# HUNTERDON PARKS HARBINGER

**SPRING 2024** 





#### **HUNTERDON COUNTY DIVISION OF PARKS & RECREATION**

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### **Online Program Registration**

You can register for any of our Hunterdon County Parks and Recreation programs online. Visit our website co.hunterdon.nj.us/dept/parks/parks.htm and click the photo for Online Program Registration.

Register in person by completing the program registration and medical record form on the last page of this Harbinger. Visit the Hunterdon County Arboretum at 1020 Rt 31, Lebanon, NJ

08833 Mon-Fri 8:00A-4:30P or mail your completed form with check payment to Hunterdon County Parks and Recreation, P.O. Box 2900, Flemington, NJ 08822.

Program details including parking addresses and any other pertinent information such as items to bring will be printed on your receipt.

#### **CANCELLATION POLICIES:**

You will be notified by phone if we cancel a program and you will receive a full refund. Programs are designed for all types of weather and participants should dress appropriately.

Cancellations by participants must be in writing. Cancellations made less than one week prior to program will **NOT** receive a refund.

Scan here to register online.



# Special Events

# These events only happen once a year; don't miss the opportunity to join us.

#### Maple Sugaring Living History Open House

Saturday, March 9, 9:00 AM to 3:30 PM Echo Hill Park, 42 Lilac Dr, Flemington, NJ 08822 FREE-No pre-registration required All Ages, All children must be accompanied by an adult.

Experience first-hand the North American tradition of maple sugaring at Hunterdon County's Maple Sugaring Program. You'll take a trip through time to experience the art of the sugaring process. Along the way you will see an early American Frontiersman tapping his trees, visit a sugar "farmer" at his evaporator, and enjoy a Native American story about the discovery of maple sap.



Sessions start every 30 minutes beginning at 9:00 AM. The last session starts at 2:30 PM.

#### Earth Day Festival

Saturday, April 20, 10:30 AM to 4:00 PM Echo Hill Park, 42 Lilac Dr, Flemington, NJ 08822 FREE-No pre-registration required All Ages, All children must be accompanied by an adult.

Join us for the Division of Parks and Recreation's 20<sup>th</sup> Earth Day event!

Help us celebrate the one, the only, Planet Earth! At 11:30 AM, learn about Lenape Lifeways with Carla Messinger, a Lenape descendant from Pennsylvania, from the Turtle Clan Lenape. At 1:00 PM, enjoy a live animal show with Rizzo's Wildlife World. All day, meet animals and do other activities with local 4-H clubs. Make and take home a recycled or natural craft. Visit the tables of local environmental organizations to find out what they do. See what critters live in the stream (bring water shoes or boots), and try out fishing on the pond. Enjoy an Earth Day StoryWalk®! The event will conclude with a campfire and an interactive story at 3:00 PM. Bring your own campfire snack if you would like.

#### Spring Break Nature Day

Wednesday, April 3, 9:00 AM to 3:30 PM Echo Hill Park, 42 Lilac Dr, Flemington, NJ 08822 Cost: \$38 per child - Pre-registration required

Session A: Grades K-2 Drop-off program Session B: Grades 3-5 Drop-off program

Instructors: Debra Reed, Laura Bush, Tom Sheppard, and Liz Fulmer

Join park staff for a day of nature fun over spring break! We will enjoy activities such as an insect study, stream study, and shelter building. Please bring a lunch and a refillable water bottle. Please wear sturdy close-toed shoes and dress for the weather. Bring closed-toed water shoes for the stream and other shoes/pants to change into afterward.



# **Trips**Coach Bus Trips

#### Philadelphia Flower Show Bus Trip

Tuesday, March 5, 9:45 AM to 7:00 PM

Parking Location: Deer Path Park

Ages: Adult

Cost: \$85 includes Flower

Show ticket

Sit back & relax as we take you by coach bus to the world's oldest and



largest indoor flower show! The show features large-scale gardens, elaborate landscapes, and over-the-top floral creations. Visitors are treated to fabulous design, live entertainment, gardening how-to workshops, and lectures by experts. You can shop for plants and gifts, sample wines, and attend different seminars. For lunch, consider visiting the Reading Terminal Market across the street (on your own).

### **Nature Van Trips**

#### Birding Trips

Join us for a birding excursion to look for some of the region's more spectacular species. See page 13 for more details about each trip.

Saturday, March 23: Waterfowl and Woodcock Sunday, April 14: Brig in Spring

Saturday, May 18: Mine Road Excursion



#### Raptor Trust and Lord Stirling Park Hike

Thursday, April 25, 8:30 AM to 2:00 PM

Parking Location: Hunterdon County Arboretum

Ages: Adult Cost: \$22

Our trip will begin at Lord Stirling Park in Somerset County. A spring hike of approximately one hour, covering around two miles, awaits us at the park. Following our outdoor adventure, we'll proceed to the Raptor Trust in Millington, a notable bird rehabilitation facility boasting an exhibition of 50 non-releasable birds of prey. You'll have the freedom to explore the

captivating display birds at your own pace, taking in the remarkable sights and learning more about these majestic creatures.

Dress to be outside. Bring lunch/snacks to enjoy in the van on the way home.



#### Rutgers Gardens and Geology Museum

Friday, May 24, 8:30 AM to 3:30 PM Parking Location: Hunterdon County Arboretum Ages: 8 through Adult | All children must be accompanied by an adult that is also registered for the program.

Cost: \$41 per person, includes garden tour fee

Let's explore some natural treasures at Rutgers University! Our first stop will be the Rutgers Gardens where we will do a tour with Director Lauren Errickson. We will visit the Bamboo Forest, Annual Garden, Succulent Garden, and the gazebo and giant Adirondack chairs. After the formal tour, we will break for lunch. Participants can bring food or purchase from the weekly Farmer's Market with fares such as soup, salad, or sandwiches. After lunch, we will visit the Geology Museum where we will take a tour and do a scavenger hunt. The tour will focus on three areas: dinosaurs, the mastodon, and the Egyptian mummy. The Geology Museum is free but welcomes donations. Participants must be comfortable walking over uneven ground and navigating stairs.

Seniors ages 65 and older receive a \$2 discount; children ages 8 to 11 receive a \$5 discount.

### **Recreation Van Trips**

# Glencairn Castle and Bryn Athyn Cathedral

Friday, May 3, 9:30 AM to 4:30 PM

Parking Location: Hunterdon County Arboretum

Ages: Adult

Cost: \$29, Tour fee NOT included in price Please bring \$19 cash for the tour fee.

Explore a unique medieval-style castle turned museum, Glencairn Castle, on a captivating 90-minute guided tour. Discover its evolution from a family home to a religious art haven, starting in the awe-inspiring Great Hall. Uncover spiritual beliefs across ages in three art-filled galleries, and step into preserved family spaces like the Chapel and Main Bedroom. Elevate your experience with a tower ascent for panoramic views of the area and Philadelphia skyline.

Adjacent to Glencairn, the Bryn Athyn Cathedral stands as a masterpiece embodying the spiritual beliefs of the New Church. Built over a century ago by 300 local artisans during the American Arts & Crafts Movement, the cathedral showcases old-world craftsmanship. Admire the Cathedral's unique features, from locally quarried granite to property-harvested ceiling



timbers, medieval stained glass, and Monel metal accents. Each element pays homage to the diversity of creation, making your visit a memorable exploration.

# **Nature Camp**

We are proud to announce our partnership with YMCA of Bucks and Hunterdon Counties to bring Nature Camp back to Hunterdon County Parks. Our two esteemed organizations are joining forces to offer top-tier nature camps, bringing together the expertise of professional environmental specialists and the renowned camp services of the leading provider in Hunterdon and Bucks Counties. This collaboration aims to deliver an unparalleled outdoor experience, blending educational enrichment with the thrill of adventure. Our shared commitment to quality and passion for nature will ensure that each camp offers a unique, enriching, and unforgettable experience.

Full information and registration for Nature Camp can be found at <a href="https://www.ymcabhc.org/camp/flemington-echo-hill-park">https://www.ymcabhc.org/camp/flemington-echo-hill-park</a>







### **EXPLORE YOUR ENVIRONMENT**

**NATURE CAMP WEEK THEMES** 

6/24-6/28	Slither and Splash
7/1-7/5	Surviving the Wilderness
7/8-7/12	Feathered Friends
7/15-7/19	Branching Out
7/22-7/26	Wild and Crafty Creations
7/29-8/2	Bug Out
8/5-8/9	Mammal Mysteries
8/12-8/16	Drin Drin Drench

# **Basketry and Crafts**

# **Basketry**

Basketry, with its deep historical roots in cultures worldwide, offers an enriching and timeless experience for individuals of all backgrounds. Through hands-on learning, participants can appreciate the therapeutic and creative aspects of basketry, connecting with tradition while fostering a sense of accomplishment and personal fulfillment.

#### Flat Egg Basket

Friday, March 22, 9:00 AM to 4:30 PM

Location: Echo Hill Park

Ages: Adult Cost: \$44

Instructor: Liz Braidwood-Fulmer, Recreation

Program Coordinator

Skill Level: Intermediate to Advanced

You will receive step-by -step instructions in making this ribbed basket. Students will construct a frame by attaching a wooden



handle and rim with a god's eye. Then carve (using a knife) points onto the ends of #5 round reed to create the ribs. Then weave the basket using seagrass. Some homework may be necessary to finish weaving the basket. Bring a bag lunch and drink for a 30-minute lunch break.

#### Mexican Blanket Round Basket

Saturday, April 6, 9:00 AM to 4:30 PM

Location: Echo Hill Park

Ages: Adult Cost: \$36

Instructor: Liz Braidwood-Fulmer, Recreation

Program Coordinator

Skill Level: Beginner to Advanced

Creating a functional art piece, a basic round basket using flat reed spokes and round and flat reed weavers, can be fun. Students are encouraged to design personal unique color patterns or are welcome to copy



the sample basket's pattern. Bring a bag lunch and drink for a 30-minute lunch break.

#### **Arrow Tray**

Friday, May 10, 9:00 AM to 4:30 PM

Location: Echo Hill Park

Ages: Adult Cost: \$42

Instructor: Liz Braidwood-Fulmer, Recreation

Program Coordinator Skill Level: Advanced only

Create this functional sturdy tray that totes a four-color arrow pattern. Approximate size 12 inches by 4.5 inches in height. This tray could serve various purposes, such as a serving tray, decorative item, or organizer. Bring a bag lunch and drink for a 30-minute lunch break.



#### **UFO: Unfinished Objects**

Thursday, May 16, 9:00 AM to 12:00 PM

Location: Echo Hill Park

Ages: Adult Cost: Free

Instructor: Liz Braidwood-Fulmer, Recreation

Program Coordinator

Do you have a craft project, such as but not limited to a basket that is not finished? Join us

for some open weave time.

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### Crafts for All

Making crafts offers creative outlets for both children and adults, promoting self-expression, problem-solving, and stress relief. It provides a sense of achievement and the chance to bond with others through collaborative projects. Whether for artistic exploration or relaxation, crafting offers a fulfilling and engaging experience.

#### Homeschooler's Hands-on Crafts

Mondays, 10:00 AM to 12:00 PM

Location: Echo Hill Park Ages: 6 through 17

All children must be accompanied by an adult

Cost: \$12 per child

Instructor: Liz Braidwood-Fulmer, Recreation

Program Coordinator

Join us for an exciting hands-on experience that will spark creativity and bring smiles to your homeschooler's face. Participants will receive step-by-step instructions as they engage in making fantastic craft projects. Let's have fun together.

#### March 11: Marbling

Try the enchanting art of marbling! We will use a fun new technique to create three unique note cards.



#### April 15: Pottery

Get your hands dirty and dive into the world of clay. Craft a beautiful pinch pot along with three delightful ornaments.



Note: We will be using self-drying clay, so projects will not be fired.

#### **Group Requested Programs**

Your youth or adult group can request a variety of nature, craft, or skill-based programs to be brought to you at a public meeting location or held on-site in a county park. We can cover topics from baskets to CPR, amphibians to wildflowers. Our staff can provide your group with an informative fun event.

For more information about what programs we offer, or to request more information about scheduling a program, visit our website:

www.co.hunterdon.nj.us/506/Group-Education-Programs

#### April 29: Basketry

Expose your homeschooler to the art of

basketmaking. Weave a simple round basket. Students will personalize their project with colored weavers and bead patterns.



# Skills Workshops

#### **Habitat Construction**

With the effect of urban sprawl sometimes Mother Nature could use a helping hand. Learn about different habitats and how you can help support our local wildlife.

#### **Build a Bluebird Box**

Date: Thursday, March 14, 7:00 PM to 8:30 PM

Location: Echo Hill Park Ages: 8 through Adult

All children must be accompanied by an adult

Cost: \$15 per box

Instructor: Tom Sheppard

Welcome bluebirds to your home by building and installing a nesting box for them. During this program, we will learn about our



Eastern Bluebirds and the challenges they face. We will then assemble boxes together. Wood will be pre-cut and screws are provided. Please bring your own Phillips screwdrivers. Limit one box per family.

#### **Native Bee House Construction**

Monday, May 13, 6:30 PM to 8:00 PM

Location: Echo Hill Park Ages: 8 through Adult

All children must be accompanied by an adult

Cost: \$15 per house Instructor: Debra Reed



Interested in supporting our native pollinators? Join us in constructing a dwelling for native bees. Learn more about native bees like the Orchard Mason Bee, a pollinator for early blooming plants such as fruit trees. These bees make their nests inside hollow plant stems or holes previously crafted by other insects in wood. Learn about the life cycle of these

bees and then create a bee house filled with hollow plant stems to provide a conducive habitat for these invaluable native bees.

### Community CPR & First Aid

Dates: Saturday, April 27

CPR: 9:00 AM to 12:00 PM First Aid: 1:00 PM to 4:00 PM

Location: Echo Hill Park

Ages: 12 through Adult | All children must be accompanied by an adult that is also registered

for the program.

Cost: CPR: \$31 per person
First Aid \$31 per person
Both \$43 per person
Instructor: Patrick Eckard

If you have ever wanted to learn CPR and First Aid, this is the time. These courses are taught by an American Heart Association (AHA) instructor. You will learn Adult, Child, and Infant CPR, Choking, and First Aid, allowing you to help anyone of any age. This is not a course for health care personnel. Please bring a lunch if you are doing both classes.

Did you know that if performed immediately, CPR can double or triple the chance of survival from an out-of-hospital cardiac arrest?

\*The American Heart Association strongly promotes knowledge and proficiency in CPR and instructional material for this purpose. Use of these materials in an education course does not represent course sponsorship by the American Heart Association. Any fees charged for such a course, except for a portion of fees needed for AHA course material, do not represent income to the Association.

#### Conservation Skills

#### Rain Barrel & Rain Garden Workshop

Thursday, March 21, 7:00 PM to 9:00 PM

Echo Hill Park

Ages: 13 through Adult

All children must be accompanied by an adult

Cost: \$73 per barrel

Guest instructor: Lauren Theis, Education Director, Raritan Headwaters Association

A rain barrel is attached to your home's gutter and collects rainwater that can be used for watering plants. This is a great way to prevent runoff that may collect pollution, and also to prevent erosion. Rain gardens also collect storm water but direct it straight into a garden that cleans the water by trapping pollutants in the stems of native plants while draining the clean rainwater back into the groundwater. Lauren

Theis of Raritan Headwaters
Association will show us the importance of saving rainwater and teach us how to do it effectively. She will provide all materials to create your own rain barrel during the workshop. Additional family members working on the same rain barrel may attend for free.



#### Soil and Water Conservation Merit Badge

Monday, April 15, 7:00 PM to 8:30 PM

Location: Virtual Ages: 11 through 17

Cost: Free but pre-registration is required

Instructor: Debra Reed

Conserving soil and water contributes significantly to enhancing the well-being of our local communities and plays a crucial role in watershed management. Discover ways you can contribute to environmental preservation, support agriculture, and safeguard our water supply. This merit badge is one of the three needed to earn your World Conservation Award. Scouts need to, on their own time, complete requirement seven and schedule an additional meeting with Debra Reed.

#### **Outdoor Skills**

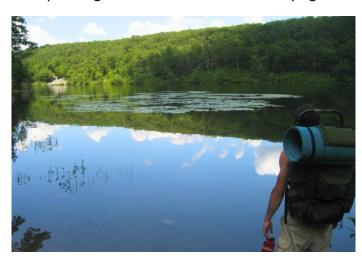
#### Backpacking 101: How to Backpack

Tuesday, March 26, 7:00 PM to 8:30 PM Echo Hill Park

Ages: 10 through Adult | All children must be accompanied by an adult that is also registered for the program.

Cost: Free but pre-registration is required Instructor: Laura Bush, Principal Park Naturalist

Do you love hiking but want to go for longer distances than you can travel in a day? Do you want to get away from it all and spend time in remote nature? Do you dream of exploring iconic destinations like the Appalachian Trail or the backcountry of national parks? Have you ever dreamed of living simply, with just what you can carry on your back? Then backpacking is for you! Naturalist Laura Bush has been backpacking since 2009 and now has hiked over 50% of the Appalachian Trail, as well as other overnight destinations. She will go over what to bring, where to go, and how to pack your backpack. This class is being offered in conjunction with Backpacking 102: Shakedown Hike, but can be taken separately. Find more information on Backpacking 102: Shake Down Hike on page 16.



Watersheds are vital natural infrastructures that connect landscapes, sustain life and maintain the delicate balance of ecosystems.

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# Nature Programs

### Youth Nature Series

#### **Baby Walks**

Fridays, 12:30 PM to 1:30 PM Ages: 0 to 23 months with adult

Cost: Free

Instructor: Laura Bush, Principal Park Naturalist

Get outside with your baby and explore your local trails! We will do some nature education geared toward the adults, and enjoy the company of other parents and caregivers in the area. We will walk at the pace of the adults; we ask that babies be carried or in a stroller.

March 1: Hoffman Park Main Entrance Coarse gravel trail with one hill appropriate for

carriers and robust strollers only

**April 5:** Columbia Trail, High Bridge Lot Fine gravel trail appropriate for strollers and carriers

May 3: Wescott Preserve

Grass and dirt trails appropriate for carriers only

#### Baby Playdates at the Park

Fridays, 12:30 PM to 1:00 PM Ages: 0 to 23 months with adult

Cost: Free

Instructor: Laura Bush, Principal Park Naturalist

Be prepared to sit on the grass and experience nature! Join a park naturalist to explore sensory activities, read nature books, and play



games. Bring a blanket to sit or lay on if desired and dress for the weather.

March 15: Hunterdon County Arboretum

April 19: Deer Path Park
May 17: Sunnyside Picnic Area



#### Tot Walks

Location: Echo Hill Park

Ages: 2 to 3 years

All children must be accompanied by an adult

Cost: \$10/session

Instructor: Laura Bush, Principal Park Naturalist Discover nature at your local park! Leave the strollers behind as we read a story and take a walk to learn about the nature around us and do a craft on each theme.

#### Maple Sugaring

- (A) Wednesday, March 6, 9:30 AM to 10:30 AM
- (B) Thursday, March 7, 9:30 AM to 10:30 AM Worms
- (A) Wednesday, April 10, 9:30 AM to 10:30 AM
- (B) Thursday, April 11, 9:30 AM to 10:30 AM Salamanders
- (A) Wednesday, May 8, 9:30 AM to 10:30 AM
- (B) Thursday, May 9, 9:30 AM to 10:30 AM



Scan here to register for any program online.

#### **Nature Club**

Eight Tuesdays, March 19 to May 14, no class on April 2

Times:

PreK AM: 9:30 AM to 10:45 AM PreK PM: 1:00 PM to 2:15 PM School Age: 4:00 PM to 5:15 PM

Location: Echo Hill Park

Cost: \$90 per child for all 8 lessons

Ages: PreK: 3-6 years. All PreK children must be

accompanied by an adult

School Age: 5-9 years Drop-off program. Instructor: Debra Reed, Park Naturalist

Discover, innovate, engage in games, and embark on explorations! Our well-loved nature clubs offer an array of captivating subjects to introduce your child to the wonders of the natural world. Children will explore nature through engaging hands-on experiences, such as science experiments, games, and craft projects. As we move through the season, the children will have the opportunity to witness the fascinating transformations in nature week by week. Please be sure to dress your child for the outdoors so they will be able to enjoy these activities. We strongly recommend old clothes and sneakers/boots that can get dirty.





#### **Homeschool Nature Series**

Wednesdays, 1:00 PM to 2:00 PM

Location: Écho Hill Park Ages: 7 to 17 years

All children must be accompanied by an adult

Cost: \$8/session

Instructor: Tom Sheppard, Chief Park Naturalist

Join our Homeschool Nature Program for a monthly dose of outdoor education and exploration! In each session, your child will immerse themselves in a new and exciting nature topic, fostering curiosity and a deeper connection to the natural world. Ignite their love for learning with our engaging, hands-on experiences, perfect for homeschoolers seeking dynamic and educational adventures.

#### Jurassic Jersey

Wednesday, March 13, 1:00 PM to 2:00 PM Let's explore the world of dinosaurs with a brand-new class, inspired by one of our enthusiastic homeschool participants! Learn about these ancient creatures as we unravel the mystery behind the term "dinosaur" and delve into the thrilling tale of the first dino discovery in New Jersey. Join us as we uncover the incredible inhabitants and events that shaped New Jersey during this prehistoric period.

#### Ice Age New Jersey

Wednesday, April 10, 1:00 PM to 2:00 PM Building on the excitement from last month's exploration into dinosaurs, we now shift to The Ice Age. We will examine the mysteries of this frozen time as we unravel what life was like in New Jersey during this unique period. Join us for another engaging class exploring the history of The Ice Age and the fascinating creatures that once roamed the region.

#### Fishing Clinic

Wednesday, May 8, 1:00 PM to 2:00 PM Discover the fundamentals of fishing, from the art of casting, to understanding essential rules for a successful fishing experience. Explore the different fish species in our pond and learn how to identify them. Enjoy a hands-on session by the pond where you can try out your newly acquired skills with real fishing poles. While there are no guarantees of a catch, the journey to becoming an angler begins here!

# Nature Programs

### **Family Nature Programs**

#### Jurassic Jersey

Wednesday, March 27, 7:00 PM to 8:00 PM

Location: Echo Hill Park

Ages: 8 through Adult | All children must be accompanied by an adult that is also registered

for the program. Cost: \$8/person

Instructor: Tom Sheppard, Chief Park Naturalist

Let's explore the world of dinosaurs with our brand-new class, inspired by one of our enthusiastic homeschool participants! Dive into the fascinating realm of these ancient creatures as we unravel the mystery behind the term "dinosaur" and delve into the thrilling tale of the first dino discovery in New Jersey. Join us as we uncover the incredible inhabitants and events that shaped New Jersey during this prehistoric period.



#### **Spring Amphibian Exploration**

Sunday, April 21, 1:00 PM to 2:00 PM Location: Sourland Mountain Preserve Ages: 6 through Adult | All children must be accompanied by an adult that is also registered for the program.

Cost: \$8 per person

Instructor: Debra Reed, Park Naturalist

Spring has arrived! Alongside its arrival are the delightful sounds of spring peepers and the presence of salamanders. Step outside to observe and listen to the various indicators of spring, witnessing the emergence of new life in our surroundings. Take a guided walk with a park naturalist to explore the unfolding transition from winter to spring and discover the wonders of nature in this season of renewal.

#### Constellations and their Myths

Friday, May 10, 8:30 PM to 10:00 PM

Location: Hoffman Park Lot 1

Ages: 10 through Adult | All children must be accompanied by an adult that is also registered

for the program. Cost: \$8/person

Step back in time before computers, TV, and even books; all civilizations had was the vast expanse of the sky above them. Join us for a captivating night of stargazing. With a slight crescent moon, the sky should be quite dark. Immerse yourself in an exploration of the season's constellations and the fascinating myths and stories woven into the celestial tapestry. It's a journey through the cosmos you won't want to miss!

### **Adult Nature Programs**

#### Lichen Workshop and Walk

Saturday, April 27, 2:00 PM to 4:00 PM

Location: Echo Hill Park

Ages: Adult Cost: \$8

Guest Instructor: Dennis Waters, Visiting Scientist w/Chrysler Herbarium, Rutgers

University

A recent survey discovered that there are more than 250 kinds of lichen growing in Hunterdon County. Join us to learn about these fascinating and ecologically important organisms. We will begin with a brief introduction to lichens—what they are and how they live—followed by a walk to nearby spots in Echo Hill Park to view some of the local species in Hunterdon County.



## **Birding**

#### Morning Bird Walks

Thursdays, 7:00 AM - 8:30 AM Ages 12 to Adult | All children must be accompanied by an adult that is also registered for the program.

Cost: Free

Instructor: Tom Sheppard, Chief Park Naturalist

The early morning bird walks are back. Join us as we look for the spring migrants and local breeding birds around the county. We will use both eyes and ears to determine which birds are around us, as well as to observe other signs of the spring season. This is a great chance to brush up on your songbird identification skills. Binoculars are available to borrow.

April 11	Assissana March
April 11	Assiscong Marsh
April 18	Deer Path Park
April 25	Arboretum
May 2	Uplands
May 9	Echo Hill Park
May 16	Sunnyside
May 23	Tower Hill



May 30 Hoffman Park Lot 1

### **Birding Van Trips**

#### Waterfowl & Woodcock

Saturday, March 23, 1:00 PM to 8:00 PM

Parking Location: Hunterdon County Arboretum

Ages: Adult Cost: \$29

March is a time when ducks migrate through Hunterdon and Warren Counties, stopping to rest at places like the Assiscong Marsh, Spruce Run, Round Valley, and Merrill Creek. We will look for ducks and other water birds, as well as check on the eagles at Merrill Creek. We will end the day looking for woodcocks with the hope of observing their interesting courtship display.







#### **Brig in Spring**

Sunday, April 14, 7:00 AM to 5:00 PM

Parking Location: Hunterdon County Arboretum

Ages: Adult Cost: \$41

The Brigantine National Wildlife Refuge is famous throughout the US as one of the two best birding spots in New Jersey. "Brig" embraces more than 20,000 acres of coastal salt marsh, islands, open bays, and channels. We normally go to Brigantine in the fall for the wintering birds in the marshes. However, on this trip, we will look for early shorebird migrants and springtime birds.





#### Mine Road Excursion

Saturday, May 18, 6:30 AM to 2:30 PM

Parking Location: Hunterdon County Arboretum

Ages: Adult Cost: \$33

Mine Road was once one of the oldest commercial roads in the Northeast. Now, it is part of the Delaware Water Gap National Recreation Area and the main artery to explore the Jersey side of this recreational area. Join us on the trip as we explore Mine Road from Route 80 to Millbrook Village. Please be aware that we will stop multiple times along the road and explore the surrounding areas for migrants and local residents. Possible sightings could include Hooded Warbler and Worm-eating Warblers.

# Nature Programs

### **Webinars**

Hunterdon County Parks and Recreation's nature webinars offer a window into the region's diverse and stunning natural landscapes. These webinars provide a unique opportunity to deepen your understanding of local flora and fauna, ecological conservation, and sustainable practices. Best of all, they are completely free, making them accessible to all nature enthusiasts, from beginners to experts, eager to explore and protect the beauty of Hunterdon County.

The Future of New Jersey's Forests Wednesday, April 24, 7:00 PM to 8:00 PM Ages: 12 and up recommended Cost: Free but pre-registration is required Guest Instructor: Paul Kurtz, NJ Dept. of Agriculture

The past decade has not been kind to the forests of New Jersey. In that time, we have been invaded by the Emerald Ash Borer, Spotted Lanternflies, and a nematode killing Beech Trees. If it has not already occurred, we are about to be invaded by the Elm Zigzag Sawfly and Asian jumping worms. Join Paul Kurtz from the NJ Department of Agriculture as he presents on the state of our forests and informs us on the biology, impacts and current research in handling these new forest invaders.





#### Birds of Hunterdon

Wednesday, May 22, 7:00 PM to 8:00 PM Ages: 10 and up recommended Cost: Free but pre-registration is required Instructor: Tom Sheppard, Chief Park Naturalist

New Jersey and Hunterdon County both have a rich history of bird sightings. Through the use of slides, we will move through the various habitats of the County and talk about some of the species one could possibly encounter. From Bluebirds to Woodpeckers, Birds of Prey to Waterfowl, all kinds of species will be discussed. Join us for the evening as we talk about our avian friends.

#### **Group Requested Lectures**

Is your group interested in learning more about a specific topic? Contact us about requesting a lecture about one of our topics including, bats, birds, coyotes, mammals, the solar system, wildflowers, travel, and so much more. Programs can be held at a county park, at your public meeting place, or virtually.

For more information about what programs we offer, or to request more information about scheduling a program visit our website: <a href="https://www.co.hunterdon.nj.us/506/Group-Education-Programs">www.co.hunterdon.nj.us/506/Group-Education-Programs</a>

# Fitness Programs

#### **Motivated Monday Workouts**

Mondays, 9:00 AM to 10:00 AM

Ages: Adults Cost: \$8

Instructor: Laura Tarlowski, Superintendent of

Recreation

Join us at various county parks for a dynamic and energizing fitness experience. Our expert instructor will guide you through a series of intervals, combining cardio and strength exercises to maximize your workout in the beautiful outdoor settings of different parks. Get ready to sweat, challenge yourself, and elevate your fitness routine.

March 25: Echo Hill Park April 8: Hoffman Park Lot 1 April 22: Teetertown Preserve

May 6: Deer Path Park May 20: South County Park

Exercising outdoors has been shown to improve mental well-being and reduce stress levels.

Studies have found that just five minutes of exercise in a green space, such as a park, can have a positive impact on mood and selfesteem. So, not only does outdoor exercise benefit your physical health, but it also provides a boost to your mental health too.



#### Let's Try Trail Running

Thursdays, 5:30 PM to 6:30 PM

Ages: 14 through Adult | All children must be accompanied by an adult that is also registered for the program.

Cost: Free but pre-registration is required Instructor: Laura Tarlowski, Superintendent of Recreation

Experience the joy of trail running with "Let's Try Trail Running," a program catering to both beginners and seasoned runners alike! Kick off each month with an informative session on trail running essentials from our certified running coach, perfect for beginners and a great refresher for seasoned runners. Following the discussion, join our supportive group for an invigorating trail run. In the following weeks, jump straight into the group runs, exploring scenic trails and embracing the outdoors. Whether you're new to trails or a seasoned runner seeking a change of scenery or some camaraderie, lace up your shoes, and let the adventure begin. All paces are welcome, but should be comfortable jogging continuously for at least 30 minutes.

April 4: Safety Essentials of Trail Running:

Echo Hill Park

April 11: Group Run: Hoffman Park Lot 1 April 18: Group Run: Sourland Mountain April 25: Group Run: Cushetunk Mountain

May 2: Selecting the Shoe for You:

Deer Path Park

May 9: Group Run: Point Mountain Central Lot 1

May 16: Group Run: Round Mountain May 23: Group Run: Miquin Woods May 30: Group Run: Uplands Reserve

View our online catalog for more detailed descriptions of each run.

# Walks and Hikes

# Family Hikes

#### Kids' Hikes for Fun

Sundays, 1:00 PM to 2:30 PM

Ages: 5 through Adult | All children must be accompanied by an adult that is also registered for the program.

Cost: Free but pre-registration is required Instructor: Debra Reed, Park Naturalist

Calling all trail blazers: spring adventures for young nature enthusiasts await! Unleash the power of spring hiking by joining us to discover and wander in the woods.

March 17: Point Mountain Central Lot 2 April 28: Cushetunk Mountain Preserve May 19: Charlestown Preserve



#### **Bluebells Hike**

Saturday, May 4, 9:00 AM to 11:30 AM Location: Uplands Reserve/Bernadette Morales Nature Preserve

Ages: 8 through Adult | All children must be accompanied by an adult that is also registered for the program.

Cost: \$12 per person

Instructor: Laura Bush, Principal Park Naturalist

Virginia Bluebells are one of America's favorite wildflowers. Native to our area, they bloom for a few weeks in early spring, and "hide" later in the summer. They are also deer- and critterresistant! Explore Bernadette Morales and Uplands Reserve with naturalist Laura Bush to enjoy the bluebells, stroll along a bubbling brook, and see the ruins of the estate of Judge Large, a prosecutor in the Charles Lindbergh case. This is a moderately hilly hike, about three miles in total.

#### Backpacking 102: Shakedown Hike

Saturday, April 13, 9:00 AM to 3:30 PM Parking Location: Point Mountain South Lot 6 Ages: 14 through Adult | All children must be accompanied by an adult that is also registered for the program.

Cost: \$28 per person

Instructor: Laura Bush, Principal Park Naturalist

Do you want to try out backpacking for the first time? Or was your last trip several years (or several decades) ago and you want to get back into it? Or are you a current backpacker who wants to experiment with new gear before a big hike? Join us for a shakedown hike here in Hunterdon County. Please bring your backpack fully packed as you would for an overnight trip. We will hike about 3 miles over varied terrain and then stop for lunch before hiking about 3 additional miles to our end point, where we will ride in a County van back to the parking area. During the lunch break, we will practice setting up our tents and hanging a bear bag. Consider bringing a cooked lunch to try out your stove. If you need to borrow gear or need a packing list, contact Laura in advance. This class is being offered in conjunction with Backpacking 101: How to Backpack, but can be taken separately. See page 9 for more details.



### Adult Walks and Hikes

#### Senior Strolls

Wednesdays, 9:30 AM to 11:00 AM

Ages: Adult

Cost: Free but pre-registration is required Instructor: Liz Braidwood-Fulmer, Recreation

Program Coordinator

Join our Senior Strolls, specially designed for those aged 55 and above, and experience the sheer delight of walking together. Our walks not only promote a healthier and more active lifestyle but also offer the chance to form meaningful connections with peers, making each walk an enjoyable and socially enriching experience.

March 6: Landsdown Trail Main St. Clinton Flat crushed stone improved surface

April 10: Point Mountain Central Lot 2

Flat dirt trail along river

May 1: Hoffman Park Main Entrance Paved and gravel roads, some hills

Walking is one of the most common fitness activities in adults. It can improve your health, mood, and boost your immune system.

#### **Adult Recreation Walks**

Wednesdays, 9:30 AM to 11:00 AM

Ages: Adult

Cost: Free but pre-registration is required Instructor: Patrick Eckard, Recreation Program

Coordinator

Indulge in the tranquility of local parks and uncover their natural beauty on our walks. As you meander through these serene landscapes, our knowledgeable staff will sprinkle in fascinating tidbits of historical insight, enhancing your appreciation for both the environment and the past. Each location has varying degrees of intensity; select your walks based on your ability level.

March 13: Columbia Trail: Lot 2 Vernoy Rd

Difficulty: Easy

April 17: Point Mountain North
Difficulty: Moderate

May 22: Point Mountain South Lot 1

Difficulty: Moderate

#### Tree ID Walks with Dennis Skillman

Wednesdays, 9:30 AM to 11:30 AM

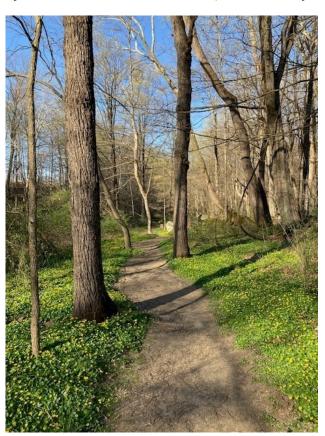
Ages: Adult

Cost: Free but pre-registration is required Instructor: Dennis Skillman, Volunteer & Liz Braidwood-Fulmer, Recreation Program

Coordinator

Retired arborist and NJ Certified tree expert, Dennis Skillman has agreed to share his passion for trees with us. Dennis has a college degree in Ornamental Horticulture and worked many years in the tree business. He might even share a few stories about his many miles of day-hiking and extended overnight backpacking trips throughout the United States. Join us as Dennis points out various trees and shrubs and shares helpful tips on how you can learn to identify them. Please dress for an outdoor hike with proper footwear for hiking. Bring trekking poles if you have some.

March 27: Cold Brook Preserve, Oldwick April 24: Miquin Woods Preserve, Glen Gardner May 29: Teetertown Preserve, Port Murray



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Pre-registration required & children must be accompanied by an adult, unless otherwise noted

# Hunterdon County Division of Parks and Recreation

Office Hours: Monday to Friday, 8:00 AM to 4:30 PM

Location: 1020 Route 31, Lebanon, NJ 08833

Phone: (908) 782-1158

**Website:** <u>co.hunterdon.nj.us/dept/parks/parks.htm</u>

Like "Hunterdon County Parks" on Facebook. Follow us on Instagram @hunterdonparksandrec

#### Mission Statement

The Hunterdon County Division of Parks and Recreation is dedicated to preserving open space and natural resources, providing safe parks and facilities, and offering educational and recreational opportunities, all contributing to an enhanced quality of life for present and future generations.

#### **Modification Statement**

The Hunterdon County Division of Parks and Recreation welcomes all individuals to participate and enjoy our parks, facilities, and recreational programs. Reasonable modifications, individual adaptations, and support will be provided for persons of all abilities, to encourage everyone to benefit equally from their choice of leisure activities.

Individuals requesting modifications shall describe what they need to use the service. Whenever feasible, please make the request in advance, before the modification is needed to access the service. Each request will be assessed individually.

#### Reservable Facilities

**Arboretum:** Two Gazebos

Deer Path Park: Two Pavilions, Gazebo, & Softball

Field

Court Street Park: Gazebo/Bandstand Echo Hill Park: Main Lodge & Group Campsite Teetertown Preserve: Group & Public Campsites To reserve a facility, contact the park office. For information on each park, visit our website.





Scan here to learn more about the reservable facilities.

#### **Visitor Services Staff**



Back row, left to right:

Tom Sheppard: tsheppard@co.hunterdon.nj.us Patrick Eckard: peckard@co.hunterdon.nj.us

Front row, left to right:

Debra Reed: dreed@co.hunterdon.nj.us Laura Bush: lkroon@co.hunterdon.nj.us Liz Fulmer: lfulmer@co.hunterdon.nj.us

#### **Affiliated Organizations**

ARC of Hunterdon County archunterdon.org

Hunterdon Flutterwheels Square Dance Club hunterdonflutterwheels.nnjsda.org

Hunterdon Hiking Club hunterdonhikingclub.org

NJ Beekeepers Association nwnjba.com



Heron Glen has quickly positioned itself as one of New Jersey's finest public golf facilities. From junior camps to leagues, we offer programs for every golfer out there. For your family outing or an afternoon spent with friends, we invite you to see why so many refer to Heron Glen as the course they call home. Our facility offers a beautiful 18-hole golf course, pro shop, driving range, and putting green. For more information, please visit our website at <a href="https://www.heronglen.com">www.heronglen.com</a> or call at (908) 806-6804. 110 US Highway 202/Route 31, Ringoes, NJ 08551

#### HUNTERDON COUNTY DIVISION OF PARKS & RECREATION

**DEPARTMENT OF ADMINISTRATIVE SERVICES** 



access the service.

Mailing Address: PO Box 2900, Flemington, NJ 08822-2900 Office Location: 1020 State Highway 31, Lebanon, NJ Telephone (908) 782-1158 Fax (908) 806-4057



E-mail: parks@co.hunterdon.nj.us Website: www.co.hunterdon.nj.us/depts/parks/parks.htm

#### THIS FORM MUST BE RETURNED WITH THE MEDICAL RECORD.

Once the medical record is on file, we can use the same medical record for all subsequent programs. If your medical history has changed, please submit a new medical record.

PARTICIPANT 5 NAME		KECEIF1#				
TODAY'S DATE		DATE OF BIRTH	(	GENDER (optional)		
PARENT/GUARDIAN NAME	(if minor)					
PHONE (h)		(w)	(c)	(c)		
ADDRESS						
ADDRESSstreet		town	state	;	zip	
EMAIL ADDRESS			_ Check here t	o be added to o	ur email list	
PROGRAM	DATE	LOCATION		TIME	FEE	
					1	
FEE ENCLOSED: \$ Hunterdon Parks Harbinger and					he	
IMPORTANT POLICIES:	(Participant or	parent/guardian, please r	ead and provide	authorized sig	gnature.)	
1. Cancellation requests must l LESS THAN ONE WEEK PR			SSUED FOR CA	NCELLATIO	NS MADE	
<ol><li>Payment is due in advance of Box listed above or drop it off at</li></ol>				Please mail it	to the PO	
3. I have read and understand referenced program(s).				ting in the abo	ve	
referenced program(s).			Date:			
(Signature of Participan	nt or Parent/Gua	rdian for minor)			vised 11-2022)	

2024—Issue 1 Hunterdon County Division of Parks and Recreation Harbinger 19
Pre-registration required & children must be accompanied by an adult, unless otherwise noted

modifications to persons with disabilities. Individuals requesting modifications shall describe what they need to use the service. Whenever feasible, please make the request in advance, before the modification is needed to

ACCESSIBILITY STATEMENT: It is the policy of the County of Hunterdon to provide reasonable



#### **HUNTERDON COUNTY DIVISION OF PARKS & RECREATION**

#### MEDICAL RECORD

Once the medical record is on file, we can use the same medical record for all subsequent programs. If your medical history has changed, please submit a new medical record.

Participant's Name		Gender (optional)				
Today's Date	Particip	ant's Date of Birth				
Parent/Guardian (for minor)						
		(c)				
Street	Town		Zip			
E-mail		Check here to be adde	d to our E-mail List.			
EMERGENCY CONTA	CT(S) – AT LEAST ONE CO	NTACT WHO IS NOT A PAR	RENT/GUARDIAN			
Name	Relationship	Phone				
Name	Relationship	Phone				
Physician(s) Name and Num	ber					
Current medications						
	(Parks s	staff do not administer non-emo	ergency medication)			
		Policy number				
		that we should know				
3						
Terms of Agreement: Pleas	se initial next to all statements	·				
Parks and Recreation, Count	y of Hunterdon, their employee ned participant while participa	For damages against the Hunterdons and volunteers for all injuries of the program. I understant	or illness which may be			
a medical emergency requir	edical Release: In the event of injury or serious illness, and a parent/guardian cannot be reached (and/or if there is medical emergency requiring immediate action), I give permission for Hunterdon County Division of Parks & excreation staff to seek medical attention and to release all information contained in this document or known to rks staff.					
hoto Release: I authorize and acknowledge that I or my child may be photographed and/or videotaped fo ducational and publicity purposes (Website, Facebook, Instagram, Brochures, etc). Photos and videos will not clude names or personal information about any individual unless permission is granted.						
Participant or Parent/Gua	rdian Signature:	Date	e:			