

Flat Rock Brook

The Newsletter of the Flat Rock Brook Nature Association

News

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Fall, 2010

Preview Flat Rock Brook's Exhibit: "A Walk in the Woods"

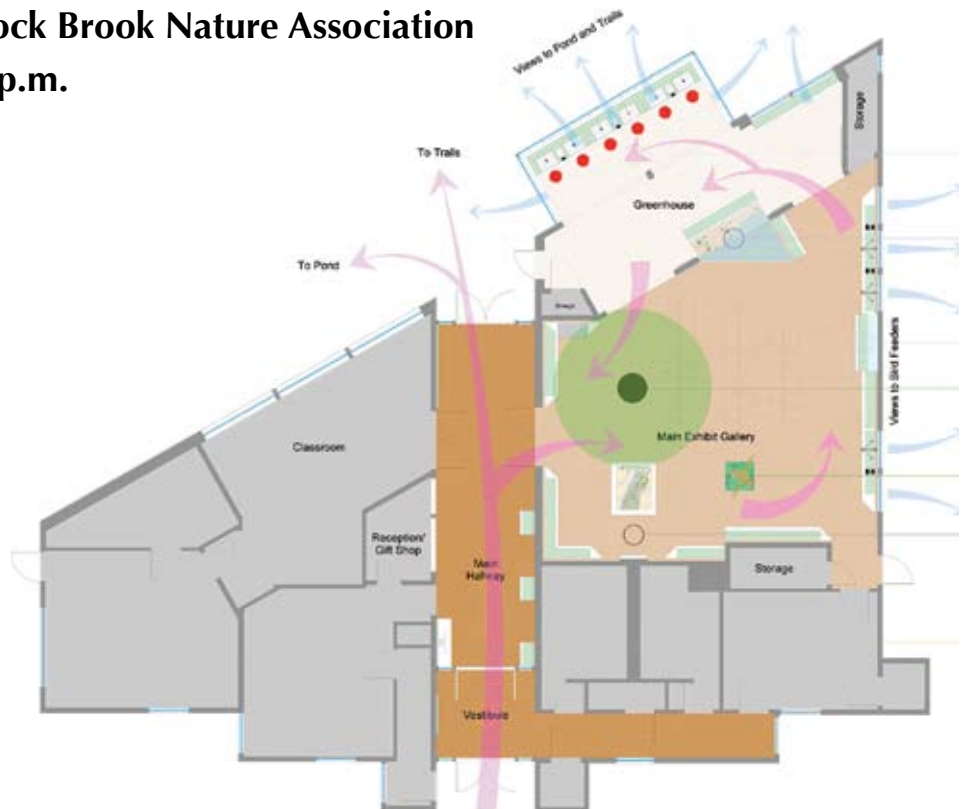
Annual Meeting of the Flat Rock Brook Nature Association

September 20, 2010, at 7:30 p.m.

All members are invited to attend our Annual Meeting to see a preview of our new Exhibit "A Walk in the Woods" as we prepare to move from the design phase to the fabrication phase of the project. The presentation will include graphic representations of the major elements which will make up the exhibit and will be led by representatives of Evidence Design, the firm we have contracted to design the exhibit.

"A Walk in the Woods" will include the installation of hands-on interactive displays that will connect visitors to the outdoor experience that they will encounter on the 150 acres that comprise Flat Rock Brook. It is designed to enrich our visitors' outdoor experience on the trails with a deeper understanding of the habitats found at Flat Rock Brook and their relationship to each other, providing visitors with a better understanding of the complex interactions to be found in nature.

The primary goal of "A Walk in the Woods" is to provide insight and in-depth knowledge to visitors and show them what to they might look for as they explore our trails. The exhibit will transform our building into a true learning center for all who visit Flat Rock Brook.



Floor plan of the Exhibit area, which includes the main hallway, the large meeting room, and the greenhouse (areas in color).

The agenda of the Annual Meeting will also include the election of new trustees and a review of the past year. Refreshments will then be served, to be followed by the organizational meeting of the 2010 - 2011 Board of Trustees.

The 2009 - 2010 Annual Meeting marks the completion of the terms of several current board members. We would like to thank retiring trustees Ken Albert, Jerry Cunningham, former president Phyllis Dain (who will

continue to serve as Board Secretary), Judie Maron, Pamm Ranaldi, and former president Jim Robison for generously contributing their time and talents in so many ways to the service of Flat Rock Brook. We are grateful for all of their efforts on our behalf.

We invite you to join us for a very special Annual Meeting and presentation which will mark a new milestone in our history. Be the first to see what the future holds for Flat Rock Brook's visitors!



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
Naturalist
Kristen Pakonis
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: John Haviland

John Haviland joined Flat Rock Brook as a volunteer in 2009 and has been helping out non-stop ever since. His extensive experience with habitat restoration projects has made him an invaluable asset to Flat Rock Brook. John lived in Florida where he operated an organic citrus farm and was also involved with wetland restoration projects. He later moved to Pittsburgh where he oversaw Student Conservation Association students help rebuild some of the city's degraded parks. His experience with growing plants and restoring habitat has provided Flat Rock Brook with a volunteer who is well-qualified to assist with land management issues throughout the preserve.



John is a true environmentalist, believing one should always put the importance of an ecosystem and its value to society first. He is determined to help with restoring Flat Rock Brook's ecosystems to a healthier, native state, eliminating as many non-native plants as possible from the preserve in order to provide a healthier, stronger ecosystem for the future. John's volunteer efforts haven't stopped at habitat restoration; he is always willing to help out at special events, lead volunteer groups, help with trail maintenance, and provide staff with pertinent education materials and suggestions—all of which helps the Nature Center become a better place.

John Haviland is a great example of a volunteer who goes above and beyond to help an organization that he respects attain their mission and goals. We thank John for his hard work and devotion over the past two years.

Thanks to LG Chem Volunteers



Employees from LG Chem. of Englewood Cliffs volunteered at the Nature Center in May, removing invasive plants and maintaining trails under the supervision of volunteer John Haviland and Land Manager Ryan Hasko.

Fall Programs at Flat Rock Brook

To register please fill out the form on page 5 and mail it along with your payment to Flat Rock Brook. **All registration is by mail and 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 for the animals. No gardening experience necessary, just bring willing hands and a set of gloves! There is always a ten minute mini-lesson before each session. **No need to register.** FREE to all.

Sunset Hikes

Tuesdays 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 long and are a great and relaxing way to end your day. Enjoy the beauty of summer and take advantage of hiking close to home. Meet at the parking lot gazebo. **No need to register.** Free for members, \$5 non-members.

Toddler Times

Tuesdays: September 14, October 12, and November 16
Thursdays: September 16, October 14, and November 18.
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: \$5 for members, \$8 non-members.



Hikes with Tykes

Sunday, September 19, 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. This is sure to be a fun and informative experience for all!

Registration by mail is required.

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

Young Explorers

Mondays: September 20, 27; October 4, 18 and 25; and November 1; 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 come



along with the 4-5 year olds for this series of six sessions of nature exploration.

Registration by mail is required.

\$70 per child for members only. You must be or become a \$45 family member to participate in this program.

Big Kid Adventures

Tuesdays, September 21, October 19, and November 23
4:00 -5:00 p.m.

For children 6-8 years old

Come and join us for adventure after adventure at Flat Rock Brook! If you liked Toddler Times, you will love the Big Kid Adventures! Each session includes a natural science-themed story and an outdoor hike. Let's have some fun! **Registration by mail is required.**

Per child, per class: \$5 for members, \$8 non-members.

Full Moon Wonders Night Hike

Thursday, September 23, 6:30 - 8:00 p.m.

For families with children ages 6 and older

What can you see by the light of the full moon at Flat Rock Brook? Why does the moon change shape? Come on our popular nighttime hike and find out. Enjoy activities to test how sharp your senses are in the dark and search for signs of nocturnal life. The hike will be followed by hot chocolate! Bring a flashlight. **Registration by mail is required.** Per person cost: \$5 for members, \$8 for non-members



EarthShare New Jersey Week

Native Planting: A Volunteer Event

Saturday, September 25, 9:30 to 11:00 a.m.

For adults and children ages 8 and older

Flat Rock Brook volunteers, in conjunction with EarthShare New Jersey Week will plant native ferns, perennials, and wildflowers as part of a habitat restoration project. These plantings will help compliment work currently underway to restore native woodland on an old gravel road that runs through the park. They are part of a larger project which will install 700 native plants in the preserve. Contact our Land Manager Ryan Hasko at (201) 567-1265 for additional information. **No need to register and free for all**

Experience an Eco-Cruise with Hackensack Riverkeeper

Saturday, September 25, Noon to 2:30 p.m.

After your volunteer effort at Flat Rock Brook in the morning, continue to enjoy EarthShare New Jersey Week with an Eco-Cruise with Hackensack Riverkeeper in the afternoon. **For information or to reserve your Eco-Cruise contact Hackensack Riverkeeper at (201) 968-0808. Do not register at Flat Rock Brook for this program.** Cost \$25 for adults (13 and older) \$10 for children ages 4 through 12. Reservations must be secured with a credit card.

Yoga By The Pond

Sunday, October 10, 11:00 a.m. - 12:00 noon

For adults and children ages 10 and older

Join certified yoga instructor, Lana Moreira, by the pond for a relaxing Sunday morning session. What better place to practice than in the beauty of nature? All are welcome, whether you are a beginner or long-time practitioner!

Namaste. **Registration by mail is required.**

Per family cost: \$10 for members, \$15 non-members

Fall walk with Ryan!

Saturday, October 16, 9:30 - 11:00 a.m.

For adults and children ages 10 and older

Join our Land Manager on a morning hike to enjoy the colors of Flat Rock Brook Nature Center. Experience the wonders of autumn as we hike the park watching for migratory birds and soaking in the fall foliage. **Registration by mail is required.** Per person cost: \$5 for members, \$8 non-members.

The Mystery of the Bones

Thursday, October 28, 5:00 - 6:30 p.m.

For families with children ages 6 and older

Halloween is a great time to look at bones and skeletons! These things aren't creepy, they're fun, and they can teach us about what animals eat and how they live. Come and try to solve the mystery of the skulls and much more.

Registration by mail is required.

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

Family Hike

Sunday, November 7, 3:00 - 4:30 p.m.

For families.

Have you ever wished you had a naturalist guide along on a family hike to help you point out the sights? Here's your chance! Join Education Director Jill Bennetta and her family for a fun and informative nature walk to learn about what's going on in the natural habitats of Flat Rock Brook. **Registration by mail is required.**

Per family cost: \$10 for members, \$15 non-members

Fall Scavenger Hunt

Sunday, November 14, 2:00 - 3:30 p.m.

For families with children ages 3 and older

Calling all adventurous families! Once again, Flat Rock challenges families to work together to follow the clues and find the answers to a new set of nature riddles! We promise you'll have a great time and learn something new! **Registration by mail is required.**

Per Family cost: \$10 members, \$15 non-members.

Craft Workshops for the Holiday Sale

Holiday Sale Nature Craft Workshop

Thursday, November 4, 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 can be sure that they will of great interest.

Pre-registration by mail is required.

Free for members, \$5 non-members, a small materials fee may be added if appropriate.

Holiday Sale Bow Workshop

Tuesday, November 9, 7:00 to 8:30 p.m.

For adults and teens

Join Flat Rock Brook wreath crafter Joy Segall to learn how to make perfect bows at this fun hands-on workshop. Help make bows for our Holiday Sale fundraiser! Each attendee will bring one home for their service. No prior experience needed. We will provide all materials, but bring a pair of scissors if you can.

No need to register. FREE for all.

Newsletter Going Green:

Electronic or Paper? Let us Know!

Starting with the Winter 2010/11 newsletter, the Flat Rock Brook News, can be sent to members electronically as a PDF file or, if you prefer, you can continue to receive it as a paper copy. If you wish to continue to receive a paper copy, no action is required. If you prefer to receive our e-newsletter option, which will have the same content as the paper copy, please send us an e-mail at questions@flatrockbrook.org and make our office aware of your intention to go paperless. Whether you prefer the electronic or paper version, minimal membership requirements must be maintained to receive the newsletter.

Opting to go paperless, will help Flat Rock Brook reduce expenses for printing and postage, while reducing Flat Rock Brook's environmental footprint. Either way, we hope you continue to enjoy reading our quarterly newsletter and we appreciate your continued support of the Nature Center.

Note: Nature Program Coop Events for fall are unavailable as the newsletter goes to press. Look for them on our web site: www.flatrockbrook.org

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 # _____

Signature (Required) _____

From Executive Director Stephen Wiessner

Workplace Giving Impacts New Jersey's Environment

Flat Rock Brook is a proud member of EarthShare New Jersey (ESNJ). In 1994, 16 of New Jersey's leading environmental organizations came together to found the Environmental Fund for New Jersey, now called EarthShare New Jersey. The organization's mission is to work with employers across the state to offer employees an environmental giving option. Through ESNJ, employees can make payroll deduction contributions to ESNJ or any of its 25 New Jersey based members or 31 national members.

To learn more about ESNJ or how you can add an environmental giving option to your workplace giving campaign, contact EarthShare New Jersey at (609) 989-1160, visit their website www.earthsharenj.org or call Flat Rock Brook's Executive Director Stephen Wiessner at (201) 567-1265.

Help Launch the 2010 Holiday Sale

It takes the combined efforts of more than 100 volunteers and many donors to get the Holiday Sale off and running each year—it is a time when everyone pitches in, has a lot of fun, and works to make our annual fundraiser a success. Kate Rodgers, Chair of the Holiday Sale and Florence Eddings, Chair of the Silent Auction are already hard at work.

You can help in any number of ways! Donate to the Silent Auction—tickets to sporting events, the theater, or the opera; a week's stay at your vacation home; small antiques; jewelry; gift certificates to restaurants, shops, and spas all make great gifts for the Silent Auction. Gifts are tax-deductible and are acknowledged in the Auction Catalog and in our Annual Report. To donate call Florence Eddings at 201 376-6779.

Sign up for workshops to make bows and other natural crafts (see page 5); donate baked goods or homemade jams, jellies and relishes. All hands are needed on deck to set up and decorate the Nature Center, man the cashier's table, help with sales, and assist with dismantling and clean up.

Please Support Flat Rock Brook's Annual Appeal

In October, we will begin our Annual Campaign to raise funds for Flat Rock Brook. Each year we ask members and friends to donate to the Nature Center and we have been deeply grateful for your generous support. Without the funds we receive from the Annual Appeal, Flat Rock Brook could not exist. The funds raised through contributions to the Annual Appeal cover more than 30% of our expenses, which include salaries for our staff, maintaining our building and property, and funding for our education programs both at Flat Rock Brook and in area schools.

Because Flat Rock Brook is not a government entity, almost all of our operating revenue derives from memberships, contributions, program fees and interest from our endowment with contributions to the Annual Appeal representing by far the largest share. Thousands of people come to Flat Rock Brook each year—for school classes, public programs, or simply to enjoy the peace and serenity of a walk in the woods.

Your tax deductible contribution helps to maintain a vital and beloved resource that has served communities and schools throughout Bergen County for more than 38 years. Please stand behind Flat Rock Brook by supporting the Annual Appeal this year—Flat Rock Brook needs your help.



Welcome to our New Members

Daniel and Lindsay Acevedo
Shintaro Agata
Joseph and Lynne Algrant
Arlene Altamura
James and Carrie Anderson
Jason and Alexandra Auerbach
R.V. Biagioni
Gabriel and Donna Centrella
John Cermak and Vanessa Hosein
Lily Chu and Daniel Sturman
James Crego and Jill Biggs
Paul and Denise Dorigo
Margaret Feinberg
Elba Fernandez
Lou and Loretta Ferrari
Masaaki and Chikako Fukunishi
Francis and Angela Gallinagh
Olga Ginzburg
Peter and Belinda Greenfield
Eun Jeong Gu
Josh and Gila Jaffe
Kyu Sung Jung and Jonghye Choi
Mark and Karen Kramer
Margaret LaScala
Boaz and Elana Lissauer
Edward and Andrea Novak
Rainer and Joy Orth
Jung-Ryun Park
Mankyu and Doran Park
Oscar and Jennifer Pinto
Drew and Berylle Reynolds
Shobhna Srinivasan
Rachel Simonson
Evan and Michelle Sohn
Junichi Takehana
Lana Taylor

The Unseen Powers of Fungi

It is easy to spot in an ecosystem a species from the Plantae or Animalia kingdom. Yet there is a kingdom hard at work that we overlook due to its uncommonly seen display of fruiting. However, the kingdom Fungi is an essential part of most ecosystems, creating an elaborate, unseen network within the soil.

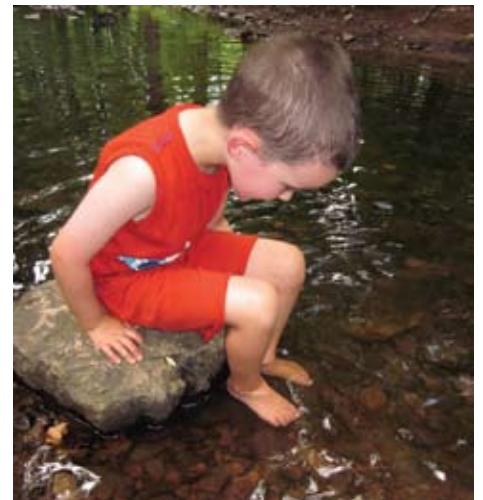
Hyphae of fungi (essentially a “root”) can form together and create colonies of mycelium which can be an elaborate network which transplants nutrients, stabilizes soil, produces fruit (mushrooms), and forms beneficial partnerships with other plants. Mycelium is known to coexist with trees, transporting water and nutrients from farther than the host plant’s roots can reach. In exchange, the plant gives other nutrients back in return – a trade with both sides benefiting. In addition to symbiotic relationships, fungi are also the major decomposers (along with bacteria) on the forest floor. This allows for dead organic matter to be broken down, returning necessary nutrients back into the soil for plants to use.

These are all processes that are vital to the health of forests, especially those like Flat Rock Brook’s. It is imperative that visitors refrain from picking mushrooms, as they are responsible for the reproduction and growth of mycelium and potentially poisonous. The next time you are on the trails and spot an interesting looking mushroom, let it be, but also remember the behind-the-scenes functions of this very important kingdom.



Annual Trail Guide Pot Luck Luncheon Monday, September 13, Noon to 2:00 p.m.

The annual pot luck luncheon for Trail Guides will be held at the Nature Center. This event is a great way for our Trail Guides to catch up after a summer off and to gear up for an exciting teaching season. If you are interested in becoming a Trail Guide or learning more about our illustrious Guides, please contact the office, at 201 567-1265 ext. 203.



Thanks to our Summer Camp Staff



Pictured from left to right: FRB Naturalist Kristen Pakonis, youth counselor Alissa Settembrino, Summer Camp Teacher Kristyn Martin, and youth counselors Eric James and Siena Stucki. Above right: A camper searches for fish in Flat Rock Brook during Scaly and Slimy week (Grades 1- 2)

We had an exciting summer at Flat Rock Brook, and our Summer Camp was once again a success! Thank you to all who made that possible, especially our staff and volunteers. Our camp teachers, Kristyn Martin and Kristen Pakonis, did a fantastic job leading programs packed with fun games, activities, crafts, and hikes. We were also grateful to have such enthusiastic counselors and counselors-in-training this year: Yeslin Farres, Jerry Fratello, Rachel Gellar, Melissa Ingala, Eric James, Adin Kugelmass, Vincent Lacognata, Khaliyah Legette, Alissa Settembrino, Caroline Severin, and Siena Stucki. Many thanks for such a great time this summer!

Fall Calendar

September

- 2 Garden in the Morning
- 7 Sunset Hikes
- 9 Garden in the Morning
- 14 Toddler Times
Sunset Hikes
- 16 Garden in the Morning
Toddler Times
- 19 Hikes with Tykes
- 20 Young Explorers
ANNUAL MEETING
- 21 Big Kid Adventures
Sunset Hikes
- 23 Garden in the Morning
Full Moon Night Hike
- 25 Earth Share Event
- 27 Young Explorers
- 28 Sunset Hikes
- 30 Garden in the Morning

October

- 4 Young Explorers
- 5 Sunset Hikes
- 7 Garden in the Morning
- 10 Yoga by the Pond
- 12 Toddler Times
Sunset Hikes
- 14 Garden in the Morning
Toddler Times
- 16 Fun Walk with Ryan!
- 18 Young Explorers
- 19 Big Kid Adventures
Sunset Hikes
- 21 Garden in the Morning
- 25 Young Explorers
- 26 Sunset Hikes
- 28 Garden in the Morning
Mystery of the Bones

November

- 1 Young Explorers
- 4 Craft Workshop
- 7 Family Hike
- 9 Bow Workshop
- 14 Fall Scavenger Hunt
- 16 Toddler Times
- 18 Toddler Times
- 23 Big Kid Adventures

Holiday Sale and Silent Auction

Friday through Sunday
December 3 - December 5
10:00 a.m. - 4:00 p.m.

Members Preview:

Thursday December 2, 7:00 - 9:00 p.m.



Silent Auction Treasures
Fresh Christmas Trees
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And much, much more!

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or www.flatrockbrook.org

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