



# FRIENDS FOR THE ABBOTT MARSHLANDS

Preservation \* Advocacy \* Education \* Protection

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In Partnership with D&R Greenway Land Trust

## **Abbott Marshlands - Schedule of Public Events for January – June 2018**

- Field trips (most months)
- TNC: First Fridays – Story Time
- Trail Crew (Mercer County)
- TNC – February - Valentines
- New – 1<sup>st</sup> Saturday Wellness Walks, with RWJ Hospital, Hamilton. Details at bottom; locations and guides vary; beginning March.
- History Weekend – April 13/ 14
- May – American Wetlands Month
- June 23 – Delaware River Sojourn, paddlers visits the marsh.

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**See** [www.abbottmarshlands.org](http://www.abbottmarshlands.org) for Marshlands information, calendar, schedule updates, marshland and trail maps, and marsh access points.

See also <http://mercercountyparks.org/facilities/tulpehaking-nature-center>.

TNC - Tulpehaking Nature Center, 157 Westcott Ave., Hamilton, NJ. 609-888-3218

For free apps for guided tidal water and upland trails, see: <http://www.travelstors.com/abbott-marshlands>.

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### **PROGRAMS**

**TNC. First Friday Story Time. Fridays – Jan. 5, Feb. 2, Mar. 2, April 6, May 4, June 1. 10:30 a.m.** Gather with your little ones while our educators share a story worthy of the Abbott Marshlands, followed by a craft or activity. We've chosen the best stories of wildlife and history to enjoy inside or outside if the weather is nice! FREE. Donations welcome. Donations benefit the Friends for the Abbott Marshlands. Tulpehaking Nature Center, 157 Westcott Ave., Hamilton, NJ.

**TNC. January 5 – April 29. Art Exhibit – Second Life.** *Second Life* an exhibit by artist Spriha Gupta explores the rich textures and colors of nature through the use of reusable items like tissue paper, magazines, tree bark, flowers, and leaves. Tulpehaking Nature Center, 609-888 3218

January 13 (Sat.). Bird walk. 9 a.m. - 1 p.m. Washington Crossing Audubon Society. Meet at Spring Lake, Roebling Park. Take S. Broad St. to Sewell Ave.; turn onto to Sewell; drive to the end, turn left and drive down the hill to the parking lot. Contact info: Brad Merritt (609) 921-8964

**January 14 (Sun.), Winter Duck Walk. 1-3 p.m.** Each winter many species of ducks flock to the wetlands and waterways of NJ, including the Abbott Marshlands. Join expert Bill Pitman for this excursion into the marsh to view wintering waterfowl. Please dress for cold, windy weather, and bring binoculars if you have them! For information and to register: 609 888 3218. Meet at Spring Lake, Roebling Park. Take S. Broad St. to Sewell Ave.; turn onto Sewell; drive to the end, turn left and drive down the hill to the parking lot.

**TNC. January 14 (Sun.), Reception for Second Life, 2-4 p.m.** Meet artist Spriha Gupta and enjoy refreshments provided by Friends for the Abbott Marshlands as we welcome this new exhibit to the nature center. Tulpehaking Nature Center, 157 Westcott Avenue, Hamilton NJ 08610. FREE, sponsored by Friends for the Abbott Marshlands.

**January 19 (Fri.). Trail Crew. 1-3 p.m. Roebling Park.** To join the trail crew and to get involved with Abbott Marshlands trail stewardship, contact Jillian Stark, Mercer County Land Steward, at [jsstrak@mercercounty.org](mailto:jsstrak@mercercounty.org) or call 609-303-0718. (A trails stewards program for the Abbott Marshlands will be announced in late February. If interested, please contact [info@abbottmarshlands.org](mailto:info@abbottmarshlands.org).)

**TNC. January 25 (Thurs), Your Wild Yard Series: Build Your Own Bluebird Box. 6:30 - 8:30 p.m.** Tulpehaking Nature Center \$5/person + \$15/box Registration required. RSVP to natureprograms@mercercounty.org . Become a steward of your own wild yard! Come celebrate the success story of the eastern bluebird's comeback in North America in the past decades. Learn about their ecology and habitat preferences. You will be guided through the assembly of a bluebird box that can go home with you to help improve your backyard habitat. By building them during the winter time, your nest box will be ready and available to welcome these birds when they return in the early spring. Building materials and tools will be provided. Bring your own gloves. Ages 12+. Registration is required to natureprograms@mercercounty.org.

**February 2 (Fri.). Trail Crew. 1-3 p.m. Roebling Park.** To join the trail crew and to get involved with Abbott Marshlands trail stewardship, contact Jillian Stark, Mercer County Land Steward, at jstrak@mercercounty.org or call 609-303-0718. (A trails stewards program for the Abbott Marshlands will be announced in late February. If interested, please contact info@abbottmarshlands.org.

**TNC. February - Valentines for Nature - Craft Table** The month of February Donations welcome Stop by the nature center during open hours this month and create nature themed valentines to bring home for your friends and family, and even a "Valentine for Nature" to hang outdoors. Tulpehaking Nature Center (157 Westcott Ave., Hamilton). Open Hours – Fri. & Sat. 10 a.m. – 4 p.m.; Sun. noon- 4 p.m.

**February 9 (Fri.), Just a Hike (Mercer County Parks program). Noon - 2:30 p.m. Spring Lake, Roebling Park.** Free No theme, no focus; this really is just a hike. We may pause briefly to admire various elements of nature, but who knows what we will see or where this hike will lead us. Wear sturdy shoes and bring a water bottle. Free for adults and teens. Please register: natureprograms@mercercounty.org. Meet at Spring Lake, Roebling Park. Take S. Broad St. to Sewell Ave.; turn onto to Sewell; drive to the end, turn left and drive down the hill to the parking lot.

**February 11 (Sun.), Winter Duck Walk. 1-3 p.m.** Each winter many species of ducks flock to the wetlands and waterways of NJ, including the Abbott Marshlands. Join expert Bill Pitman for this excursion into the marsh to view wintering waterfowl. Please dress for cold, windy weather, and bring binoculars if you have them! For information and to register: 609 888 3218. Meet at Spring Lake, Roebling Park. Take S. Broad St. to Sewell Ave.; turn onto to Sewell; drive to the end, turn left and drive down the hill to the parking lot.

**March 3 (Sat.), Walking in Nature, Wellness Walk. 10 am – noon.** See list at bottom for details.

**March 16 (Fri.), Beaver Walk. 6:30-8:00 p.m. Leader: Kelly Rypkema, Mercer County Naturalist.** Donations accepted. For kids, but all are invited. Under-age children must be accompanied by a parent or guardian. Registration required, please RSVP to natureprograms@mercercounty.org or call 609-888-3218. Search for beavers and other wildlife that come out only at night. Bring a flashlight. Take South Broad St. to Sewell Ave., at traffic light turn onto Sewell Ave.; at the end of Sewell, turn left and drive down hill to parking lot. (Cosponsors with Friends: Washington Crossing Audubon Society, Mercer County Park Commission, D&R Greenway Land Trust).

**March 24 (Sat.), Marsh Cleanup, 9 a.m. – noon.** Bring gloves if you have them, water to drink; wear long sleeves, long pants. Meet at Spring Lake – Roebling Park, Hamilton, NJ. Take South Broad St. to Sewell Ave., at traffic light turn onto Sewell Ave.; at the end of Sewell, turn left and drive down hill to parking lot. Please register. Contact: Julia Galayda, AmeriCorps Watershed Management Area 20 Ambassador (609 888 3218). Cosponsors with Friends: AmeriCorps, Mercer County Park Commission, Sierra Club, Washington Crossing Audubon, D&R Greenway Land Trust.

**April 7 (Sat.), Walking in Nature, Wellness Walk. 10 a.m. – noon.** See list at bottom for details.

**April 14/ 15 – History Weekend - details TBA,**

**April 14 (Sat.), Canal Walk with Robert Barth, D&R Canal Watch, 10 a.m. - noon.** Meet at the Bordentown Light Rail Station, located at 100 West Park Street in Bordentown. We will walk through Bordentown, admiring the architecture, on the way to Crosswicks Creek, Lock 1, and the Towpath Trail.

**April 28 (Sat.), Spring bird walk. 8 – 11 a.m.** Washington Crossing Audubon. Leader(s) TBA. Meet at Spring Lake – Roebling Park, Hamilton, NJ. Take South Broad St. to Sewell Ave., at traffic light turn onto Sewell Ave.; at the end of Sewell, turn left and drive down hill to parking lot. Contact/ information: TBA.

**April 29 (Sun.), Health Walk at the Abbott Marshlands. 1:30-3 p.m.** Meet at the Tulpehaking Nature Center, 157 Westcott Ave., Hamilton. FREE Spring into health this April by getting outside to enjoy a casual walk along the trails of the Abbott Marshlands. Provided as part of the NJ Dept. of Health's Minority and

Multicultural Health Month. All are welcome to participate. Co-sponsors: New Covenant United Methodist Church, Tulpehaking Nature Center, and Friends for the Abbott Marshlands. Leader: Charlie Fisher. Contact/information: 609 888 3218.

**May - American Wetlands Month** (other activities, TBA)

**May 5 (Sat.), Walking in Nature, Wellness Walk.** 10 a.m. – noon. See list at bottom for details. 1<sup>st</sup> Sat. Wild flowers – NCP – Pat Coleman of Wellness Walk series

**May 12 (Sat.), Monuments Bicycle Ride:** - Bicycle from the Battle Monument in Trenton to Thomas Paine Memorial in Bordentown; organized by Jay Watson. In addition to historical sites, there will be ample opportunities to view the Delaware River and to learn about the Abbott Marshlands. Details, TBA.

*June 2 (Sat.), Walking in Nature: Wellness Walk.* 10 a.m. – noon. See list at bottom for details.

June 23 (Sat). Delaware River Sojourn paddlers visit the Abbott Marshlands (Day 8). Day- trippers meet at the Bordentown Beach. at 9 a.m. for registration and details about the day (and week)see:

<http://www.riversojourn.com/>. This year's theme is "Still Wild After All These Years", a reflection on 50 years of protection and recognition under the National Wild & Scenic Rivers program.

**\*\*NEW\*\***

### **1<sup>st</sup> Saturday Walks. Walking in Nature –A Prescription for Better Health**

***RWJ Hamilton, Friends for the Abbott Marshlands, and the Tulpehaking Nature Center offer a series of 1<sup>st</sup> Saturday walks for those not generally comfortable outdoors or alone on trails without a walking companion.***

RWJ Hamilton has long been a proponent of the benefits of a holistic approach to health and is a wellness leader in the community.

Regular exercise can have a tremendous positive impact on overall health and well-being, but there are additional benefits in walking in natural environments, such as parks and other green spaces.

Walking is greatly beneficial for the body and mind. Taking exercise out into nature augments these benefits, so that getting to better health may be just a walk in the park!

Come discover the Abbott Marshlands with a knowledgeable guide. Each 1<sup>st</sup> Saturday Walk will explore a different part of this rich and diverse natural area. Guides will vary; locations also will vary so that all marshland trails will be explored during the year. The meeting place will be listed with the trip date; walks are from 10 a.m. to noon. In case of inclement weather, check the marsh website calendar ([www.abbottmarshlands.org](http://www.abbottmarshlands.org)); any cancellations will be listed before 9 a.m. A light drizzle will not cancel.

Trails are well marked, but differ in difficulty from level to hilly. For information about the Abbott Marshlands, trail locations, and the calendar, see: [www.abbottmarshlands.org](http://www.abbottmarshlands.org).

All 1<sup>st</sup> Saturday Abbott Marshlands Walks will begin promptly at 10 a.m. and last until noon. In addition to RWJ – Hamilton, Friends for the Abbott Marshlands, and Tulpehaking Nature Center, these walks are cosponsored by Mercer County Park Commission, Bordentown Twp. Environmental Commission, and D&R Canal State Park.

**March 3 - Abbott Brook Trail at Watson Woods, Roebling Park** – meet at Tulpehaking Nature Center, 157 Westcott Ave., Hamilton. Guide: Kelly Rypkema.

**April 7 - Spring Lake Trail, Roebling Park.** Meet at Spring Lake. Take South Broad St. to Sewell Ave., turn onto Sewell, drive to end, turn left and drive down the hill to the parking lot. Trail is flat. Guide: Kelly Rypkema.

**May 5 - Northern Community Park, Bordentown Twp.** Meet at NCP parking lot on Groveville Road, between Rts. 130 and 206. There is one gentle hill. Focus will be spring wild flowers. Guide: Pat Coleman.

**June 2 - Bordentown Bluffs, D&R Canal State Park.** Meet at end of Stanton Ave., Bordentown Twp. (Take US-206 south of I-195; take 1st right after Pointe Breeze apartments. Look for Abbott Marshlands logo; street sign is missing). There is one steep hill, which can be avoided. There should still be some Mountain Laurel in bloom. Guides: Stephanie Fox and Mary Leck.