



## 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 February – 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 – March 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.

**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](mailto: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](mailto: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.** Spring Lake, Roebling Park. 10 a.m. – noon. See list at bottom for details.

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**April 14/ 15 – History Weekend - 2018 History Weekend**

**Saturday April 14**

**Apr. 14 (Sat.). Canal Walk with Robert Barth, D&R Canal Watch, 10 a.m. - noon.** Meet at Light Rail parking lot, 100 W. Park St., Bordentown, NJ. 08505. We will walk through Bordentown, admiring the architecture, cross Crosswicks Creek, and then explore Lock 1 and the Canal towpath. No registration needed. Free of charge.

**Apr. 14 (Sat.) Bordentown Historical Museum, exhibit: *Point Breeze and the Natural World.*** noon– 4 p.m., 302 Farnsworth Ave., Bordentown, NJ 08505. Exhibit of Joseph Bonaparte furnishings from Point Breeze, his home in Bordentown, and artifacts from his nephew and son-in-law Charles Lucien Bonaparte, a distinguished naturalist. Free, donations appreciated.

**Apr. 14 (Sat). "Discover the American Shad" with Susan Plaisted. 1– 3 p.m.** Tulpehaking Nature Center, 157 Westcott Avenue, Hamilton, NJ 08610. It's spring! How do you know? The shad are journeying up the Delaware River in large numbers. In this family-friendly program, learn about the important role this fish served for both the Lenape and Colonists, and try your hand at making cordage for nets, fish scaling and other skills of the historic fishermen. \$5/person or \$20/family. Registration required to natureprograms@mercercounty.org or 609-888-3218.

**Sunday April 15**

**Apr. 15 (Sun). History Walk with Dr. Richard Veit at Divine Word, 1– 3 p.m.** Meet at Parking lot at 101 Park St., Bordentown, NJ. 08505. Walk the grounds of Divine Word, former site of Point Breeze, home of Joseph Bonaparte, the brother of Napoleon Bonaparte. Dr. Veit, Assoc. Professor of Anthropology at Monmouth University, has led archeological explorations of the site and will share details of the area. Before the walk, Dr. Charles Leck will talk briefly about the scientific contributions of Charles Lucien Bonaparte, often called the father of American ornithology, who was nephew and son-in-law of Joseph Bonaparte. No registration needed. Free.

**Apr. 15 (Sun). Watson House tours, 1–4 p.m.,** 151 Westcott Avenue, Hamilton, NJ 08610. View this historic house with Daughters of the American Revolution guides. Built in 1708, Watson House is the oldest house in Mercer County. Group tours run for 30 minutes. No registration needed. Free.

**Apr. 15 (Sun). Bordentown Historical Museum, 3– 4 p.m.,** 302 Farnsworth Ave., Bordentown, NJ 08505. Exhibit of Joseph Bonaparte furnishings from Point Breeze, his home in Bordentown, and artifacts from his nephew and son-in-law Charles Lucien Bonaparte, a distinguished naturalist. Free, donations appreciated.

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**April 28 (Sat.), Spring bird walk. 8 – 11 a.m.** Washington Crossing Audubon. Leaders Brad Merritt, John Maret, & Andrew Bobe. 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: Brad Merritt - 609-921-8964.

**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 – Northern Community Park, guide- Pat Coleman.

**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. Bordentown Bluffs. 10 a.m. – noon. Details at bottom.*

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 Northern Community Park 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.***

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## ***May – American Wetlands Month***

## **Celebrate the Abbott Marshlands & Discover the Tulpehaking Nature Center**

Explore the Abbott Marshlands with a guide or walk the trails on your own! Trail maps are available for Roebling Park, Northern Community Park, the Bordentown Bluffs, and the D&R Canal State Park Tow Path Trail; see [www.abbottmarshlands.org](http://www.abbottmarshlands.org), [njtrails.org](http://njtrails.org), or visit the nature center to pick up copies.

Your local wetland types include: tidal freshwater marsh (this type can be seen, e.g., from the Watson Woods picnic area of Roebling Park); ponds (Spring Lake at Roebling Park; Northern Community Park); marsh / swamp (parts of Roebling Park, Northern Community Park); and tidal rivers (e.g., Crosswicks Creek from the Bordentown Bluffs; Delaware River from the Bordentown Beach or I-295 scenic overlook; Duck Creek from the D&R Canal Tow Path Trail).

Wetlands that are part of the Abbott Marshlands provide significant benefits by

- improving water quality by filtering pollutants and rainwater runoff
- helping recharge groundwater
- reducing flooding and storm damage, and
- providing critical habitat for plants and wildlife

Take action to protect and restore wetlands. Support and promote the Abbott Marshlands by informing your community and family members about the vital roles of wetlands. "Adopt" a part of the marsh wetland and learn the plants and animals found there. Pick up trash.

To learn about the Abbott Marshlands see: [www.abbottmarshlands.org](http://www.abbottmarshlands.org).

For the Tulpehaking Nature Center - 157 Westcott Ave., Hamilton, NJ:

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

Center hours: Friday & Saturdays 10 am – 4 pm

Sundays- noon – 4 PM; other times for programs

and by appointment.

Manager and naturalist – Kelly Rypkema

609-888-3218 or [krypkema@mercercounty.org](mailto:krypkema@mercercounty.org)