

Demarest Nature News



Demarest Nature Center Association
Summer 2005 Box 41, Demarest, N.J., 07627 Vol. XXX, No. 2

President's Message

The Demarest Nature Center is more than a beautiful sanctuary in the heart of Demarest. **It's a community.** Every season of the year, the people of Demarest show their love of the outdoors by volunteering their time and contributing their donations. We sponsor guided walks, nature programs in the elementary schools, flower

planting, the Easter egg hunt, Breakfast in the Woods (coming up June 11!), the photo contest, birdhouse building, the cross country race and fun run, and of course the annual Oktoberfest. We keep the miles of trails clear of litter and branches. We build and maintain bridges. And we do all this **without taxpayer support.** If you

haven't visited lately, treat yourself to a stroll this coming weekend. If you're already a 2005 member, we thank you. If not, please join or renew now using the enclosed envelope. We look forward to welcoming you to our community!

See you on the trails,

Rich Van Buren



Photo: John Goodwin

Dawn Geider cruises along in the cross country race on May 7

THE ROOT OF THE MATTER ... "to establish a conservation center within the community of Demarest where land and people may be reunited for scientific, cultural, recreational, and educational pursuits."

Demarest Nature Center Constitution

Demarest Nature News

Our Website: www.demarestnaturecenter.org

Our website has a multi-colored map of the nature center, a listing of activities, news, prize-winning photographs taken in the nature center, and the history of the Demarest Nature Center.

We also have links to other local nature centers and New Jersey and national points of interest. Want to stay **informed** about nature center events such as ice skating parties between newsletters?

Send an email to info@demarestnaturecenter.org to be added to our notification list. We promise to keep emails infrequent and won't share your address with anyone else.

Taking Precautions against Lyme Disease

People who spend time outdoors, whether strolling in the nature center or gardening in the backyard, are understandably concerned about the possibility of contracting Lyme disease from infected deer ticks. Left untreated, Lyme disease can lead to severe, chronic muscle and joint pains, among other

symptoms. Here's how to **protect yourself**:

- Wear long pants and tuck the cuffs inside your socks or boots.
- When you get home, check all over for ticks. An adult tick is less than 1/2-inch long.

- If you find a tick, remove it with tweezers. As long as you remove it within 36 hours, the chance of infection is minimal.
- If a rash develops, see a doctor.



Above, Lourdes Francisco plays Easter Bunny at the annual egg hunt. Below, trustee Marianna Simpson helps children plant flowers at Luther Lee Emerson School.



2005 Calendar

We've had a busy winter and spring, but there's still plenty to look forward to.

TAI CHI Tuesday, June 7, 11 a.m.-noon, on the tennis courts, with certified instructor Dean Orfas. No charge. Rain date: June 14.

BREAKFAST IN THE WOODS Saturday, June 11, 9-11 a.m., next to the Imaginative Playground. Watch in amazement as nature center trustees make **omelets to order**. The food is free and sometimes it doesn't rain! Also: Live music, photo contest winners, animal show.

MAD ABOUT HAWKS Saturday, Oct. 1, Alpine Lookout north of Exit 2 on Paisades Interstate Parkway. Live appearances by these majestic birds, including an arctic falcon.

OKTOBERFEST Saturday, Oct. 8, 10 a.m.-5 p.m., Duck Pond. Our annual fund-raiser. Games, food, music, and **crafts**. A fun day for families. Rain date: Oct. 15.

Demarest Nature News

Thanks for Adopting Our Trails

Several community-spirited organizations—and families—have adopted trails in the nature center. They pick up litter, remove small branches, and mark the edges of the trails using downed limbs. Any organization, family or individual interested in adopting a trail should call **Rich Van Buren** at 201-767-7054.

Trail Name	Sponsor
Nine Bridges Trail	Demarest Cub Scout Pack 270
Gus Stump Trail	Demarest Boy Scout Troop 101
Log Road Trail	Northern Valley R.H.S. at Demarest Earth Club
Tenakill Brook Trail	Demarest Girl Scouts
D Loop	Demarest Girl Scouts
Stelfox Trail	Endick Family
Dogwood Trail	Endick Family

Calling All Easter Bunnies!

Each spring we delight the children of Demarest by strewing thousands of chocolate eggs across a section of Wakelee Field for the little ones to collect in baskets. And each year one unabashed volunteer dons a big white rabbit suit to play Easter Bunny. We are

honoring these volunteers in a brand-new **Easter Bunny Hall of Fame**. Please join us in congratulating these Hall of Famers:

Melissa Goldsmith
Jeanne Wilson
Alberta Vadala
Francie Earle
Wendy Johnson

Tom Birch
Billie Stewart (2004)
Lourdes Francisco
(2005)

If you know of any other bunnies or what dates those above wore the suit, please send an email to info@demarestnaturecenter.org.



Above, Danielle Chen sells Man-Doo, Korean dumplings, at the 2004 Oktoberfest fund-raiser.
Below, Debbie Davidson shows a red-tailed hawk to schoolchildren.

Education: A Key Part of Our Mission

We not only bring children to nature—we bring nature to children. This year we sponsored **Rappin' with Raptors**, a presentation by Tenafly Nature Center's Debbie Davidson, at County Road and Luther Lee Emerson schools. She brought a barred owl named Mitzi and a red-tailed hawk named Gem, explaining their places in the ecosystem and how we can protect them from the threats of human activity.

Naturalist Marc Gussen showed fourth graders at Luther Lee how the Lenni Lenape Indians fashioned tools from materials like antlers, deer sinews, and rocks. On May 18, Exotic Wildlife Conservation showed Demarest Middle School classes how **bats benefit the environment** by eating mosquitoes and other insects. In addition, the nature center is planning to purchase a model of a watershed, which will show students how

pollution can contaminate water supplies. As another way to bring nature into the classroom, we're inviting teachers in Demarest to apply to us for grants for continuing-study courses on nature-related topics. And, of course, every May we buy flowers to be planted at County Road, Luther Lee, the middle school, and the Catholic Academy of the Northern Valley (formerly St. Joseph's).



2005 Board of Trustees

Richard Van Buren
President

Len Cottrell
Vice-President

Ed Pittaluga
Treasurer

Peter Coy
Newsletter Editor

Patty Rotile
*Recording Secretary
and School Liaison*

Marianna Simpson
Corresponding Sec'y

Amita Birch-Desai
Toni Dolan

Michael Hubschman

Kumiko Ishikura

Kathy Kobylarz

John Reinke

William Stegmayer

Robert Stoll

≈

Anita Gatto
Borough Liaison

We're on the Web!

www.demarestnaturecenter.org

Sprinting Through the Woods

Congratulations to Eric Geider for winning the nature center fun run on May 7. Eric completed the one-mile race on the trails of the nature center in a zippy 7 minutes and 13 seconds. Andrew Pirie came in second, Ethan Coy third, Kieran Desai fourth, and Benjamin Feldman fifth. Also,

congratulations to Chloe Stein for being the only student to take on the challenge of the tough 5-kilometer (3.1-mile) cross country course. She ran the distance with her mother, Joan.

Charlie Redmond, 56, won the 5K cross country race in 23 minutes, 16

seconds, defeating Tom Birch, who ran 24:50 for second place. In a close race for first female, Stephane Zavidow won in 25:06, beating Dawn Geider by 15 seconds.

Congratulations to all! For complete race results, visit www.demarestnaturecenter.org.

Honor Someone With a Bench

We plan to place three more benches in prominent locations within the nature center.

The new benches will be identical to the nine handsome, rugged benches already in place.

They will be built of maintenance-free "plastic lumber" made from recycled materials. Each can be permanently engraved with lettering memorializing a loved one or honoring a living person or group.

If you are interested in buying a **specialty engraved bench**, or would like more information, please write to info@demarestnaturecenter.org or call Rich Van Buren at 201-767-7054.

Wish List

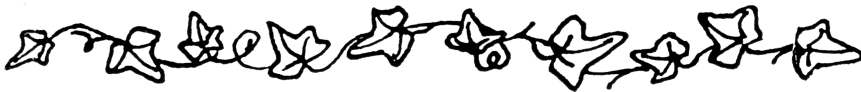
*People willing to be called upon as volunteers for events.

*A craftsperson to build and paint new roadside signs for the Oktoberfest.

***Walkie-talkies** for the Oktoberfest and other events.

*Someone to make a bulletin board for the Columbus Road entrance.

If you think you can answer a wish, please write to info@demarestnaturecenter.org or call Rich Van Buren at 201-767-7054. Thanks!



POSTAL PATRON
DEMAREST, N.J.
07627



DEMAREST NATURE CENTER ASSN.
P.O. Box 41
Demarest, N.J. 07627

Bulk Rate
U.S. Postage
PAID
Demarest, N.J.
07627
Permit No. 19