

Flat Rock Brook

The Newsletter of the Flat Rock Brook Nature Association

News

Volume XXXVI, Number 4

Fall, 2011

Holiday Sale & Silent Auction

December 2-4

Members Preview

December 1, 7-9 p.m.

December seems a long time in the future, but Flat Rock Brook's Holiday Sale will be here before you know it. The Holiday Sale is our major annual fundraiser. We couldn't do it without the help of our members and friends who pitch in every year to make the sale a success.

There's a lot you can do to help. Donate an item for the Silent Auction—tickets to sporting events, the theatre, or opera, small antiques, a stay in a vacation home, designer fashion accessories or jewelry have all been popular items in the past. Gifts for the Silent Auction should have a value of at least \$100.

Sign up for workshops to make bows for wreaths and crafts to be sold at the sale. Donate baked goods, or homemade jams and jellies. Help is needed to set up and decorate the Nature Center, man the cashier's table and assist with sales, and then take everything down and help with the clean up.

Come have some fun helping to put this annual fundraiser together! Many hands make light work. Call Sandy Chiappino at 201 567-1265 to let her know how you can help. All gifts to the Holiday Sale will be acknowledged in our Annual Report.



This beautiful photograph of a dragonfly was taken by Edo Ophir on a visit to Flat Rock Brook. We thank him for allowing us to share it with you!

Annual Meeting of the Flat Rock Brook Nature Association

Monday, September 19 at 7:30 p.m

Members are invited to attend the Annual Meeting of the Flat Rock Brook Nature Association which will be held on September 19th at Flat Rock Brook. The agenda includes the election of new trustees and a review of the past year. The Annual Meeting will be followed by the organizational meeting of the 2011-2012 Board of Trustees. Refreshments will be served.

The 2011-12 Annual Meeting marks the completion of the terms of several current board members. We would like to thank retiring trustees **Henry Pruitt III**, **Realf Schermer**, **Michael Shannon**, and **Kathleen Silberstein** for generously contributing their time and talents to the service of Flat Rock Brook. We are grateful for their unstinting efforts to keep Flat Rock Brook a vibrant resource for families and school children throughout the area!

Special thanks to retiring President **Peyton Gibson** for her dedicated service as President of the Nature Association over the past two years. Peyton's thoughtful leadership has helped Flat Rock Brook continue to achieve its goals and helped move forward with initiatives that will secure Flat Rock Brook's future.

Continued on page 7



Flat Rock Brook News is published quarterly by the Flat Rock Brook Nature Association as a benefit of membership. To become a member, make your tax-deductible check payable to Flat Rock Brook and mail to:

Flat Rock Brook Nature Assn.
443 Van Nostrand Avenue
Englewood, NJ 07631

Student (over 13) \$15
Seniors (65 and over) \$20
Adult \$30
Family \$45
Group \$50
Sustaining \$75
Sponsor \$150
Life \$1,500

Staff

Executive Director
Stephen Wiessner

Education Director
Jill Bennetta

Land Manager
Ryan Hasko

Secretary
Sandy Chiappino

Bookkeeping
Lisa Higgins

Building Hours

Monday - Friday
9:00 a.m. - 5:00 p.m.
Saturday and Sunday
1:00 p.m. - 5:00 p.m.
Trails are open every day
from dawn to dusk.

Volunteer Spotlight: Geneva Warrick

Flat Rock requires the unique services of hundreds of volunteers annually in order to function efficiently. Geneva Warrick is a very special volunteer to the Nature Center. Geneva has been involved with Flat Rock Brook for decades, and has made contributions to the Nature Center in many different capacities. She remains the long-time leader of our evening Sunset Hikes public program, which she currently co-leads with assistance from Mirella Signoretto. They lead this informal hike each Tuesday evening from April through October, with a loyal contingent of regulars who commune with nature on our trails on a weekly basis.



Geneva is also active in our Thursday morning gardening group, and she assists at many of our special events including our annual Holiday Sale. Flat Rock also has a special group of volunteers, our Trail Guides, who lead thousands of students through our trails annually with great gusto and expertise. Geneva has been a Trail Guide for more than 12 years. She is one of our most experienced and seasoned Guides. We are inspired by Geneva's continuous positive perspective on life, and appreciate her tireless efforts to assist the Nature Center. Thank you Geneva!

Thank You to All our Volunteers



On June 11, Flat Rock Brook's staff hosted their annual luncheon to recognize the many contributions of volunteers to the Nature Center. Board members, Trail Guides, gardeners, trail maintainers, those who plan and work on special events, publicity, photography, and fundraising—300 strong, all keep Flat Rock Brook running smoothly! Thank you one and all!

Fall Programs at Flat Rock Brook

To register online go to www.flatrockbrook.org/public.html. To register by mail, please fill out the form on page 4 and mail it along with your payment to Flat Rock Brook. **All registration is on a first come, first served basis.** You are not registered until payment has been received. **In the event of cancellation, your payment will be refunded only if we are notified at least 5 business days before the scheduled program.** Additional registration forms are available on our web site (www.flatrockbrook.org). Programs meet at the Nature Center building, unless stated otherwise. Be aware of age requirements. **For additional information, please call 201 567-1265.**

Garden in the Morning

Every Thursday in September and October
8:30 - 10:30 a.m.

For adults of all skill levels.

Join the FRB gardeners and help maintain the native plant gardens at the Nature Center this fall. The company is fun, the work rewarding and educational, and the results are beautiful and beneficial to animals. No gardening experience necessary, just bring willing hands and a set of gloves! There is a ten minute mini-lesson before each session. **No need to register.** FREE to all.

Sunset Hikes

Every Tuesday in September and October
6:00 - 7:00 p.m.

For adults and children ages 10 and older.

Take a sunset hike along the trails of Flat Rock Brook. Hikes are 2-3 miles and are a great and relaxing way to end your day. Enjoy the beauty of fall and take advantage of hiking close to home. Meet at the parking lot gazebo. **No need to register.**

Free for members, \$5 per person non-members.



Toddler Times

Tuesdays: September 13, October 18, and November 15
Thursdays: September 15, October 20, and November 17
4:00 - 4:45 p.m.

For children ages 2-5 with a parent or favorite adult.

These 45-minute programs are designed with the little ones in mind. Each session includes a natural science themed story and craft, along with an outdoor hike.

Registration BY MAIL is required. Per child, per class cost is \$5 for members, \$8 non-members.

Earth Share NJ Week

Native Planting, A Volunteer Event

Sunday, September 18, 10:00 a.m. to noon.

For adults and children ages 8 and older

Flat Rock Brook volunteers, in conjunction with Earth-Share New Jersey Week will install native plant species as part of a habitat restoration project. If interested in volunteering, contact Flat Rock Land Manager Ryan Hasko at (201) 567-1265. Free for all.

Young Explorers

Mondays: September 19 and 26; October 3, 17 and 24;
and November 7; 3:30 - 4:30 p.m.

For children 4 - 7 years old

You and your children will love exploring nature during the fall at Flat Rock Brook! Join Miss Elli Grayzel in hands-on outdoor nature discovery. Mom, dad, or favorite adult are asked to accompany 4-5 year olds on this series of six sessions of nature exploration. **Registration online or by mail is required.** \$70 per child for members only. You must be or become a \$45 family member to participate in this program.

Bird Walks

Mondays, September 19 and 26, and October 3

Tuesdays, September 20 and October 4

9:00 - 10:30 a.m. For adults and teens.

As the fall arrives, summer birds return to their winter homes in the south, and the winter birds of Flat Rock return. Walk along the trails with our staff to witness this feathered migration. Beginner and advanced bird watchers welcome. Bring your own binoculars and field guides, or borrow ours. **No need to register.** Free for members, \$5 per person non-members.

Birding with Bergen County Audubon

Sunday, September 25

9:00 - 11:00 a.m. For adults and teens.

Come bird with Bergen County Audubon! Leader Dick Engelsberg will take us through the trails of beautiful Flat Rock Brook to see what fall migrants we can find.

No need to register. FREE for all.

Continued on page 4

Fall Hikes with Tykes

Sunday, October 23, 1:30 - 2:30 p.m.

For families with children ages 4-8

Come spend a Sunday afternoon on the trails with our Naturalist. We will search for signs of autumn and discover the exciting happenings of the season, and make a neat fall nature craft to take home with you! This is sure to be a fun and informative hike for all!

Registration online or by mail is required.

Per person cost: \$5 for members, \$8 non-members.

Backyard Birdfeeders

Sunday, November 6, 1:00 - 2:30 p.m.

For all ages

Ever wonder what type of feeder to choose for your wintering birds? How about where to place it and how high?

Come and join us for a fun and informative program all about bird feeders, and make your own to take home with you. **Registration online or by mail is required.**

\$5 for members, \$8 non-members

Nature Program Co-op Programs for fall, had not been announced as our newsletter went to press. To access these programs please visit www.natureprogram.org.

Holiday Sale Workshops

Holiday Sale Nature Craft Workshop

November 10, 10:00 a.m. - 2:00 p.m.

For adults and teens

Join Flat Rock Brook as we create unique nature crafts for our upcoming Holiday Sale. Exact crafts have not been determined as of yet, but you will have lots of fun and learn a new skill at the same time! Make one item to take home and more for the sale. **Registration online or by mail is required.** Free for members, \$5 non-members.

Holiday Sale Bow Workshop

Tuesday, November 15, 7:00 - 8:30 p.m.

For adults and teens

Join long-time Flat Rock Brook wreath crafter Joy Segall to learn how to make perfect bows at this fun hands-on workshop. Participants will make bows for our Holiday Sale fundraiser with each attendee bringing one home for their service. No prior bow making experience needed. We will provide everything needed for the workshop, but bring a pair of scissors if you can. **No need to register FREE** to all.

Flat Rock Brook Program Registration Form

To register for a program fill out the registration form and mail it with your payment to the **Flat Rock Brook Nature Assn., 443 Van Nostrand Avenue, Englewood, NJ 07631**. All fees are per person. Additional forms are available on our website (www.flatrockbrook.org).

Name _____ Daytime Phone _____

Address _____ City _____ State _____ Zip _____

Email _____ Member Yes No (circle one)

Name of Program	Date	# Attending	Age(s)	Cost/Person	Amount

I would like to become a member of Flat Rock Brook and receive discounts on programs, invitations to members only events, and Flat Rock Brook's quarterly newsletter.

___ Family \$45 Sustaining \$75
 ___ Individual \$30 Sponsor \$150
 ___ Senior \$20 Life \$1,500
 ___ Student \$15
 ___ Group \$50 New Renewal

My check for \$ _____ is enclosed. Total Programs \$ _____

Please charge my credit card: Membership \$ _____

Visa Master Card Discover
 Amount Due \$ _____

Card # _____ Expiration Date ____/____

Signature (Required) _____

KPMG Volunteers Assist in Native Habitat Restoration

On a hot, sunny June day, a group of corporate volunteers from KPMG of Montvale replaced their familiar toolset of keyboards and pens with shovels, picks, and wire cutters. These enthusiastic volunteers were happy to be out of the office and in nature. Their hard work helped create a reinforced pathway that winds through the currently under-renovation Native Habitat Gardens at Flat Rock Brook.

The volunteers under the supervision of Land Manager Ryan Hasko installed a geogrid pathway, a specially manufactured product that creates strong underlayment in soil which allows for drainage and grass to grow on top. The construction of the material deters soil compaction which can lead to erosion and the loss of grass. Since heavy foot traffic is expected upon completion of the gardens, this path will remain lush and green even with numerous visitors walking through every day. KPMG's volunteers deserve a large thank you for all their hard work.

We would also like to thank the Flat Rock Brook Gardeners whose patience, persistence, and hard work has kept the restoration project moving forward over the past three years. Gardens near and around the Nature Center are beginning to shape up beautifully. The gardeners now have set their sights on the glade meadow where the recently installed geogrid resides.



Summer Camp Revisited

Summer Camp was fun this summer with campers enjoying a variety of programs filled with games, activities, crafts and hiking in the woods! Our thanks to everyone who made that possible, especially our staff and volunteers. Camp teachers, Kristyn Martin, Christine Bellina and Julie Brueck, did a fantastic job leading the program. We were also grateful to our enthusiastic counselors and counselors-in-training: Joanne Cazeau, Derick Diaz, Charmaine Kimble, Christen Thompson, Rachel Gellar, Arianna Lionetti, Caroline Severin, and Siena Stucki. It was a great summer!



Above: Summer camp teachers Christine Bellina and Julie Brueck (not pictured Kristyn Martin). Right: Julie Brueck sets out on the trails with first and second grade campers, who are discovering what it means to "See Like an Eagle and Hear Like a Fox".



From Executive Director Stephen Wiessner

Why the Annual Appeal is Important

Each fall in October, Flat Rock Brook launches an Annual Appeal to its members and friends to raise funds for the Nature Center and we are grateful for your steadfast support, which has enabled Flat Rock Brook to be an important resource for Englewood and surrounding communities for thirty-nine years.

More than 30,000 people visit Flat Rock Brook each year. More than 50 schools from 33 municipalities participate in our on-site and outreach programs for schools. Our onsite nature classes reach approximately 2,500 students each year, and our outreach programs conducted in schools throughout the area reach an additional 2,000 students.

Our expenses are paid for by memberships, program fees, income from our endowment fund and donations, with the Annual Appeal representing the largest single source of operating income. We rely on these funds to pay more than 30% of operations, including salaries for our staff, maintenance of our building and property and funding for our programs held at Flat Rock Brook and in area schools.

In an economy that has not fully recovered from the recession of the past two years, contributions to the Annual Appeal have not recovered as quickly as we would like. While we have taken measures to tighten our belts to weather the downturn, we still need to maintain our trails, picnic area, playground and 150 acres of property and pay our staff in order to be able to provide a consistent level of services to the public.

People of all kinds—children and adults love to come to Flat Rock Brook for programs, a family picnic, or just to enjoy the peace and tranquility of a walk in the woods. Your tax-deductible contribution enables Flat Rock Brook to preserve a vital and beloved resource that, next year, will celebrate its 40th year of service to communities and schools throughout Bergen County. Please support Flat Rock Brook as generously as possible when you receive your Annual Appeal mailing in October—your help is greatly needed and sincerely appreciated.

Welcome to Our New Members

Yeonsook Baik, Marta Bautis, David Bockman and Vicki Hyman, Ava Breau, Chuck and Kara Campbell, Jae and Eileen Chun, Joon Chung and Dong Song, Susana Claros, Kenneth and Jodi Cooper, Mathew Deepali, Christine Dette, David and Gina Gerszberg, Sean and Thao Groenewald, Richard Hibbert and Sarah Glisky, Euisik Hong and Jooyeon Yoo, Gabrielle Jonas Richard and Mary Kearney, Elizabeth Kishlansky, Anna and Pete Kontzamanis, James and Sarah Lee, Irene Leynik, Peter and Hannah Lim Clark and Caryn Loffman, Theodore Malin and Sarah Colombani, Bo and Sandra Moon, Chrissy Nanos, Imke Oster, Freddy and Sunjin Park, Muyeon Parveez, Pauline Pellegrin, Dominick and Joanne Peragine, Anand Pereira and Janet Mendonca, James and Joyce Powers, Janet Schneider, Hiam and Deborah Simon. David and Rebecca Slater, Julie Suzuki, Jeffrey and Eva Taurig, John and Bonnie Thorn, Amara Wagner, Steve and Emily Warren, Lauren Wu, Yitzhek and Julie Zahavy

Become a Trail Guide



Fall Orientation Luncheon

**Tuesday, September 13,
12:30 - 2:00 p.m.**

Do you love the outdoors? Do you love children? Why not combine your two loves and volunteer as a Flat Rock Brook Trail Guide? We teach children of all ages from pre-k on up during the spring and fall. More than 50 area schools use our 150 acres of woodland to enhance their science curriculum and learn first hand how nature works! Fall orientation begins with a luncheon on September 13 after which the fall teaching schedule begins. There are still openings for new Trail Guides to come on board!

Learn about wildlife in our woods, take advantage of some of the best hiking in the area, enjoy the beauty of fall firsthand, and experience the satisfaction of engaging the interest and curiosity of children in their discovery of the natural world. Call Education Director Jill Benetta at 201-567-1265 or e-mail her at jill@flatrockbrook.org.

Annual Meeting *(continued from page 1)*

Nominated for election to the 2011-2012 Board of Trustees are **Kenneth Albert, Nina Bachrach, Carol Ellis, Marc Forman, Cynthia Sumner,** and **Kurt Stenzel**. Each of the nominees has a wealth of experience to bring to Flat Rock Brook and we look forward to welcoming them to the board.

Kenneth Albert has served two previous terms as a Trustee, beginning in 1997 and has been active on the Land Stewardship Committee. He was on the faculty of the NJ Institute of Technology and was a Professor of Engineering at the University of Pittsburgh prior to founding K. Albert Associates, an engineering consulting firm. Ken provides engineering, planning, and project management service to public sector clients, including the City of Englewood. Ken and his wife Nora reside in Englewood.

Nina Bachrach and her husband Raphael reside in Englewood with their five young children. Nina has extensive professional experience in all aspects of business administration and has served as administrator for RBI in Englewood since 1996. She has taught elementary school and planned and led museum workshops and film festivals for children. She has experience in marketing, organizing events, and maintaining event sponsor involvement.

Carol Ellis and her husband Bill reside in Edgewater. Carol received her medical degree from the Medical College of Virginia. She is the Medical Director of Natural Medicine and Rehabilitation in Branchburg, NJ. Carol has been a volunteer gardener at Flat Rock Brook and is a member of the Master Gardeners of Bergen County, the Audubon Society, and the Shade Tree Board of Edgewater.

Marc Forman is a Certified Public Accountant specializing in tax preparation, accounting, and financial planning. He is a member of the New Jersey and New York Societies of Certified Public Accountants. He and his wife Ellen, reside in Englewood where Marc serves on the Board of the Tudor Hall Condominium Association. Marc is a candidate for 1st Ward Councilman for the City of Englewood.

Cynthia Sumner resides in Englewood where she is active on the Englewood Environmental Commission, Englewood Green Team, and serves on the Board of Directors of the Friends of the Englewood Library. She is co-chair of the Flat Rock Brook Gardeners and has received gardening certification from the New York Botanical Gardens. Cynthia is a member of the New Jersey Shade Tree Commission. Cynthia is a retired Special Agent of the Federal Bureau of Investigation.

Kurt Stenzel and his wife, Carolyn, are Englewood residents and long time supporters of Flat Rock Brook. Kurt received his medical degree from Cornell University Medical College. He retired from practicing nephrology and is a consultant and member of the Board of Directors for the Rogosin Institute, affiliated with Columbia Presbyterian Hospital, Cornell campus. Kurt currently chairs the Dialysis Division and serves on the Executive and Finance Committees. He also chairs the Translation Research Advisory Committee at Weill Cornell Medical College.

The following officers are nominees for election at the first organizational meeting of the 2011-2012 Board of Trustees: **Jennifer McMillan Rubin**, President; **John Kendrick**, 1st Vice President; **Don McNeil**, 2nd Vice President; **George Milne**, Treasurer; **Phyllis Dain**, Secretary.

Summer Camp Interns Program

This spring, Flat Rock Brook received funding from The Henry and Marilyn Taub Foundation to develop a summer job and academic enrichment program. We hired four summer interns from the Englewood Public Schools to assist in all aspects of running the summer camp. Our goal was to have the interns gain experience in environmental education and conservation and to foster a deeper understanding of nature-related topics. For most of our counselors this was their first job. We hope the experience they gained will help prepare them for college and the workforce.

We hope they will come back to Flat Rock Brook often and bring friends and family to share their experience of nature in Flat Rock Brook's woods.



Our wonderful interns were (left to right): Christen Thompson, Charmaine Kimble, Derick Diaz, and Joanne Cazeau. We thank them for all their good work, their enthusiasm and their service to Flat Rock Brook. We wish them the best of luck in all of their future endeavors.

Fall Calendar

September

- 1 Garden in the Morning
- 6 Sunset Hikes
- 8 Garden in the Morning
- 13 Trail Guide Luncheon
Toddler Times
Sunset Hikes
- 15 Garden in the Morning
Toddler Times
- 18 Earth Share Native Planting
- 19 Bird Walks
Young Explorers
ANNUAL MEETING
- 20 Bird Walks
Sunset Hikes
- 22 Garden in the Morning
- 25 Birding Audubon Society
- 26 Bird Walks
Young Explorers
- 27 Sunset Hikes
- 29 Garden in the Morning

October

- 3 Bird Walks
Young Explorers
- 4 Bird Walks
Sunset Hikes
- 6 Garden in the Morning
- 11 Sunset Hikes
- 13 Garden in the Morning
- 16 **MEMBERS DAY**
- 17 Young Explorers
- 18 Toddler Times
Sunset Hikes
- 20 Garden in the Morning
Toddler Times
- 23 Hikes With Tykes
- 24 Young Explorers
- 25 Sunset Hikes
- 27 Garden in the Morning

November

- 6 Backyard Bird Feeders
- 7 Young Explorers
- 10 Holiday Craft Workhop
- 15 Toddler Times
- 17 Toddler Times

Members' Day

at Flat Rock Brook

Sunday, October 16

A day of fall fun for our members!

*Nature Fun and Games
Hands-on Discovery
Adventure Walks on the Trails
Nature Storytime
Scavenger Hunt
Refreshments*

*Admission and
All Activities are free
Rain or shine*



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