

**LEARN ABOUT GARDENING, NATURE, BIRDS, BUGS, FROGS AND MORE
AT THE ESSEX COUNTY ENVIRONMENTAL CENTER**
*Essex County Executive DiVincenzo Invites Children and Families
to Expand their Understanding and Appreciation of the Environment*

Essex County, NJ – A variety of programs are being offered at the Essex County Environmental Center during the month of February that will teach children and adults about nature and help them gain a greater appreciation and understanding of our environment. Essex County Executive Joseph N. DiVincenzo, Jr. invites children and adults to visit the Environmental Center where they can enjoy an enriching recreational experience through nature and conservation activities.

“Our Environmental Center has become the premiere location for environmental education and nature appreciation. With the help of our partner groups, our dynamic schedule of events and activities will captivate all ages,” DiVincenzo said. “Walk in our woods, discover habitats, get pointers on gardening, learn about nature photography and much more. It’s all about nature and it’s all at our Environmental Center,” he added.

Events scheduled for February are as follows:

“Winter Wonderland Club” is for children ages 4-8. Children can enjoy the winter landscape and outdoor activities on Saturday mornings. This is an exploratory club with open focused exploration that highlights areas of participant interest. Warm mint tea and a book reading after outdoor activities may be occasionally held indoors. Dress warmly and in layers. Good boots are a must. If extreme weather prohibits going outdoors, the class will be cancelled. **Cost is \$10 per child per session.** Limited space available. Advance registration, pre-payment and a minimum number of participants are required. For information, call 973-228-8776. *Winter Wonderland Club* will be held as follows:

Dates: Saturdays, February 2, 9, 16 & 23, 2019
Time: 9 a.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Making Charcoal Art at the Campfire” is for families. Participants will gather sticks of different wood varieties and turn them into charcoal pencils in a container placed on the fire. The sticks char without completely combusting due to the lack of oxygen and make an excellent artist charcoal. Each participant will get to make some free choice art and take some charcoal pencils home. **Cost is \$12 per adult and \$10 per child.** Advance registration and minimum number of participants are required. For information, call 973-228-8776. *Making Charcoal Art* will be held as follows:

Date: Saturday, February 2, 2019
Time: 10:30 a.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Little Explorers Winter Nature Program” is for children ages 2 to 5. This child-caregiver class uses stories, walks and crafts to develop an awareness and appreciation for science and nature for the child as well as the caregiver. Each week, a different nature or science topic is

covered. **Cost is \$12 per child/session.** Advance registration and payment are required. For information, call 973-228-8776. *Little Explorers Winter Nature Program* will be held as follows:

Age: 2 year olds
Dates and Time: Tuesdays, February 5 & 19 at 10 a.m.

Age: 3 year olds
Dates and Time: Thursdays, February 7 & 21 at 1 p.m.

Ages: 4 and 5 year olds
Dates and Time: Tuesdays, February 5 & 19 at 3:30 p.m.
OR Thursdays, February 7 & 21 at 9:30 a.m.

Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Chair Yoga” is for adults. If you are new to yoga or feel that most yoga classes might be too strenuous, chair yoga can provide a more easy-going supported style. Come experience how gentle yogic breath decreases stress and increases comfort and fluidity of movement, not only through yoga practice, but potentially throughout life, as well. All poses are enjoyed at each participant’s own pace, seated or standing next to a chair and using it for support whenever needed. The class will end in a peaceful restorative pose and optional gentle shoulder massage. All levels are welcome. Dress comfortably and bring a mat. **Cost is \$15 class and \$10 per class for those 65 years and older.** No refunds for missed classes. Advance registration, monthly prepayment and a minimum number of participants are required. For information, call 973-228-8776. *Chair Yoga* will be held as follows:

Dates: Tuesdays, February 5, 19 & 26, 2019
Time: 3 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Rutgers Environmental Stewards Program” is for adults. For more than 10 years, the Rutgers Environmental Stewards Program has trained adult volunteers in current environmental issues affecting New Jersey so they can help solve environmental problems in their communities. Each week, participants will receive classroom and hands-on training from local and university experts on important environmental topics. The program focuses on science and public policy based on that science. Topics include geology, renewable energy, climate change, protection of public land, environmental justice, native and invasive species, oils and the environment, wildlife ecology, and more! The online application is at <https://tinyurl.com/RESessex>. **Cost is \$250.** Cash or checks only. Checks should be made to "Rutgers, The State University of New Jersey" and sent to Amy Rowe, Rutgers Cooperative Extension of Passaic County, 1310 Route 23 North, Wayne, NJ 07470. For more information, contact Amy Rowe at rowe@njaes.rutgers.edu or 908-2351168. The *Rutgers Environmental Stewards Program* will be held as follows:

Dates: Tuesdays, February 5 through June 11, 2019
Time: 6:30 p.m.
Place: Essex County Turtle Back Zoo Education Center
560 Northfield Avenue

West Orange, NJ

“Essential Oils” is for adults. In this one-hour class, wellness advocate Stacy McCormack teaches what essential oils are and how they can benefit your life. Each week a new topic will be explored and different oils will be sampled. Learn how essential oils can be powerful allies on your journey to health and happiness and an important ingredient in the recipe of a healthy lifestyle. Participant interest guides this class. **Cost is \$15 per class.** Advance registration and minimum number of participants are required. For information, call 973-228-8776. *Essential Oils* will be held as follows:

Dates: Tuesdays, February 19 & 26, 2019
Time: 7 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Thursday Evening Yoga” is for adults. In this “all levels” yoga series, each student is invited to explore and play through the breath and asanas/poses, flowing at their own pace with self-compassion and joy; followed by an optional gentle shoulder massage and restorative pose or Savasana of transformation and peace. All levels are welcome. Dress comfortably and bring a mat. **Cost is \$15 per class and \$10 for those 65 years and older.** No refunds for missed classes. Advance registration, monthly payment and minimum number of participants are required. For information, call 973-228-8776. *Thursday Evening Yoga* will be held as follows:

Dates: Thursdays, February 7, 14, 21 & 28, 2019
Time: 6:15 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Reclaim Your Time” is for adults. In this time-management course, wellness advocate Stacy McCormack teaches how to become more focused and fully present in your life. Ditch a lifestyle of being crammed, overwhelmed, and scattered every day. Arrive at your engagements gracefully prepared and polished. This class addresses daily routines, calendars, and personal and professional schedules. Learn how to be prepared for events, manage stress and get a good night’s sleep – the turnkeys to opening the door for long-term productivity. This course has a baseline in wellness; at the core of productivity is well-being. Workbook and supplemental materials provided for at home practice and integration. **Cost is \$75 per person.** Advance registration and minimum number of participants are required. For information, call 973-228-8776. *Reclaim Your Time* will be held as follows:

Dates: Thursdays, February 7, 14, 21 & 28, 2019
Time: 7 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Lucy Libido Has an Essential Oil for That: A Girls-Only Valentine’s Day Special” is for female adults. This girls-only morning is a fun way to prepare for Valentine’s Day. Women will be pampered with an all-organic brunch including a salad, fresh juice, and superfood muffin catered by Green Point Juicery. Rejuvenate while you learn from Jenn Forino, founder of plusoils.com,

how plants can spice up your love life with essential oils. Everyone will go home with a perfume made with therapeutic grade essential oils. **Cost is \$50 per person.** Pre-registration, payment and minimum number of participants are required. *Valentine's Day Special for Girls* will be held as follows:

Date: Saturday, February 9, 2019
Time: 11 a.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

"Bug Club" is for children ages 6 to 10. The Bug Club is devoted to children who want to explore the wonders of insects through field walks, games, stories and crafts. **Cost is \$10 per child per session.** Advance registration, payment and minimum number of participants are required. For information, call 973-228-8776. *Bug Club* meets as follows:

Date: Tuesday, February 12, 2019
Time: 4 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

"Essex County Beekeepers Society Basic Beekeeping: A 3-Day Short Course" is for adults and children ages 12 and older. This short course is appropriate for new beekeepers as well as those who need a refresher. It is presented by the Essex County Beekeepers Society, with head instructor/coordinator Master Beekeeper Landi Simone. The class will cover everything beginning beekeepers need to know, from purchasing equipment to harvesting honey and the basics of disease and mite management. The third day of class will be a hands-on Field Day in April at various area apiaries. Online registration is available at <https://njba38.wildapricot.org/events>. Meet in Garibaldi Hall. **Cost is \$130 for NJBA members and \$155 for non-members,** and includes NJBA membership in a chapter of your choice, class materials, continental breakfast, and afternoon snack. For more information, contact registrar Pat Gamsby at BJORNGLASS@aol.com or 973-960-2997. Email is the preferred means of reaching Pat. Snow date is March 2nd. *Basic Beekeeping* will be held as follows:

Dates: Saturdays, February 16 & 23, 2019
Field Day in April TBA
Time: 8:30 a.m. to 4 p.m.
Place: Essex County Environmental Center
Garibaldi Hall
621A Eagle Rock Avenue
Roseland, NJ

"Build a Bird House" is for adults and children ages 8 and older who are accompanied by an adult. Build a home that encourages breeding birds and other wildlife to take residence. Putting out a bird house now creates a good chance of having a nesting pair of songbirds in the garden by spring. **Cost is \$10 per child and \$12 per adult.** Advance registration is required. For information, call 973-228-8776. *Build a Bird House* will be held as follows:

Date: Saturday, February 16, 2019
Time: 11 a.m.

**Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ**

“Presidents Day: The Leader I Can Be” is for children ages 5 and up. Participants will explore challenge by choice and team building exercises on the forest trails, and discuss and develop the skills that make a virtuous leader. **Cost is \$20 per child.** Advance registration and minimum number of participants are required. For information, call 973-228-8776. *The Leader I Can Be* will be held as follows:

**Date: Monday, February 18, 2019
Time: 1 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ**

“Frog Pond Science Club” is for children ages 5 through 9. Uncover and discover ecosystem interactions at the frog pond. Explore with nets, magnifiers and microscopes to investigate what lives at the pond and learn from a naturalist what can be done to protect and conserve the pond inhabitants. **Cost is \$10 per child per session.** Advance registration, payment and minimum number of participants are required. For information, call 973-228-8776. *Frog Pond Science Club* will meet as follows:

**Date: Tuesday, February 20, 2019
Time: 4 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ**

“Birding Field Trip in Troy Meadows” is presented by New Jersey Audubon. Search the edges of the frozen swamp for wintering birds and early migrants. Be prepared for muddy or icy conditions. Meet at Essex County Environmental Center and carpool to the trail head. **Cost is \$6 for NJA members and \$8 for non-members.** To register, call 908-396-6386. *Birding Field Trip* will be held as follows:

**Date: Thursday, February 21, 2019
Time: 8:30 a.m.
Meeting Site: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ**

“Bird Club” is for children ages 5 through 10. Come explore the wooded wetland and see what birds live here. Use binoculars, field guides, and a keen sense of observation to discover and identify all sorts of birds. **Cost is \$10 per child per session.** Advance registration, payment and minimum number of participants are required. For information, call 973-228-8776. *Bird Club* will be held as follows:

**Date: Thursday, February 21, 2019
Time: 4 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue**

Roseland, NJ

“Family Walk & Campfire” is for all ages. Join a naturalist for a short walk on the trails and experience forest life at night. After the walk, enjoy a campfire with organic fire-popped popcorn and mint tea. **Cost is \$10 per child and \$12 per adult.** Advance registration and minimum number of participants are required. For information, call 973-228-8776. *Family Walk & Campfire* will be held as follows:

Date: Thursday, February 21, 2019
Time: 6 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“The Healthy Benefits of Honey Bee Therapy or Apitherapy” is for ages 13 and up. Bee therapy, or Apitherapy, is the medical use for the products of the honey bee hive – honey, propolis, pollen, royal jelly, beeswax, bee bread, bee venom, honey bees and drones. This talk, given by Dr. Petrusia Kotlar, DC reveals the art and science of treatment and holistic healing through the honeybee and her products for a global health benefit. The program includes samples of some products of the hive with the highlight of the evening being a honey tasting segment where participants will learn first steps in becoming a "honey connoisseur." **Cost is \$20.** Advance registration and minimum number of participants are required. For information, call 973-228-8776. *The Healthy Benefits of Honey Bee Therapy* will be held as follows:

Date: Friday, February 22, 2019
Time: 6:30 p.m.
Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ

“Birding Field Trip in Essex County Hatfield Swamp” is presented by New Jersey Audubon. Take a journey into the frozen swamp to search for winter visitors and early spring migrants that call the heart of western Essex County home. Footing could be icy or muddy depending on the weather. Meet at the West Caldwell Stop & Shop and carpool to the trail head. **Cost is \$6 for NJA members and \$8 for non-members.** To register, call 908-396-6386. *Birding Field Trip* will be held as follows:

Date: Saturday, February 23, 2019
Time: 8:30 a.m.
Meeting Site: Stop & Shop
875 Bloomfield Avenue
West Caldwell, NJ

“Family Yoga” is for ages 5 and up. At this Family Yoga Class, participants will share and enjoy an adventure of calming breath, fun asanas/poses, and gentle stretches with their nearest and dearest in a friendly, go-with-the-flow atmosphere. **Cost is \$10 per child and \$12 per adult.** Advance registration and minimum number of participants are required. For information, call 973-228-8776. *Family Yoga* will be held as follows:

Date: Saturday, February 23, 2019
Time: 11 a.m.

**Place: Essex County Environmental Center
621B Eagle Rock Avenue
Roseland, NJ**

“Horticulture for Seniors” is for senior citizens. Join the Rutgers Master Gardeners of Essex County for this horticulture class especially designed for senior citizens. The topic for February is *The History of Chocolate, the Good, the Bad, and the Delicious*. Meet in Garibaldi Hall. **This is a free program.** Advance registration is required one week prior to program. For registration or more information, call Helen at 973-731-0717 or the Master Gardner Helpline at 973-228-2210. *Horticulture for Seniors* will be held as follows:

**Date: Monday, February 25, 2019
Time: 1 p.m.
Place: Essex County Environmental Center
Garibaldi Hall
621A Eagle Rock Avenue
Roseland, NJ**

“New Jersey Woodturners” is for adults and children ages 3 and up. Learn to turn and discover the wonders of creating art from found pieces of wood. Topics vary by the month. Meet in Garibaldi Hall. **Cost is \$10 per adult and free for NJWA members.** Call Gualberto Malave at 908-310-3557 for details. *New Jersey Woodturners* will meet as follows:

**Date: Monday, February 25, 2019
Time: 7 p.m.
Place: Essex County Environmental Center
Garibaldi Hall
621A Eagle Rock Avenue
Roseland, NJ**

Registration is required for all programs at the Essex County Environmental Center, unless otherwise noted. For more information or to register, please call 973-228-8776.

The Essex County Park System was created in 1895 and is the first county park system established in the United States. The Park System consists of more than 6,000 acres and has 23 parks, five reservations, an environmental center, a zoo, Treetop Adventure Course, ice skating rink, roller skating rink, three public golf courses, golf driving range, two miniature golf courses, four off-leash dog facilities, a castle and the Presby Memorial Iris Gardens.