



## Visitor Programs and Events – Autumn 2013

### New York Sites (*Jamaica Bay, Staten Island*)



#### Jamaica Bay by Land, Sea and Air: A Family Fun Day

Floyd Bennett Field,  
Ryan Visitor Center, [Brooklyn](#)  
Sunday, September 29  
12 p.m. – 4 p.m.  
Bus Q35.

This day of fun-filled activities for families, is a joint presentation of the NYC Dept. of Parks and Recreation and the National Park Service.

The rangers of NYC Parks and the NPS have joined forces to present a special day of activities and events, *Jamaica Bay, by Land, Sea and Air: A Family Fun Day* at the Ryan Visitor Center in Floyd Bennett Field.

Please see the schedule of the special presentations at the right for times and descriptions.

In addition there will be other activities including

- kayaking
- biking,
- birding
- camping and
- tent demonstrations
- other things to see

throughout the day. Food vendors will also be on hand.

The NPS volunteers of the Historic Aircraft Restoration Project (HARP) will roll out for exhibit, airplanes that have been restored by their efforts.

#### Raptors/Birds of Prey

12 p.m. – 12:45 p.m.

A live-animal show-and-tell by sanctuary handlers from the Theodore Roosevelt Audubon Sanctuary. Hawks, owls, and falcons deftly swoop through the air, alert for prey. Their unique design and deadly weapons place them on the top of the food chain. See these birds up close and learn how to identify them while gaining a greater understanding about their adaptations and habits.

#### Flights of Fancy:

##### Planes, Birds and Dragons

12 p.m. – 12:45 p.m.

1 p.m. – 1:45 p.m.

3 p.m. – 3:45 p.m.

Master Story Teller Jonathan Kruk performs, featuring stories kids can step into of varied kinds of flying things. Some fact, some fiction, and some the kids have to help with about flight. Can you tell fact from fancy?

<http://www.jonathankruk.com/2013/>

#### Bossy Frog Band

2 p.m. – 3:30 p.m.

The Bossy Frog Band will mesmerize families with their banjo driven, costume character dancing, 100% interactive music concert. Developed by certified music therapist, Jeffrey Friedberg, the music is both fun and good for you! Kids immediately fall in love and dance along with the hyperactive Bossy Frog, while they learn the importance of physical fitness, social skills, using your imagination and being good stewards of the environment. This is old school meets new school fun, AND with a curriculum. Everyone, from grandma to baby, will have a great time hopping and bopping. Visit [www.Bossyfrog.com](http://www.Bossyfrog.com) to hear the band.



*The Bossy Frog Band will appear at the Ryan Visitor Center, during the Jamaica Bay by Land, Sea and Air: A Family Fun Day, on September 29, at Floyd Bennett Field.*

### September

#### Hike the Trails of the North Forty Natural Area ♥

Floyd Bennett Field, [Brooklyn](#)

Sunday, September 1

10 a.m. – 12 p.m.

Join American Littoral Society naturalist Mickey Cohen and discover birds, wildflowers, autumn fruits and foliage in this developing woodland. Meet at the Ryan Visitor Center. Bus Q35.

#### Fort Tompkins Tour

Fort Wadsworth, Building 120

**Staten Island**

Sunday, September 1

10 a.m.

Celebrate the 150<sup>th</sup> Anniversary of America's Civil War by exploring a 3<sup>rd</sup> System fort. Learn about the soldiers who lived and worked in the fort protecting New York Harbor. Bus: S51 and S81

#### Battery Weed Open House

Fort Wadsworth

**Staten Island**

Sunday, September 1

1:30 p.m. – 4:30 p.m.

You've seen Battery Weed from the overlook and every time you drive

over the Verrazano Narrows Bridge, don't you want to see it up close? Drop in to explore and ask questions about the artillery crew that protected New York Harbor during the Civil War. Bus: S51 and S81.

## Star Gazing at Floyd Bennett Field

Floyd Bennett Field  
Community Garden  
Brooklyn

Friday, September 13  
8 p.m. – 10 p.m.

Join the Amateur Astronomers Association for a look at the night sky over New York. Telescopes are provided. Star gazing will be cancelled in case of cloudy or rainy weather. Bus Q35.

## Lantern Tour at Fort Wadsworth

Fort Wadsworth, Building 120  
Staten Island

Thursday, September 19  
7 p.m. – 9 p.m.

Join us to explore historic Fort Tompkins by candlelight and the light of the full moon. Make your reservations early for this popular tour by calling (718) 338-3799. Dress for the weather and bring a flashlight. Bus: S51 and S81

## 28th Annual International Coastal Cleanup

Fort Wadsworth, Staten Island  
Jamaica Bay Wildlife Refuge,  
Queens

North Channel Bridge, Queens  
Saturday, September 21  
10:30 a.m. – 1:30 p.m.

Great Kills, Staten Island  
Sunday, September 22  
10:30 a.m. – 1:30 p.m.

Join thousands of volunteers and park rangers across the state in an effort to clean our coastlines. For information and to sign up to volunteer call (718) 354-4657 or, visit [www.littoralsociety.org](http://www.littoralsociety.org).

### On our email list?

Join our email distribution list by sending message to [Charles\\_Markis@nps.gov](mailto:Charles_Markis@nps.gov) with program guide in subject line.

To organize a cleanup in your area, contact Natalie Grant, the NY State Beach Cleanup Coordinator at: [NYSBeachCleanup@gmail.com](mailto:NYSBeachCleanup@gmail.com).

## Help Save Sea Turtles Fort Wadsworth – Building 120 Multiuse Room Staten Island

Tuesday, September 24  
12:30 p.m. – 2 p.m.

Come and learn how you can help the Riverhead Foundation rescue cold stunned sea turtles from Long Island beaches! "Cold Stunning" is a condition similar to hypothermia in humans. Once the waters get below 50 degrees sea turtles are in danger of succumbing to this condition. By attending this lecture you can learn how to become a volunteer beach walker and help us get to these sea turtles. Call (718) 354-4655 for reservations.

## Story Hour Floyd Bennett Field, Brooklyn Ryan Visitor Center Wednesday, September 25 2 p.m. – 3 p.m.

Floyd Bennett Field was home to New York City's first municipal airport. Children ages four to five, visit the Golden Age Discovery Room in the recently restored Ryan Visitor Center for a story about airports. Bus Q35

## Jamaica Bay Sunset Cruise Pier 4, Sheepshead Bay, Brooklyn Saturday, September 28 3:30 p.m. – 6:30 p.m.

Enjoy a three-hour cruise aboard the Golden Sunshine. Learn about the history, ecology, management and wildlife of Jamaica Bay. See egrets, herons, ibis, oystercatchers, waterfowl, raptors and shorebirds galore, plus shoreline highlights. Narrated by Mickey Cohen and Don Riepe. Cost: \$55 adults; \$20 for youth. Departure: 3:30 pm from pier 4 in Sheepshead Bay, Brooklyn (at Emmons and Bedford Aves). To reserve your ticket, call (718) 474-0896, or e-mail [donriep@gmail.com](mailto:donriep@gmail.com).

## Jamaica Bay By Land, Sea and Air: A Family Fun Day Floyd Bennett Field, Brooklyn Sunday, September 29 12 p.m. – 4 p.m. See page 1.

## October

### Herbert Johnson Lecture Series

Jamaica Bay Wildlife Refuge,  
Queens  
Wednesdays October 2, 9, 16 & 23  
7 p.m. – 8 p.m.  
Bus Q52, Q53 and A Train Broad Channel

### Hawk Watch at Fort Tilden Fort Tilden, Queens Sunday, October 6 10 a.m. – 1 p.m.

Meet at Bldg. 1 in Fort Tilden, Queens for a hike along the beach & dunes and visit to the hawk watch platform during peak migration time. Call (718) 474-0896; e-mail: [donriep@gmail.com](mailto:donriep@gmail.com)  
Bus Q22, Q35.

### Monarch and Dragonfly Migration ♥ Great Kills Park Ranger Station (opposite main parking lot A) Staten Island

Sunday, October 6  
1 p.m. – 3 p.m.  
Join a National Park Service ranger for the annual hike to view the migration of the monarch butterflies and dragonflies. Be a citizen scientist and assist with tagging butterflies. Call (718) 354-4655 for reservations.

### Junior, Junior Ranger Hike Jamaica Bay Wildlife Refuge, Queens Sunday, October 6; 2 p.m. – 3 p.m.

Ages 4 and older are invited to take a nature hike and explore. During the hike, we will identify the plants and animals we encounter. All who attend will become Junior-Junior Rangers and join the efforts to "explore, learn and protect." Program is

dependent on weather. (718) 318 – 4340. Bus Q52, Q53

## Star Gazing at Floyd Bennett Field

Floyd Bennett Field  
Community Garden  
Brooklyn

Friday, October 11  
8 p.m. – 10 p.m.

Join the Amateur Astronomers Association for a look at the night sky over New York. Telescopes are provided. Star gazing will be cancelled, in case of cloudy or rainy weather. Bus Q35.

## Explore, Learn, Protect!

Become a Junior Ranger  
Jamaica Bay Wildlife Refuge,  
Queens

Monday, October 14  
11 a.m. – 12 p.m.

This Columbus Day holiday, kids aged 7 – 12, are invited to join a park ranger to learn about Gateway's Jamaica Bay Unit. They will earn their very own Junior Ranger badge and get started on the way toward earning their Junior Ranger patch! Reservations required 718-338-3799. Bus Q52, Q53

## Urban Resilience in an Era of Climate Change: Global Input for Local Solutions

Kingsborough Community  
College, Brooklyn  
October 17 – 18

This free symposium, a Jamaica Bay/Rockaway Parks initiative, will highlight research and restoration efforts in Jamaica Bay and discuss the impact of Hurricane Sandy on the ecosystem and watershed. To register, and for meeting times, visit [www.nps.gov/gate/naturescience/urban-resilience-symposium.htm](http://www.nps.gov/gate/naturescience/urban-resilience-symposium.htm)

## Lantern Tour at Fort Wadsworth

Fort Wadsworth, Building 120  
Staten Island

Thursday, October 17  
7 p.m. – 9 p.m.

Join us to explore historic Fort Tompkins by candlelight and the light of the full moon. Please make your reservations early for this

popular tour by calling  
(718) 338-3799. Dress for the  
weather and bring a flashlight. Bus:  
S51 and S81

## Herbert Johnson Lecture Series Rescheduled

*"After Sandy: Disaster  
Preparedness on Land and Shore"*

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Nov. 6, 7pm  
*Diversity in Dunes*

American beach grass used in  
dune restoration.

Michael Peek, PhD, William  
Patterson University

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Nov. 13, 7pm  
*Diamondback Terrapins in Jamaica  
Bay*

Impact of Sandy on a wildlife  
population.

Jonelle Orridge, PhD, Hofstra  
University

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Nov. 20, 7pm  
*New York after Sandy: Lessons,  
Questions and Planning for  
Resilience*

Role of planning, design and  
urban policy for a more resilient  
city.

Donovan Finn, PhD, SUNY Stony  
Brook

All lectures at the Wildlife Refuge,  
Cross Bay Blvd. Queens.

All programs are free.  
For information call 718-318-4340.

## *"Nim and the War Effort"*

Floyd Bennett Field, Brooklyn  
Ryan Visitor Center

Golden Age Discovery Zone  
Wednesday, October 23  
3 p.m. – 4 p.m.

Recycling is not a new idea. During World War II children on the home front helped the war effort by salvaging scrap. Children aged eight to nine, join us for a story about a young girl helping the war effort and participate in activities to learn about WWII. Bus Q35

## Fall Hike ♥

Fort Wadsworth Overlook  
Staten Island

Sunday, October 27  
11:30 a.m. – 1 p.m.

cancelled

## November

Low Tide at Riis Park  
Jacob Riis Park, Queens

Saturday, November 2  
1 p.m. – 3 p.m.

Meet at Bathhouse Entry Pavilion and walk the beach at Jacob Riis Park with Mickey Maxwell Cohen and learn the science behind beach dynamics. Check the flotsam and jetsam on this storm-affected beach while learning about the extraordinary history of the area. E-mail: [bmcohen2@gmail.com](mailto:bmcohen2@gmail.com) Bus Q22, Q35

## Star Gazing at

Floyd Bennett Field  
Floyd Bennett Field, Brooklyn  
Community Garden

Friday, November 8  
8 p.m. – 10 p.m.

Join the Amateur Astronomers Association for a look at the night sky over New York. Telescopes are provided. Star gazing will be cancelled, in case of cloudy or rainy weather. Bus Q35.

## Forest to Coast Hike ♥

Meet at Greenbelt Nature Center,  
Staten Island

Sunday, November 10  
11 a.m. – 3 p.m.

Join the Greenbelt Educators and National Park Service Rangers for a hike from forest to field to coastal habitat. The White trail of the Greenbelt connects to Great Kills Park. This hike is over 3 hours in duration. Please dress appropriately for weather conditions and make arrangements for transportation back to Greenbelt Nature Center, or arrange to depart from the Great Kills Parks parking lot at Hylan Blvd. and Buffalo St.

Bring water and a snack.  
Registration required. Call  
(718)351-3450.

## Veterans Day at Hangar B

Floyd Bennett Field, [Brooklyn](#)  
Hangar B

Monday, November 11  
11 a.m. – 3:30 p.m.

This Veterans Day, honor those who have served our country by visiting Hangar B, and hearing the stories of the people and aircraft that have protected our nation in war and peace. Bus Q35.

## Lantern Tour at Fort Wadsworth

Fort Wadsworth, Building 120  
[Staten Island](#)

Thursday, November 14  
7 p.m. – 9 p.m.

Join us to explore historic Fort Tompkins by candlelight and the light of the full moon. Please make your reservations early for this popular tour by calling (718) 338-3799. Dress for the weather and bring a flashlight. Bus: S51 and S81

## NYC Audubon Winter Waterfowl Workshop

Jamaica Bay Wildlife Refuge,  
[Queens](#)

Saturday, November 16  
10 a.m. – 1 p.m.

Come see the many species of ducks and geese that spend winter at the refuge. Learn about the behavior and biology and how to identify them in the field. Led by Don Riepe. Call (718) 474-0896 or email [donriepe@gmail.com](mailto:donriepe@gmail.com) for information and reservations. Bus Q52, Q53

## Have a Hoot Junior Ranger

Jamaica Bay Wildlife Refuge,  
[Queens](#)

Saturday, November 30  
2 p.m. – 3:30 p.m.

Junior Rangers are invited to an owl adventure. Learn about these beautiful birds and their diet by investigating owl pellets. Be prepared to take a hike along the west pond trail to search for owl habitat. 718-318-4340 Bus Q52, Q53

## Ongoing Programs

### Be a Bird Detective

Jamaica Bay Wildlife Refuge,  
[Queens](#)

Saturdays, Sundays and holidays  
10 a.m. – 10:30 a.m.

Don't know much about birds? We'll teach you! See for yourself why Jamaica Bay is a special place for all kinds of birds. This family friendly program is good for new comers to Jamaica Bay. Binoculars and field guides to share will be provided, but more are always welcome. Dress for the weather, but the program may be adapted to an indoor program. Bus Q52, Q53

### Goat Talks

Fort Wadsworth Overlook  
Sundays, September 1, 8, 15, 29  
Thursdays, September 12, 19, 26  
11 a.m. – 12 p.m. [Staten Island](#)

Learn about why the National Park Service deploys goats at Fort Wadsworth, and how we take care of them.

### H.A.R.P.

Floyd Bennett Field, [Brooklyn](#)  
Hangar B

Tuesdays, Thursdays, Saturdays  
9 a.m. – 3 p.m.

Walking Tours  
Sundays

2 p.m. – 3:30 p.m.  
Visit the volunteers of the Historic Aircraft Restoration Program as they restore aircraft associated with Floyd Bennett Field's rich aviation history.  
Bus: Q35.

### Kayak around

#### Crooke's Point ♥

Great Kills Beach Center  
Parking Lot G, [Staten Island](#)  
Wednesdays, September 4, 11, 18  
12 p.m. – 2 p.m.

Kayak along the coast of Great Kills Park. Stops will include the salt marsh and Crooke's Point. This program is for intermediate paddlers. Bring water and snacks. In the case of small craft advisories or lightening the program will be cancelled. For reservations call (718) 354-4655

## Gateway Partners

### American Littoral Society

Study and conservation of marine and coastal environment.

[www.alsnyc.org](http://www.alsnyc.org)

(718) 318 – 9344

### Floyd Bennett Field Garden Association

Public gardening workshops.

Garden Association:

<http://www.fbga.net/>

### City of New York Department of Parks and Recreation

Sharing resources and staff for programming and preservation of park lands in New York City.

[www.nyc.gov/parks](http://www.nyc.gov/parks) or call 311.

### Rockaway

#### Artists Alliance

260 Beach 116 Street

Rockaway Beach, NY 11694

[www.rockawayartistsalliance.com](http://www.rockawayartistsalliance.com)

(718)474-0861

[e-mail:rockart116@aol.com](mailto:rockart116@aol.com)

### Rockaway

#### Theatre Company

Have a night at the theater in Fort Tilden. See the 2013 Calendar:

[rockawaytheatrecompany.org](http://rockawaytheatrecompany.org)

## Hours

Jamaica Bay

Wildlife Refuge

[Queens](#)

Daily, 9 a.m. – 5 p.m.

Closed Thanksgiving Day

(718) 318 – 4300

Bus Q52, Q53,

Subway "A" Train to Broad Channel Stop

Ryan Visitor Center

[Brooklyn](#)

Daily, 9 a.m. – 5 p.m.

Permit office and bookstore

Daily, 9 a.m. – 4 p.m.

Closed Thanksgiving Day

(718) 338 – 3799

Bus Q 35



## Visitor Programs and Events – Sandy Hook, New Jersey

### Autumn 2013

#### **Sandy Hook Lighthouse & Keepers Quarters Visitor Center**

Daily, 9 a.m. – 5 p.m.  
The 1883 Keepers Quarters has exhibits on New Jersey Lighthouses. Tours are first-come, first-served, starting at 1 p.m. The last tour begins at 4:30 p.m. You must be at least 48 inches tall to climb the tower. A video in the adjacent barn is always open.

#### **Nike Missile Radar Site**

Parking Lot L at Horseshoe Cove  
12 p.m. – 4 p.m.  
Saturday, September 7  
Sunday, September 15  
Sunday, September 22  
(Cold War Day)  
Saturday, September 28  
Sunday, October 6  
(Fort Hancock Day)  
Saturday, October 12  
Sunday, October 20  
Sunday, October 27  
Sunday, November 3  
Sunday, November 10  
Saturday, November 16

### September

#### **Irongirl Triathlon**

Sunday, September 8  
7 a.m. – 12 p.m.  
The triathlon is being held once again at Sandy Hook. Come cheer on over 3,000 participants in this swim/bike/run event that supports breast cancer research. For more information, visit [www.irongirl.com](http://www.irongirl.com).

#### **Stars of Sandy Hook**

Lighthouse Keepers Quarters  
Saturday, September 14  
7:30 p.m. – 9 p.m.

Join a ranger and learn how to read a star chart and how to find the most brilliant stars of the night. After the presentation several telescopes will be set up in beach parking lot E to view the stars from Sandy Hook. Call (732) 872 – 5970 for reservations.

#### **Harvest Moon Prowl ♥**

Beach Plaza Lot E  
Saturday, September 21  
7 p.m. – 8:30 p.m.

Bring a flashlight for this night walk that utilizes the five senses. Call (732) 872 – 5970 to make reservations. *1 mile*

#### **Fall Equinox Walk ♥**

Guardian Park  
Sunday, September 22  
The other equinox, if we can find an egg, we'll try again to stand it on its end. Egg or no egg the beach is beautiful in the fall. Call the American Littoral Society at (732) 291-0055, for reservations. *1 mile*

#### **Cold War Day**

Parking Lot L at Horseshoe Cove  
Sunday, September 22  
1 p.m. – 4 p.m.  
Visit a Nike missile radar site restored to the time of the Cuban Missile Crisis. Visit and tour the Nike launch site. Learn about why these sites were essential to national security in the Cold War era.

#### **Seining on Sandy Hook Bay**

Horseshoe Cove  
Saturday, September 28  
10a.m. – 11:30a.m.  
Join a park ranger to seine the waters of Sandy Hook Bay. Many saltwater creatures migrate to warmer waters to mate, reproduce and find food. It is the perfect time of year to observe these animals before they head south for the season.

#### **Lighthouse to Lighthouse Sandy Hook Keepers' Quarters Sunday, September 29 5 p.m. – 7 p.m.**

Climb the Sandy Hook Lighthouse starting at 5 p.m., then car caravan over to Twin Lights State Historic Site in the Highlands to climb the south tower there. Please call (732) 872 – 5970 to make reservations.

### October

#### **Fort Hancock Days Weekend October 4 & 6, 2013**

Mark the anniversary of the 1895 establishment of Fort Hancock and discover the fort's role in the defense of our nation.

#### **World War II Harbor**

##### **Defense Lantern Tour ♥**

Fort Hancock Museum  
Friday, October 4  
6:30 p.m. – 9:30 p.m.  
Volunteer living historians from the Army Ground Forces Association (AGFA) will be uniformed as World War II era coast artillery soldiers and will take you for a walk that includes several seacoast gun batteries of Fort Hancock and ends at Battery Gunnison. Bring a flashlight. *1 mile*

#### **Fort Hancock Day**

Battery Gunnison/New Peck in World War II  
Sunday, October 6  
12 p.m. – 4:30p.m.  
Volunteers from the Army Ground Forces Association in World War Two uniform bring Battery Gunnison/New Peck and its 6-inch guns to life as they were in October 1943. Participate in loading and pointing the guns, tracking ships and how soldiers lived and worked at Ft. Hancock in October 1943.

## Monarch Butterfly Walk ♥

Beach Plaza Lot E  
Saturday, October 5  
10 a.m. – 11:30 a.m.

This remarkable insect, whose migration route ends in Mexico, is featured on a ranger-led tour. Please call 732-872-5970 to make reservations. *1 mile*

## Monmouth County

### Audubon Society ♥

Fall Bird Walk  
Parking Lot B  
Saturday, October 5  
10 a.m. – 12 p.m.

Join MCAS for a walk along the ocean and bayside to look for fall migrants. Wear comfortable shoes and bring binoculars. Free. *1 mile*

## Clean Ocean Action 25<sup>th</sup>

### Annual Beach Sweep

Lot Delta (Seagull's Nest Lot)  
Saturday, October 19  
9 a.m. – 12:30 p.m.

Spend a morning cleaning Sandy Hook's beaches. Bring gloves, attend rain or shine, and dress for the weather. Closed, hard-soled shoes are recommended. Individuals, families, and organized groups of all ages are welcome. Groups of 10 or more are asked to register with Clean Ocean Action in advance by visiting [CleanOceanAction.org](http://CleanOceanAction.org). Call (732) 872 – 0111 for more information.

## New Jersey Lighthouse

### Challenge Weekend

Sandy Hook Lighthouse  
Saturday, October 19  
8 a.m. – 6 p.m.  
Sunday, October 20  
8 a.m. – 6 p.m.

The Sandy Hook Light is one of the 11 New Jersey Lighthouses along the Atlantic coastline and Delaware Bay open for tours this weekend at this annual event sponsored by the NJ Lighthouse Society. For more information, visit <http://www.njlhs.org>.

## American Littoral Society ♥

Spooky Tales and Ghosts of  
Historic Fort Hancock  
Officer's Row, Building 18  
Tuesday, October 29  
6 p.m. – 8:30 p.m.

Get into the Halloween spirit on this moonlight walk around historic Fort Hancock, rumored to be haunted. Cider and fall snacks will be provided. Bring flashlights. *2 miles*

## November

### Fort Hancock Veterans Day

#### History Walk ♥

Flag Pole on  
Main Parade Grounds  
Monday, November 11  
2 p.m. – 4p.m.

Join a National Park Service ranger to enjoy an autumn afternoon walk around the grounds of historic Fort Hancock to commemorate Veteran's Day. Discover what U.S. Army life was like at this harbor and air defense site from 1898 until 1974 when the fort closed. The tour ends at the Post Chapel where light refreshments will be served. *1 mile*

### Surf Fishing Clinic

Building 18  
Saturday, November 16  
8 a.m. – 10 a.m.

Join American Littoral Society staff members for a day of surf fishing and instruction on the beach at Sandy Hook. Instructional skills include casting, knot tying, lure/bait selection, and "reading" a beach. All skill levels are welcomed. Rods, reels and tackle will be provided, but bring your own equipment if you have it. Children are welcome with a supervising adult. Bring a lunch for the beach. Space is limited; call (732) 291 – 0055 to make a reservation. Fees: \$20 per member family, \$40 per non-member family.

## Holly Forest Ramble ♥

Beach Plaza Lot E  
Saturday, November 16  
2 p.m. – 3:30 p.m.

Join a ranger-led walk through Sandy Hook's maritime holly forest, during a prime time to visit the area. Learn how the plants and animals in this habitat adapt to extreme climate conditions. *1 mile*

## Gateway on the Web

Website:

[www.nps.gov/gate](http://www.nps.gov/gate)

On Facebook:

Gateway National Recreation Area

On Twitter:

@GatewayNPS

## What's With The ♥?

Gateway's programs are wonderful ways to stimulate your mind and your senses, but did you know that many of them provide fantastic opportunities to get some exercise? Our hikes, service projects, and paddles are great ways to get your heart going, while you enjoy the natural beauty and historic treasures that surround you. Just look for the ♥ next to the program listing for programs that require walks of a mile or more, or moderate physical exertion, and let Gateway pump you up!

## On our e-mailing list?

If you are not on our list and wish to be added to receive this publication and notices of special park events electronically, please send a message to: [Charles\\_Markis@nps.gov](mailto:Charles_Markis@nps.gov), and put 'program guide' in subject heading line.