

museum bulletin

Mindfulness and Wildlife

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Look for these symbols to identify where an event will be held...



Wildlife Education Center (WEC)
 25 Boulevard, Cornwall-on-Hudson, NY
 Public hours: Fri. – Sun, 12pm – 4pm
 “Meet the Animals” Saturday & Sunday
 1pm & 2:30pm
 845.534.7781



Outdoor Discovery Center (ODC)
 120 Muser Drive, Cornwall, NY
 Across from 174 Angola Road
 Office hours: Mon. – Fri. 8:30am – 4pm
 Visitor Center & Grasshopper Grove:
 Weekends 10am – 4pm April 16 – Nov. 13
 Phone: 845.534.5506 x204
 hhn.org



Emily Nestlerode, WEC Manager, with our Screech Owl

I am sitting at the top of a small rise at the center of a long-abandoned apple orchard, binoculars in my lap. The early morning grass is damp. Gnarled trees – some with a few of last year’s rotted fruits still hanging on -- bend in the breeze, reaching their bare limbs into the bright blue sky. All around me, a cacophony of sounds and songs fill the air. It’s a practice of patience to discern each note, to decide which direction they’re coming from, to match my eyes and ears until I can hone in on one, and only one. This practice of awareness, of observation, may also be referred to as mindfulness.

My job requires being mindful of my surroundings. As someone who works with the animals at the Wildlife Education Center on a daily basis, animals

who have only their body language with which to communicate, observing them is the only way to figure out what they’re telling us. Each animal has a unique way of communicating to us if they’re bored, sick, excited, or nervous. Sometimes it’s very obvious; other times, changes in personality or energy levels are so subtle and slow that it may take days to notice.

Luckily, we have ways to combat anything our animals throw at us. Boredom can be alleviated with enrichment, devices or activities designed specifically for an animal to activate its brain. An easy example of this is giving your pet dog a bone to chew on. It’s good for their teeth, chewing is a natural behavior, and it gives them something positive to chew (whereas your shoe would be a negative thing to chew). Our animals receive regular checkups from the vet and as needed if we see a change in their normal behavior or health. Mindful observations of behavior, body language, and the overall environment help us decide when an animal needs something more.

HHNM is offering great programs this summer designed to improve observation skills and put the skills into action.

Behind the Scenes on July 17th provides an opportunity to learn more about animal body language and design new, exciting ways to keep our captive animals happy and healthy.

Belly Botany on August 21st will give participants an opportunity to get down on the ground and take a close-up look at the tiny things underfoot that we rarely think about. We hope you’ll join us to expand your mind about wildlife and nature.

–by Emily Nestlerode

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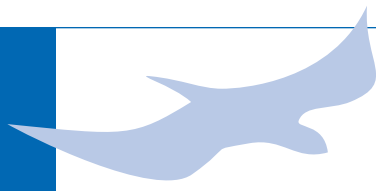
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Elana DeGroat, Adam Harlec,
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Kait Rose, Regina Williams



from the SUSAN W. CHRISTENSEN Chair

By the time you read this, I will have completed one year as Board Chair. It has been a challenging year for the Museum, as we dealt with some unanticipated staff changes. However, the whole team is now in place and what a team it is!

Our new director of education and community programs, Jenny Brinker, has already improved our programs and inspired everyone at the Museum. At the Wildlife Education Center on the Boulevard, Emily Nestlerode, has taken over as manager. Rob Lipkin is our new operations manager, and Joanna Reisner and Molly Hutcher provide marketing and development support. All are working seamlessly and successfully with our fabulous environmental educators and Young Naturalist teachers, who continue to excel as they bring the natural world to children and to their parents and grandparents. The joy I find in my volunteer work for the Museum, which I know is shared by my fellow trustees, is that what we do supports these talented and passionate people as they carry out the Museum's mission.



Susan Christensen, Chair, Fred Osborn, Vice-Chair, Andy Chmar, Honoree at the NYC Benefit.

We had three successful fund-raisers last year: the Hike-A-Thon, the Champagne Brunch honoring the Sidamon-Eristoff Family as a First Family for the Environment in the Hudson Valley, and most recently, An Evening of Conversation in NYC, celebrating Andy Chmar, as he retires after twelve years as the Executive Director of the Hudson Highlands Land Trust. Among his many accomplishments, we especially recognize his talent for bringing like-minded people together to improve life in the Hudson Valley for all of us.

For the last few years the Museum nurtured an idea – to connect our trails to those of Black Rock Forest. Finally, this has been accomplished by thousands of hours of labor led by the intrepid George Muser, Bob McCormick, and Andrew Jacobs. Last year, a Cornwall Family – a mother and her four daughters – approached the Museum about naming a trail in honor of their late husband and father. The McKeon family launched

a campaign to raise funds for the Museum and, on April 23, the John T. McKeon Loop Trail will be dedicated. Thanks to all the volunteers who worked on this project from the beginning including many young men and women from the Church of Jesus Christ of Latter Day Saints – to the trail crew who worked last summer – to the Eagle Scout who built the kiosk – and to the McKeon Family. A dream is now a reality!

Although a quick glance at this Bulletin will alert you to new programs and initiatives in place – we hope that a close read of our offerings will amaze and engage you! Come out and see for yourself how special our people are. We welcome your feedback about the Museum's programs. You can post on Facebook, send us an email or be old-fashioned and give us a call.

Spotlight on...

JILL O'BRIEN

Membership & Registration



In 1982 I discovered the gem on the Boulevard in Cornwall on Hudson known today as the Wildlife Education Center (WEC). It was the perfect place to spend time with my two sons and be outdoors. We visited the animals, picnicked, and explored on the trails. Little did I know my younger son was a budding scientist and is now on his way to becoming a tenured professor in ecology and evolution. The Museum inspired both of us! In my position as Membership & Registration Coordinator, I use his story to encourage families to become members and to attend our preschool, Animals and Nature Together (ANTS), and other programs.

Earth Day Celebration!



Saturday, April 30th at the Outdoor Discovery Center

Tenth Annual Hike-A-Thon

- Hike for a Purpose! Raise funds for Environmental Education!
- A great outing for families & people of all ages.
- Hikes for all abilities
- 9:30am - Check-in and warm up.
- 9:45am - Hit the Trails!
- Rain Date: Sunday, May 1st
- Register at hnm.org

Earth Day Family Fun

11am - 3pm

- The Green Zone: Earth Friendly Activities
- Live Farm Animals
- Hay rides (fee)
- 11:30am "The Lorax" performed by Young Naturalists Preschoolers
- 12:30 & 2pm - Music by John and Jackie Gioia
- Food & Refreshments (for purchase)
- Parking: \$5 per car (suggested donation)
- Rain Date: Sunday, May 1

For more information visit hnm.org or call 845.534.5506 x204



Native Plant Sale



Saturday, May 21

9am – 1pm

**Outdoor
Discovery Center**



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- Get advice from experienced gardeners
- Enjoy Free Workshops – pre-registration not required
- 10am – Gentle Solitary Bees
- 10am - Ongoing: Create a Bee House
- 10am - Ongoing Children's Workshop: Bees as Allies
- Selection of native plants that attract butterflies, honey bees, and hummingbirds
- Go to hnm.org for list of plants



Adult Programs & Adventures

BIRDING & BREAKFAST WITH THE BAKERS



Saturday, May 7 8:30am (ODC)

Learn the basics of this engaging hobby from avid birding enthusiasts Sharon and David Baker. Join us for a birding presentation and a hot or cold beverage and a donut before venturing out in search of spring migrants. Bring Binoculars! Pre-registration not required.

Admission: \$7 Members: \$5



TURN GARBAGE INTO GOLD & ROT INTO RICHES



Saturday, June 4 10am – 12pm (ODC)

Join a Master Gardener from the Cornell Cooperative Extension for this introductory program about composting. Compost your scraps and give back to the soil ... an invaluable element to growing the most beautiful flowers and the tastiest, most nutritious veggies. Composting is so easy. Learn how.

**Admission: \$10 Adults, \$7 Children age 10 - 17
Members: \$7 Adults, \$5 Children age 10 - 17**

I'D RATHER BE HIKING!



Sunday, June 12 10am – 12pm (ODC)

Join us as we celebrate and explore the new connector trail from the Outdoor Discovery Center to Black Rock Forest. This moderately strenuous hike will take you through a beautiful deciduous forest. Wear sturdy shoes and bring water. Meet at the Visitor's Center.

Admission: \$7 Adults Members: \$5 Adults

BATS & BREWS



Saturday, July 23 7pm (ODC)

Enjoy an enlightening and entertaining talk about bats while sipping on a micro-brew from some of our local breweries! Our benefits of bats presentation will be followed by a short hike to seek out bats enjoying the evening insect buffet over the ponds and fields. Pre-registration not required.

Admission: \$10 Adults Members: \$7 Adults



KAYAK IN CONSTITUTION MARSH

Sunday, July 24 4:30pm - 6:30pm

Bring your kayak and join HHNM naturalists on a trip through the winding channels of Constitution Marsh near Cold Spring, one of the five remaining tidal marshes of the Hudson River. Don't forget your paddle, PFD, and water. Directions and information will be emailed prior to the event.

Admission: \$30 Members: \$25

**Prepaid registration is required unless specified.
Register online at hnm.org or call 845.534.5506 x204**



Weekend Programs



Join us for a series of interactive and engaging programs about science and nature. Programs may include a presentation, outdoor exploration on our grounds or a variety of other activities. Unless otherwise noted all programs begin at 10am at the Outdoor Discovery Center. Suggested for adults and families with children over the age of five. Pre-registration not required.

Admission: \$7 Adults, \$5 Children Members: \$5 Adults, \$3 Children

SUNDAY, MAY 8: MOTHER'S DAY NATURE HIKE

Start your morning in the fresh air and sunshine on a wonderful guided woodland walk to seek the sights and sounds of spring wildlife. Make a special craft for mom at the end of your hike!

SATURDAY, JUNE 11: FAIRY HOUSES & TOAD ABODES

Learn about habitats while using your imagination to create homes for fairies and other whimsical creatures.

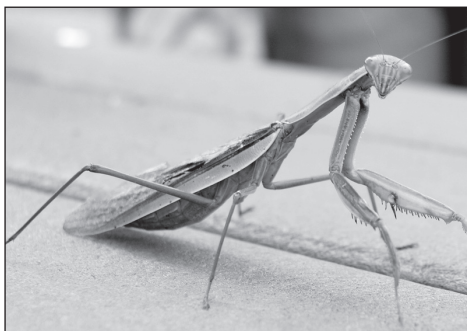


SUNDAY, JULY 17: BEHIND THE SCENES AT THE WILDLIFE EDUCATION CENTER (WEC)

A "behind-the-scenes" look at what is involved in our daily animal care! See animal enrichment activities and assist the staff in caring for some very cool native animals.

SATURDAY, AUGUST 6: SLEUTHING FOR ANIMALS

Animals leave clues of their presence everywhere. Are you able to recognize the evidence? Learn to read animal activity by analyzing tracks, beds, runs, nests, feathers, and so much more.



SUNDAY, AUGUST 7: SUMMER WILDFLOWERS

Take a walk with one of the Museum educators to see summer wildflowers blooming in all their glory. While wildflowers will be the focus, we'll also keep our eyes out for birds, butterflies, and bees!

SUNDAY, AUGUST 21: BELLY BOTANY

Join a museum educator as we lay down on our bellies to search for life that dwells below our ankles. Discover the magic of "Belly Botany" adventures, a practice to focus on what is present in one square foot of space!

SATURDAY, AUGUST 27: PRAYING MANTIS

Learn all about this amazing predatory insect and its benefits to your garden. End with a search for the praying mantis, an insect famous for its camouflage, by looking in the fields and meadows.

OFF SITE PROGRAMS

Beacon Institute for Rivers & Estuaries – 10am

April 23: Wildlife History of NY
June 11: Aquatic Adaptations
July 30: Amphibians & Reptiles

Wave Hill – 1pm

May 15: Frogs & Toads
August 28: Snakes

Hubbard Lodge, Fahnestock State Park – 1pm

May 22: Survival 101

Storm King Art Center – 1pm

May 29: Insects
June 19: Birds
July 3: Wildflowers

FAMILY FUN EVERY WEEKEND

WILDLIFE EDUCATION CENTER

Friday, Saturday & Sunday, 12pm – 4pm year round

Live animal exhibits with "Meet the Animal" programs
Saturday & Sunday 1pm & 2:30pm

Interactive exhibit: "Marvelous Moths!"

StoryWalk®: Read your way along the trail -
May 28 throughout the summer

Admission: \$3 Adults & Children age 3 & above
Members: Free



SPECIAL CREATURE FEATURE WEEKENDS

May 14 – 15: A World of Frogs

June 11 – 12: The Buzz about Bees

July 9 – 10: Symbols of New York

August 20 – 21: The Great Animal Kingdom

GRASSHOPPER GROVE

Saturday & Sunday, 10am – 4pm

April 16 – November 13

Young children enjoy this unique natural play area where they can find adventure and explore outside.

Admission: \$3 Adults & Children age 2 & above
Members: Free



SPECIAL NATURE PLAY EVENTS 10am – 12pm

Saturday, May 14: Welcome Back Birds

Sunday, June 5: Fairy Prince & Princess Party

Saturday, July 2: International Mud Day!

Saturday, July 30: Art in the Wild

Saturday, August 20: Music Fun

Special Events

ANNUAL EVENING FROG WALK

Friday May 6
7:30pm (ODC)

Learn to recognize our local frogs by sight and sound, and then take a guided twilight wetland walk to test your frog identification skills. Bring a flashlight.



Admission: \$7 Adults, \$5 Children
Members: \$5 Adults, \$3 Children

STORY WALK® OPENING WEEKEND

Saturday, May 28 12pm - 4pm (WEC)

The Museum, in partnership with the Cornwall Public Library and The Grail, invites you to Story Walk® 2016. Read an illustrated children's story, *Butterfly Eyes and Other Secrets of the Meadow* by Joyce Sidman, and solve riddles about this special habitat as you stroll along our meadow trail.

- 1:00 and 2:30 meet one of the animals from the book
- 1:30 and 3:00 guided walk along our Story Walk® Trail
- Throughout the afternoon - craft and snack for the kids

Included with Regular Admission:

\$3 Adults & Children age 3 & above Members: Free

FAMILY CAMP OUT

Friday, June 17, 6pm - Saturday, June 18, 8am (ODC)
(Rain Date: June 18 - June 19)

Welcome the summer season with a night under the stars! After dinner, bring your family, tent, and sleeping bags for an evening of nocturnal fun. As the sun goes down, join us for fun and s'mores around the campfire. A light breakfast snack and coffee will be provided Saturday morning as we break camp.



Note: Limited space available. Prepaid registration required at hhnm.org

Admission: \$20 Adults, \$12 Children 5 & above
Members: \$18 Adults, \$9 Children 5 & above

FULL MOON SUMMER SOLSTICE HIKE

Monday, June 20 7:30pm (ODC)

The June full moon is an extra special event because it is also the evening of the summer solstice. Celebrate the Strawberry Moon and the longest day of the year on a hike around the beautiful ponds and fields!

Admission: \$7 Adults, \$5 Children
Members: \$5 Adults, \$3 Children

BUTTERFLY WEEKEND

Saturday, June 25 & Sunday, June 26
10am - 3pm (ODC)

Flutter in this weekend to discover the beauty of butterflies, moths, and caterpillars.

- Get advice from experienced gardeners
- 10:30am & 12:30pm - Illustrated presentation about common local butterflies
- 11:30am & 1:30pm - Guided butterfly walks through our fields
- Butterfly tent (one ticket with each paid admission)
- Butterfly, moth, and caterpillar crafts for kids
- Admission to Grasshopper Grove included

Admission: \$8 Adults, \$6 Children
Members: \$6 Adults, \$4 Children

DAZZLING DRAGONFLIES - A POPULAR ANNUAL EVENT

Saturday, July 16
9:30am & 11am (ODC)

Join us for an illustrated presentation and learn all about dragonflies and damselflies including anatomy, life cycle, and feeding habits. Then we'll walk the fields to net and identify these jewels before releasing them back to their habitat.

Admission: \$7 Adults, \$5 Children
Members: \$5 Adults, \$3 Children

PERSEIDS & POPSICLES

Saturday, August 13 7:30pm (ODC)

Each August, the Perseid meteor shower reappears and the Museum's dark skies make for a brilliant show. Learn about the history and science behind the Perseids meteor shower. Bring a blanket and we'll provide the popsicles while you watch the show!

Prepaid registration required at hhnm.org, walk-ins welcome if space allows

Admission: \$8 Adults, \$6 Children
Members: \$6 Adults, \$4 Children

Animals & Nature Together ...ANTS!



Wildlife Education Center

Designed for children ages 2 - 4*, this program provides an opportunity for children to learn about animals and have fun with their parent/grandparent/caregiver in a structured environment. Crafts, songs, stories, and hands-on exploration provide an enriching introduction to native animals. This one-of-a-kind program helps to build an understanding and respect for the animals and plants in the Hudson Highlands. A great way to prepare your child for preschool!

8-WEEK SESSIONS – CHOOSE FROM 4 OPTIONS

Fridays: July 1 – August 19
10:00 – 11:00am

Tuesdays: July 5 – August 23
9:30 – 10:30am
11am – 12pm

Thursdays: July 7 – August 25
9:30am – 10:30am

Admission per Adult/Child pair: \$120.00
Members: \$95 (additional sibling 5% discount)
Register online at hnm.org or call
845.534.5506 x204

*NOTE: Your child MUST be 2 years of age to enroll. This is a special time for adults and toddlers. Kindly make arrangements for siblings over 9 months. Enrollment for each class is limited to ten adult/child pairs; register early for your preferred day and time.

Just for Kids!



Register online at
hnm.org or
call 845.534.5506 x204

Nature Strollers

A HIKING GROUP FOR FAMILIES WITH BABIES, TODDLERS AND YOUNG CHILDREN. Join us for a one-hour hike with the tykes led by a Museum educator!

Mondays, April 25 - June 13
(no hike May 30)
9:30am Meet at the ODC Visitors Center

Admission: \$5 per family
Members: Free



Young Naturalist Preschool 2016 - 17 Registration Open for 3 & 4 year olds

- Active and nature-based – students use the resources of the museum, including Grasshopper Grove, to develop the skills necessary for kindergarten.
- Children learn letters, numbers, colors and shapes while discovering the world around them.
- Outdoor exploration takes place every day

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SUMMER SCIENCE and NATURE CAMP 2016

Hike the trails – Build a Fort – Discover Animals

July 5 – September 2: Science and Nature Exploration for Kids Ages 4 - 12 Every Week!

Half Day Camps - ages 4 –5; Full Day Camps - ages 5 – 12; one special week for Eco-Rangers ages 13 – 16.

Campers make magical memories in the outdoors guided by a staff of professional educators! Each week is packed with exploration, games, crafts, and a special off-site adventure.

Register online at
hnm.org
or call 845.534.5506
x211



PO Box 451
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12518



Museum Bulletin ■ Spring/Summer 2016

**Help us reach Cornwall
High School Seniors
Scholarship available!
Go to hnm.org and click
on "About Us"**



SPRING SCOUT PROGRAMS

1:45 – 3:45pm (ODC)

- April 9 Brownie: Senses
- April 10 Wolf: Finding your Way
- April 16 Tiger: Backyard Jungle
- April 16 Bear: Super Science
- April 23 Brownie: Hiker
- April 24 Junior: Detective
- May 7 Webelo/Arrow of Light:
Into the Wild
- May 15 Daisy: Rose Petal

Admission: \$15 per Scout
Register at hnm.org or call
845.534.5506 x211

For Fall Programs, go to hnm.org

The Mission of the Museum is to create responsible caretakers of our environment. Through quality educational programs for the public that focus on the unique ecology of the Hudson Valley, the Museum promotes knowledge and appreciation of our natural world and the dynamic role of human interaction in its well-being.

hnm.org

CONTINUE YOUR CARING

CONNECT KIDS WITH NATURE FOR GENERATIONS!

Generations For Nature, the HHNM Planned Giving Circle, is made up of individuals who have included the Museum as beneficiaries in their estate plans. Their "planned gifts" may take many forms but they have one thing in common: their generosity will enable the Museum to fulfill its mission far into the future.

To join or to learn more, contact the Museum's Executive Director, Jackie Grant at 845.534.5506 x203

Wildlife Education Center

25 Boulevard, Cornwall-on-Hudson
845.534.7781

Open year round:
Friday – Sunday from 12-4pm
Admission: \$3 for ages 3 & up
Members: Free

Outdoor Discovery Center

120 Muser Drive, Cornwall
(entrance across from 174 Angola Rd.),
845.534.5506 x204

Open mid-April to mid-Nov.
Saturday – Sunday from 10am-4pm
· Trails: Free
· Grasshopper Grove:
Admission \$3 for ages 2 & up
Members – Free

hnm.org

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