



4-H ENVIRONMENTAL KIDS CLUB

Tuesday—June 6

4pm to 5pm

For children in grades 2 through 9. The environment is filled with things, big and small, that are surprising and helpful. Come once a month to see how much fun it is to learn about the world. The club is ongoing and fosters a long-term relationship with caring adults and club member peers. Members are encouraged to get involved with 4-H county events including fairs and public speaking. Meet in Garibaldi Hall. Advance registration is required; call 973.353.1337.



WEEKLY PROGRAMS FOR ADULTS

FRIDAY MORNING YOGA

Fridays—June 2, 16, 23, 30; July 7, 14, 21, 28; August 4, 11, 18, 25

9:30am to 10:45am

For adults. This class will explore the many joys of yoga. Breathing synchronized with movement will warm the body and relax the mind. All levels are welcome. Come weekly or for just one class. Advance registration is required; call 973.228.8776. Dress comfortably and bring your own mat. (Monday classes run October through March.) **Fee: \$10 per class**



TUESDAY AFTERNOON YOGA AND MYOFASCIAL UNWINDING

Tuesdays—June 6, 13, 20, 27

3:30pm to 4:45pm

For adults. The focus of this class is on the many benefits of long-held, seated yoga poses paired with free movements to unwind the body from its long-held patterns. Participants will lengthen tissues that connect, wrap and interweave muscles and experience the freedom of body-guided movement. This helps to increase range of motion and free up areas of limitation. No classes in July and August. All levels welcome. Advance registration is required; call 973.228.8776. Dress comfortably and bring your own mat. **Fee: \$10 per class**



CHAIR YOGA

Thursdays—June 1, 8, 15, 22, 29

3pm to 4pm

For adults. Whether you are new to yoga, are an older adult, or know and love yoga but can no longer get up and down from the floor easily, chair yoga may be for you. All poses are done seated or standing next to a chair. Breath guides students through class, which will end with a relaxing meditation. All levels are welcome. Dress comfortably. Advance registration, monthly pre-payment and minimum number of participants are required; call 973.228.8776. No refunds for missed classes. No classes in July and August. **Fee: \$9 per class, \$7 for those 65 and older**



THURSDAY EVENING YOGA

Thursdays—June 1, 8, 15, 22, 29; July 6, 13, 20, 27; August 3, 10, 17, 24

6:15pm to 7:30pm

For adults. This “all levels” yoga series will focus on alignment, flow and warmth followed by a restorative pose to unwind the body and mind for bed. All levels are welcome. Advance registration, monthly payment and minimum number of participants are required; call 973.228.8776. No refunds for missed classes. **Fee: \$10 per class**



MONTHLY PROGRAMS FOR ADULTS

HORTICULTURE FOR SENIORS

Monday—June 19

1pm to 3pm

For senior citizens. Join the Rutgers Master Gardeners of Essex County for this horticulture class especially designed for senior citizens. This month’s topic is *Enjoying Summer in the Garden*. 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— June 26, July 24, August 28

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**



NJ AUDUBON ESSEX COUNTY BIRDING FIELD TRIPS

BIRDING FIELD TRIPS IN ESSEX COUNTY

Led by Dave Hall, Associate Naturalist

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. Summer is the time to see, hear and learn about the species of birds that nest in Essex County. Walks encourage beginners and challenge experts. Space is limited; please contact Kelly Wenzel at 908.766.5787 for more information and to register.



NJ AUDUBON

ESSEX COUNTY BIRDING FIELD TRIPS

THURSDAY MORNING FIELD TRIPS

ESSEX COUNTY BECKER FARM

Thursday, June 15

8:30am to 11am

The forest and recovered farm field habitats will provide pleasing views of summer residents nest building or actively foraging. We will carpool to the trail head. Please call 908.766.5787 to register. Meet at the Essex County Environmental Center, 621B Eagle Rock Avenue, Roseland. **Fee: \$6 members, \$8 non-members**

ESSEX COUNTY HATFIELD SWAMP

Thursday, June 29

8:30am to 11am

We hope to find breeding birds in the wetland meadows and forests of this largely intact Essex County reservation. Footing could be wet or muddy, depending on the weather. Please call 908.766.5787 to register. Meet in front of Stop & Shop, 875 Bloomfield Avenue, West Caldwell. We will carpool from there to different parts of this large reservation. **Free**

ESSEX COUNTY BRANCH BROOK PARK

Thursday, July 6

8:30am to 11am

Join us for a hike through this historic urban gem. The paths of this varied park scene hold a surprising variety of birdlife, from forest birds to ducks and herons. Meet at the Cherry Blossom Welcome Center located just north of Heller Parkway in the park. Please call 908.766.5787 to register. **Free**

TROY MEADOWS

Thursday, August 31

8:30am to 11am

The combination of forest and meadow habitat makes for spectacular views of late summer residents actively foraging. Footing may be wet. We will carpool to the trail head. Please call 908.766.5787 to register. Meet at the Essex County Environmental Center, 621B Eagle Rock Avenue, Roseland. **Fee: \$6 members, \$8 non-members**

SATURDAY MORNING FIELD TRIPS

ESSEX COUNTY SOUTH MOUNTAIN RESERVATION

Saturday, June 17

8:30am to 11:30am

We hope to find breeding birds around the reservoir, in hillside forests, and on meadow edges in this very large, well preserved park. Please call 908.766.5787 to register. Meet in front of Essex County Turtle Back Zoo. We will carpool from there to different parts of this large reservation. **Fee: \$6 members, \$8 non-members**

ESSEX COUNTY BROOKDALE PARK

Saturday, July 8

8:30am to 11am

Tour the Rose Garden and a search for late summer birds and perhaps hummingbirds. Meet in the parking lot at the top of the soccer/football grandstands near the entrance on Bellevue Avenue. Please call 908.766.5787 to register. **Free**

ESSEX COUNTY HILLTOP RESERVATION

Saturday, July 15

8:30am to 11am

This is a great time to view nesting birds such as Indigo Buntings and House Wrens. We will also explore the restored meadow habitat for bluebirds as well as butterflies and other insects. Please call 908.766.5787 to register. Meet at Mountain Avenue and Courter Lane, North Caldwell. **Free**

ESSEX COUNTY HATFIELD SWAMP

Saturday, August 26

8:30am to 11am

We hope to find early fall migrants and late breeding birds in the wetland meadows and forests of this largely intact Essex County reservation. Footing could be wet or muddy, depending on the weather. Please call 908.766.5787 to register. Meet at Stop & Shop, 875 Bloomfield Avenue, West Caldwell. **Free**

JUNE 2017 SEASONAL PROGRAMS

WILD EDIBLE WALK

Thursday—June 15

6:30pm to 8pm

For adults and children ages 16 and up. Take a walk along our trails to identify and discuss the wide variety of forest groceries available for harvest around our local landscape. As we walk and talk, we'll discuss proper identification, seasonal harvest, growing environment and methods of preparation. Limit 8. Advance registration is required; call 973.228.8776. Minimum number of participants required. **Fee: \$10 per adult**



EXHIBITION BY LESTER JOHNSON: FUTURE SPECTIVE—48 HOURS TO A VIEW

Opening reception—Friday, June 23

1pm to 3pm

Closing reception—Saturday, June 24

11am to 1pm



Join us as we welcome local artist Lester Johnson to reveal for the first time in a contemporary setting pieces from his decades-long body of work entitled "Nested Spheres" aka "Balls in a Cage." All of the wood in this exhibit is recycled. Mr. Johnson shares, "If I had to choose only one composition, and one material to create art, these would be the two. I have been recycling wood since 1954. The streets of America have the best recyclables in the world. The philosophy of the arts and how experiences relate to creating art are always the same. Artisans are blessed and some are honored—I am both". **FREE; artwork may be for sale.**

BIKE RIGHT – LEARN TO RIDE

Saturday, June 24

10:30am to 12:30pm

For children ages 5 and older. Make learning to ride a bike easier for your child with TransOptions' Bike Right Learn to Ride class. Bike Right Learn to Ride will teach your child the safe, easy and effective way to learn to ride. Using this "balance first" method, parents help get their children rolling while the child does most of the work. Participants learn the basics of balancing, starting, stopping, and steering a bike, as well as proper helmet fit and adjustment. Please bring a helmet and a bike (without training wheels) in good working order. In the event of rain, this program will be rescheduled. Meet in Garibaldi Hall. Advance registration and minimum number of participants are required; call 973.228.8776. **Fee: \$8 per child**



WILDERNESS SKILLS SUMMER CAMP

Wednesday to Friday—June 28 to June 30 and/or July 5 to July 7

9:30am to 2:30pm

For grades 5 to 8. Join *Traditional Earth Skills* Instructor Mike Dennis for up to two sessions of outdoor skills building. During session one, students will take a traditional approach and, during session two, a modern approach will be followed. Participants will identify plants, learn to track animals, create fire, go canoeing, make natural rope, build shelters and more! Call the Center at 973.228.8776 for details. Advance registration is required. **Fee: \$185 per child/per week**



JULY 2017 SEASONAL PROGRAMS

YOGA AT ESSEX COUNTY SOUTH MOUNTAIN RECREATION COMPLEX

Mondays—July 3, 10, 24

6:30pm to 7:45pm

For adults. Essex County celebrates Parks and Recreation Month with free yoga classes at the South Mountain Recreation Complex. These classes are suitable for beginners and great for the seasoned yoga practitioner. Bring a yoga mat and dress comfortably. Meet in the Clipper Pavilion next to the paddle boat area on Cherry Lane. Classes are held rain or shine. For more information, call 973.228.8776. **FREE**



NATURE EXPLORERS SUMMER CAMP

July 10 to July 21, Grades Pre-K and Kindergarten

12:30pm to 3:30pm

July 24 to August 4, Grades 1 and 2

12:30pm to 4:30pm

August 7 to August 18, Grades 3 and 4

12:30pm to 4:30pm

Enjoy exploring woodland and river habitats for insects, birds, amphibians, Lenape life and much more. Sign up for one or two weeks per grade level. Call the Center at 973.228.8776 for details. Advance registration is required. **Fee: \$160 per child/per week for Pre-K and K, \$180 per child/per week for Grades 1 and 2; \$200 per child/per week for Grades 3 and 4**



JULY 2017 SEASONAL PROGRAMS

BIKE RIGHT – LEARN TO RIDE

Saturday, July 15

10:30am to 12:30pm

For children ages 5 and older. Make learning to ride a bike easier for your child with TransOptions' Bike Right Learn to Ride class. Bike Right Learn to Ride will teach your child the safe, easy and effective way to learn to ride. Using this "balance first" method, parents help get their children rolling while the child does most of the work. Participants learn the basics of balancing, starting, stopping, and steering a bike, as well as proper helmet fit and adjustment. Please bring a helmet and a bike (without training wheels) in good working order. In the event of rain, this program will be rescheduled. Meet in Garibaldi Hall. Advance registration and minimum number of participants are required; call 973.228.8776. **Fee: \$8 per child**



THE VERY HUNGRY CATERPILLAR

Saturday, July 15

12:30pm to 1:30pm

For children ages 3 to 5. Come dressed for a butterfly parade around the trails to learn about a day in the life of the monarch. We will also check out food sources for other caterpillars and butterflies. This program includes entry into the live butterfly tent. Advance registration and minimum number of participants are required; call 973.228.8776. **Fee: \$8 per child**



BUTTERFLY TENT SAFARI

Monday, July 17 through Friday, July 28

12pm to 3pm

Saturdays—July 15, July 22 & 29

10:30am to 1:30pm

For all ages. Flutter on over and visit our live butterfly tent. All are welcome to make-and-take a butterfly craft and participate in table activities. *\$2 per person suggested donation*



BUZZ INTO ACTION WITH INSECT EDUCATION

Saturday, July 22

10:30am to 11:30am

For children ages 5 and older. Join us for a family fun and hands-on presentation about bugs n' butterflies. This program includes entry into the live butterfly tent. Advance registration and minimum number of participants are required; call 973.228.8776. **Fee: \$8 per child, \$10 per adult**



FAMILY WALK & CAMPFIRE

Thursday, July 27

6:30pm to 8pm

For all ages. Join a naturalist for a short walk on the trails to experience forest life at dusk. Afterward, enjoy a campfire and fire-popped organic popcorn. Advance registration and minimum number of participants are required; call 973.228.8776. **Fee: \$8 per child, \$10 per adult**



BUTTERFLY GARDENING WORKSHOP

Saturday, July 29

12pm to 1:30pm

For adults and children ages 8 and older. Learn to garden for butterflies with Jean Greeley, an Essex County Rutgers Master Gardener and butterfly enthusiast. The presentation and discussion will be followed by a visit to butterfly host and nectar plants within the Center's gardens. This program includes a few minutes in the live butterfly tent. Advance registration is required; call 973.228.8776. **Fee: \$8 per child, \$10 per adult**



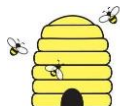
AUGUST 2017 SEASONAL PROGRAMS

BUZZFEST

Saturday, August 5

11am to 1pm

For all ages. Have you ever wondered how honey goes from hive to jar? Watch a local beekeeper extract honey from a real hive! You'll even get a sample taste. There will be crafts, games, an observation hive and more. Learn about bees, their current challenges, and how we can help. Advance registration and minimum number of participants are required; call 973.228.8776. **Fee: \$5 per person for ages 2 and up**



AUGUST 2017 SEASONAL PROGRAMS

3-PART SERIES: STRESS RELEASE USING EMOTIONAL FREEDOM TECHNIQUES

Mondays—August 14, 21, 28

6:45pm to 7:45pm

Or

Tuesdays—August 15, 22, 29

9:45am to 10:45am



For adults. Most individuals feel stress in one or more areas of life. Relationships, work, health, spirituality, and finances commonly contribute to stress. Regardless of the cause, stress has serious effects on the body, and reducing it can lead to a healthier, happier experience of life. Participants will learn and use EFT (Emotional Freedom Techniques) to de-stress and to gain new perspectives and insights. Participants will use acupressure points to tap into areas of emotional stress. This modality is easy to learn and use and, once learned, can be used any time, day or night. This class is suitable for all levels. Advance registration and minimum number of participants are required; call 973.228.8776. **Fee: \$10 per adult per class; or \$27 for the series**

FAMILY WALK & CAMPFIRE

Thursday, August 17

6:30pm to 8pm

For all ages. Join a naturalist for a short walk on the trails to experience forest life at dusk. Afterward, enjoy a campfire and fire-popped organic popcorn. Advance registration and minimum number of participants are required; call 973.228.8776. **Fee: \$8 per child, \$10 per adult**



BIKE RIGHT – LEARN TO RIDE

Saturday, August 19

10:30am to 12:30pm

Children ages 5 and older. Make learning to ride a bike easier for your child with TransOptions' Bike Right Learn to Ride class. Bike Right Learn to Ride teaches children the safe, easy and effective way to learn to ride. Using this "balance first" method, parents help get their children rolling while the child does most of the work. Participants learn the basics of balancing, starting, stopping, and steering a bike, as well as proper helmet fit and adjustment. Please bring a helmet and a bike (without training wheels) in good working order. In the event of rain, this program will be rescheduled. Meet in Garibaldi Hall. Advance registration and minimum number of participants are required; call 973.228.8776. **Fee: \$8 per child**



LOOKING AHEAD

2017 ESSEX COUNTY PARKS PHOTOGRAPHY CONTEST

Submissions are due by Wednesday, September 13, so *grab a camera and visit an Essex County Park!*

Anyone with a camera is invited and encouraged to submit photos that capture a part of your visit to the Essex County Parks System. For rules and regulations, please contact the Essex County Environmental Center at 973.228.8776.



LABOR DAY PADDLE

Monday, September 4

10am to 12pm **OR** 2pm to 4pm

For adults and children ages 10 and older. Take a leisurely paddle on the Passaic River! Paddlers will enjoy scenery and peacefulness as they paddle up the river and float downstream. Geared for beginners and children 10 and up accompanied by a parent or guardian. Meet in the Garibaldi Hall parking lot. Advance registration is required; call 973.228.8776. **Fee: \$30 per canoe**



12TH ANNUAL FALL FAMILY FESTIVAL

Saturday, September 23

11am to 4pm

Come celebrate the autumn equinox at the Environmental Center! There will be fun-filled activities for the entire family to enjoy—hands-on nature games and crafts, canoeing, Native American life, pumpkin patch, petting zoo, food, and more. **FREE EVENT**; some items may be for sale.



FROG POND FUN CAMP

Monday, October 9

9:30am to 3:30pm

For students in grades 1 to 5. Explore the depths of the Center's pond and wander into the wooded wetland to discover what's there beyond first glance. Through outdoor and indoor activities, campers will uncover the adaptations that allow frogs and other wetland organisms to survive and thrive while learning how we can become stewards for these fascinating species. Advance registration and payment are required; call 973.228.8776. **Fee: \$65 per child**



PHOTO EXHIBIT

July Photo Exhibit

Bold, Brilliant Butterflies of Northern New Jersey
By Janet Markman

ANNOUNCEMENTS

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 Gualberto Malave at 908-310-3557 for more information.

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 mastergardener@essexcountynj.org.

4-H — We invite all youth in grades K-12 to enter projects in the County 4-H Fall 2017 Fair. The fair will be held in partnership with the Annual Autumn Family Festival at the Essex County Environment Center on Saturday, September 23rd. A detailed fair submission book can be found at essex.njaes.rutgers.edu/4h. Youth can submit projects in any of the fall divisions, including Indoor Gardening, Outdoor Gardening, Food and Nutrition, Fruits and Vegetables, and Miscellaneous. Projects will be judged, showcased and ribbons will be given to all submissions. Scouts, schools groups and homeschool groups are encouraged to submit projects! Special Note: This year we will also host an adult division for Fruits, Vegetables, Food, and Indoor Gardening!

To register or to inquire about Essex County Environmental Center programs, please call us at 973.228.8776. To register or for more information about programs sponsored by our partner agencies, please refer to the contact list below and reach out to the agency directly.

Thank you!

ESSEX COUNTY ENVIRONMENTAL CENTER PARTNER AGENCIES

New Jersey Audubon (NJA) – Kelly Wenzel 908.396.6506

Essex County Beekeepers Society (ECBS) – Joe Lelinho 973.403.8662

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 973.353.1337

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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 gmongiello@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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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

Putting Essex County First