

March 2006



The Signal

The Newsletter of *The Paulinskill Valley Trail Committee:*
P.O. Box 175, Andover, NJ 07821, Call 908 684 4820
Website: www.pvtc-kvsp.org



My Daily Adventure on the Paulinskill Valley Trail

by *Anna Murphey*

I would like to pay homage to the Paulinskill Valley Trail. There is a five-mile stretch that has become a key element in my daily life's routine. I walk the section briskly everyday, no matter what the weather is. I even got cross county skis, snowshoes, and cramp-ons, which ice fishermen use, so that I have no excuses. If I wear the proper clothing, I don't feel the cold. I've been doing my daily walk for the past one and a half years, and it has helped me lose over eighty-five pounds and keep it off.

I was over weight for forty years and was not able to make a diet work for me. Two years ago my mother was ill, and I started losing weight from the stress. She is all better now, but there is a lot less of me. When I realized that I was losing pounds, I decided to go with it and change a few things in my diet-- no more chips and cheese doodles from the machines at work. Instead, I bring carrots and celery or watermelon for snacking. Diet or club soda replaced coke. One piece of toast instead of two complemented my breakfast, and, in general, I made portions a bit smaller. I follow Julia Childs' food philosophy of everything in moderation, and my new motto is "eat better, eat less and move". For me, this means a daily walk on the trail. I can live with my new diet now: it's a life style that works for me.

A year ago in August I decided I needed an exercise element in my diet routine so that I took advantage of the fact that I live near the trail. I

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*Anna Murphey on the PV Trail near her home
- Photo courtesy of The New Jersey Herald*

**Visit our new and
improved web site at:
www.pvtc-kvsp.org**

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started walking daily. At first I went 2.2 miles, then 3.6, and up to 4.4 for awhile. Now I have a route that is just over 5 miles from Stillwater to my home in Hardwick. My dad drops me off on his way to the post office, and I walk home.

The exercise is great, but the real gift is the trail and the neat things I see and can be a part of everyday. There is an abundance of birds and wildlife. There are many times when I have the trail all to myself and others when I get to see fellow travelers. I get to meet trail friends on foot, bicycle, and horseback and sometimes on a dog sled. In spring I start seeing wildflowers and spectacular trees. In winter snow I get to see a variety of footprints about which I can imagine all kinds of stories. I've seen a few bears; they are mostly just crossing the trail and move along when I give them a shout. I got to see three coyotes, two in one day. There's a group that rides with foxhounds and a dog team that trains on the trail when it's cold. There are many birds to be seen from great blue herons, kingfishers, a variety of hawks, owls, woodpeckers including a pileated, towhees and many more.

I have taken on the job of keeping "my" section clear of branches and small trees. I move everything I can and let the Park service know when there is a big tree down. They usually respond within a day or two.

Even though I walk the trail daily, each day is different. I always see something interesting. What a gift the trail is, and I thank everyone who worked so hard to make it happen.

(Anna Murphey, 58, hails from Hardwick and is the chief photographer for the New Jersey Herald and has been with the paper for twenty three years. She is also chairman of photography for the Sussex County exhibit at the New Jersey State Fair/ Sussex County Farm and Horse Show and is secretary of the Photographers of Sussex County, a photo club that meets monthly. Additionally, Murphey is an avid gardener who loves to grow vegetables, herbs, and flowers.)



An Invitation to All Readers

from Roberta Bramhall

It would be interesting to the readership of The Signal to have a column entitled "Trail Tales". Certainly all of us have seen sights on the trail or our involvement with the trail has led us down different paths. I know that my involvement with making the trail a reality led me to interests I would never have experienced before. I got very interested in railroad history and local histories of the towns bordering the trail. The trail also resulted in my taking a wonderful trip to Colorado with my sister to ride the narrow gauge railroad from Durango to Silverton, Colorado. Before Bill Weiler introduced me to the trail, I would never have considered that I would be interested in railroading and rural histories of Warren and Sussex. Certainly all of you who have experienced the Paulinskill Valley Trail have tales to tell of its effect on you or sights you have seen. Please submit any of these recollections to signaled@msn.com or mail to PVTC, P.O. Box 175, Andover, New Jersey 07821.



Thank you from the editor to Marge Barrett, Michael Bisignano, Roberta Bramhall, Paul Briggs, Susan and Marty Grossman, Lynn Groves, Anna Murphey, *The New Jersey Herald* and Lou Turse for their contribution and assistance with this issue of *The Signal*.

March 4, 2006 - January 1, 2007 PVT Activity Schedule

DAY	DATE & TIME	ACTIVITY & LOCATION 2006
SAT	Mar 4	20 MILE FULL TRAIL HIKE (Sussex branch) , weather permitting, over by nightfall; call Bruce at 973-334-0181 (between 10AM-3PM Monday-Friday).
SAT	Mar 11, 8:30 am	BIRDING AND NATURAL HISTORY INTERPRETIVE WALK , meet at Kittatinny Valley State Park, Twin Lakes parking area on Goodale Road (CR623), 0.6 miles east of Route 206, north of Andover. Bring binoculars. Walk ends by noon. Sponsored by New Jersey Audubon and PVTC. Call 908-684-4820 (PVTC Voice-Mail).
SUN	Mar 12, 10 am	Warbasse Junction - HIKE - (or XC skiing - weather permitting)
SAT	Mar 18	30 MILE FULL TRAIL HIKE (Paulinskill Trail) , weather permitting, over by nightfall; call Bruce at 973-334-0181 (between 10AM-3PM Monday-Friday).
SAT	Mar 18, 8:30 am	BIRDING AND NATURAL HISTORY INTERPRETIVE WALK , see same activity on Mar 11 for details.
TUE	Mar 28, 7:30 pm	PVTC QUARTERLY MEETING , Hackettstown Community Center; speaker & refreshments; call 908-684-4820
SAT	Apr 1, 10 am	Footbridge – HIKE
SUN	Apr 2	HORSE RIDE ; call John & Susan at 908-725-9649; Bring your own horse.
SAT	Apr 8, 8:30 am	BIRDING AND NATURAL HISTORY INTERPRETIVE WALK , see same activity on Mar 11 for details.
SAT	Apr 8, 10:30 am	Warbasse Junction – Bike Ride . Bring helmet, lunch & drink. Call or email Paul anytime: 973-887-4332 paul_rottmann@hotmail.com. If no one contacts him, ride may be cancelled.
SAT	Apr 15, 8:30 am	BIRDING AND NATURAL HISTORY INTERPRETIVE WALK , see same activity on Mar 11 for details.
TUE	Apr 25, 7:30 pm	PVTC MONTHLY MEETING ; call 908-684-4820.
SAT	May 6, 10 am	Footbridge – HIKE
SAT	May 13, 8:00 am	BIRDING AND NATURAL HISTORY INTERPRETIVE WALK , see same activity on Mar 11 for details.
SAT	May 13, 10:30 am	Warbasse Junction – Bike Ride . Bring helmet, lunch & drink. Call or email Paul anytime: 973-887-4332 paul_rottmann@hotmail.com. If no one contacts him, ride may be cancelled.
SAT	May 13, 10 am	Footbridge - WELCOME TO SPRING HIKE
SAT	May 20, 8:00 am	BIRDING AND NATURAL HISTORY INTERPRETIVE WALK , see same activity on Mar 11 for details.
SAT	May 20, 10 am	Warbasse Junction (Sussex Branch) – HIKE
TUE	May 23, 7:30 pm	PVTC MONTHLY MEETING ; call 908-684-4820.
SAT	Jun 3	NATIONAL TRAILS DAY CELEBRATION . Call for time & location. 908 684 4820
SAT	Jun 10, 10:30 am	Warbasse Junction – Bike Ride . Bring helmet, lunch & drink. Call or email Paul anytime: 973-887-4332 paul_rottmann@hotmail.com. If no one contacts him, ride may be cancelled.
SUN	Jun 11, 10 am	Warbasse Junction – HIKE
SAT	Jun 17, 10 am	Footbridge – HIKE
TUE	Jun 27, 7:30 pm	PVTC ANNUAL MEETING ; Hackettstown Community Center, speaker & refreshments followed by elections; call 908-684-4820.
TUE	Jul 25, 7:30 pm	PVTC MONTHLY MEETING ; call 908-684-4820.

See page 5 for PVTC Hike and Bike Locations.

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March 4, 2006 - January 1, 2007 PVT Activity Schedule - Continued from page 3

DAY	DATE & TIME	ACTIVITY & LOCATION 2006
SUN	Aug 6	HORSE RIDE ; call John & Susan at 908-725-9649; Bring your own horse
SAT	Aug 12, 10:30 am	Warbasse Junction – Bike Ride . Bring helmet, lunch & drink. Call or email Paul anytime: 973-887-4332 paul_rottmann@hotmail.com. If no one contacts him, ride may be cancelled
TUE	Aug 22, 7:30 pm	PVTC MONTHLY MEETING ; call 908-684-4820.
MON	Sep 4, 10 am	Footbridge - LABOR DAY HIKE
SAT	Sep 9, 10:30 am	Warbasse Junction – Bike Ride . Bring helmet, lunch & drink. Call or email Paul anytime: 973-887-4332 paul_rottmann@hotmail.com. If no one contacts him, ride may be cancelled.
SUN	Sep 17, 10 am	Footbridge – HIKE
TUE	Sep 26, 7:30 pm	PVTC QUARTERLY MEETING ; Hackettstown Community Center; speaker & refreshments; call 908-684-4820
SUN	Oct 1, 10 am	HORSE RIDE St. Jude's Cancer Research Hospital for Children Ride-A-Thon. For more information: email Sandy at ladydunit@s-rothschild.de. Bring your own horse. Rain date October 8.
SUN	Oct 1, 10 am	Warbasse Junction - FALL FOLIAGE HIKE
SAT	Oct 14, 10:30 am	Warbasse Junction – Bike Ride . Bring helmet, lunch & drink. Call or email Paul anytime: 973-887-4332 paul_rottmann@hotmail.com. If no one contacts him, ride may be cancelled.
SAT	Oct 14, 10 am	EXPLORER HIKE (Footbridge) , weather permitting, call Bruce at 973-334-0181 (between 10AM-3PM Monday-Friday).
SAT	Oct 21	20 MILE FULL TRAIL HIKE (Sussex Branch) ; over by nightfall; call Bruce at 973-334-0181 (between 10AM-3PM Monday-Friday).
TUE	Oct 24, 7:30 pm	PVTC MONTHLY MEETING ; call 908-684-4820.
SAT	Oct 28, 10 am	Warbasse Junction – HIKE
SAT	Nov 4, 10 am	Footbridge – HIKE
SAT	Nov 11	30 MILE FULL TRAIL HIKE (Paulinskill Trail) , weather permitting, over by nightfall; call Bruce at 973-334-0181 (between 10AM-3PM Monday-Friday).
SAT	Nov 11, 10:30 am	Warbasse Junction – Bike Ride . Bring helmet, lunch & drink. Call or email Paul anytime: 973-887-4332 paul_rottmann@hotmail.com. If no one contacts him, ride may be cancelled.
SAT	Nov 18, 10 am	EXPLORER HIKE (Warbasse) on the PVT and other rail trails; 7 to 9 miles. Call Bruce at 973-334-0181 (between 10AM-3PM Monday-Friday).
TUE	Nov 28, 7:30 pm	PVTC MONTHLY MEETING ; call 908-684-4820.
SAT	Dec 9, 10 am	Warbasse Junction – HIKE
THU	Dec 14, 6 pm	PVTC ANNUAL DINNER , at the Lafayette House in Lafayette, NJ, 6PM Cash Bar, 7PM Dinner.
SAT	Dec 16, 10 am	EXPLORER HIKE (Footbridge) weather permitting. Call Bruce at 973-334-0181 (between 10AM-3PM Monday-Friday).
SUN	Dec 31	NEW YEAR'S EVE HORSE RIDE ; call John & Susan 908-725-9649; bring your own horse. FMI J&S Samtak pasoVasz@aol.com.
ACTIVITY & LOCATION 2007		
MON	Jan 1, 10 am	2007 - Footbridge – 22nd ANNUAL NEW YEAR'S DAY HIKE - call 908-684-4820.

Note:

The PVT schedule may be subject to change. For the most current information, please either call the activity contact number, access our web site at www.pvtc-kvsp.org, or call the PVTC phone number 908-684-4820.

The Signal is published two times a year to share information. Articles and/or material may be submitted to the editor (Graham Finlayson, e-mail: signaled@msn.com) or to PVTC, P.O. Box 175, Andover, New Jersey 07821. We reserve the right to edit for space considerations.



PVTC HIKE AND BIKE LOCATIONS



All hikes and bike rides (helmets required) take place on the Paulinskill Valley Trail or on the Sussex Branch Trail, both of which are part of Kittatinny Valley State Park. They are cinder-based rail trails that provide easy, level walking.

There are two starting places for hikes and bike rides. This arrangement gives us the opportunity to cover the entire 27-mile PVT in several hikes. We offer 5, 7, 10, 20 (full Sussex Branch) or 30 (full PVT) mile hikes. Bring lunch and water, wear comfortable shoes and enjoy.

FOOTBRIDGE PARK

Route 94, Blairstown, NJ. Take Route 80 to Exit 12, Route 521. Go north on Route 521 for 5 miles to Route 94 in Blairstown. Turn left onto Route 94 and take the second left into the park, designated by a small white sign with black lettering.

WARBASSE JUNCTION

Route 663, ½ mile south of Route 94 in Lafayette. Take Routes 206 and 94 through Newton and continue north for 2½ miles. At the light, turn right to follow Route 94 North. Continue two miles to Warbasse Junction Road, Route 663 South. Turn

PVT Road Crossing Sign Project

By Lou Turse

In the spring of 2005 the Paulinskill Valley Trail Committee authorized the funding and undertook a project to identify and manufacture signs for all the roads the Paulinskill Valley Trail crosses for its 25+ mile length. Lou Turse undertook the project. Working with KVSP superintendent Rocky Gott using both county and park maps they agreed upon a list of appropriate road name conventions for each of the 25 road crossings. Contact was made with Mr. Pete Lynah of the Highlands Group to solicit the actual sign construction, a not for profit organization dedicated to working with the youth of Warren County. The Highlands Group agreed to make the signs at no labor cost provided the committee provided a Memorandum of Understanding letter agreeing to pay for all material costs and provide a complete list of sign names including size specifications. Lou provided the letter to the Highlands Group, and the project was consummated in early September when Lou and JoAnn Wojcik, who graciously provided the use of her pickup truck, delivered the necessary lumber to Pete Lynah in Broadway, NJ.

The signs will be made from high quality, knot free, clear cedar lumber. Each sign will be 24 inches in length, slightly less than 3 inches in height, engraved with the appropriate road name, and stained the traditional state park sign colors, brown and white. There will be 2 signs at each road the Paulinskill Valley Trail crosses, one visible from either direction of travel. The signs will be installed on the inside of the steel "C-channel" road gates already installed by the park, directly behind the "Do Not Block Gate" sign. Mounting

the signs on the inside of the trail gate will permit trail users to read the sign from either direction of travel, prior to crossing the road.

The Highlands Groups will make the signs on a "as time permits" basis, but completion of all 50 signs is expected by early spring of 2006.

Sometime in late spring or early summer of this year you should see Lou out there along the trail installing the signs with his trusty hammer, chisel, battery powered drill along with a supply of nuts and bolts. The fasteners currently used on the "Do Not Block Gate" signs must be removed to reinstall both signs. You may want to give Lou a wide berth, depending on the ease of removal of these rusty fasteners.

In the future, the trail committee will consider a similar road crossing sign project for the Sussex Branch Trail.

Trail "Yield" signs for the Paulinskill Valley and Sussex Branch Trails

By Paul Briggs

Funded by a federal Department of Transportation grant administered by the State of New Jersey, 80 "Yield" signs are being fabricated by our "partner", a carpentry class at the Sussex Technical School ("Vo-Tech"). The grant was awarded to the Paulinskill Valley Trail Committee, and the signs will be installed with volunteer labor from the Committee this spring. The signs indicate that bicyclists are to yield to both horseback riders and pedestrian hikers, and hikers are to yield to horseback riders. If you would like



Paulinskill Valley Trail Committee Gift Order Form

Looking for a gift for that special hiker or nature lover in your life?

Purchase a gift from the Paulinskill Valley Trail Committee and support your multi-use rail trail at the same time



T-shirts, golf shirts, books and maps are a major source of income for the PVTC as well as our way of publicizing the trail. Please consider helping our cause through the purchase of these items for yourself, a family member or friend. T-shirts are silk--screened with a design portraying the users of the trail on the front (horse rider, hiker, jogger, cyclist and cross-country skier) and our trail map on the back. Golf shirts have our original logo embroidered on the left front. Send your order to: PVTC, PO Box 175, Andover, NJ 07821. Make your check payable to the Paulinskill Valley Trail Committee (or just PVTC). All items include shipping via U.S.P.S. Please include ship-to information (please clearly print shipping name and address). Thank you!

GIFT ORDER FORM			
<u>Books</u>			
Title	Price with Shipping	Quantity	Total
The Paulinskill Valley Trail, Before and After.			
A 59 page book with text and pictures about the PVT.	\$13.00		
<u>T-shirts</u> - Available in green with the design in yellow or white. Sizes: medium, large, extra large, and extra-extra large.			
Size	Price with Shipping	Quantity	Total
	\$14.00		
	\$14.00		
<u>Golf shirts (Closeout Special)</u> - Available in green with the design embroidered. Sizes: small, large, and extra large.			
Size	Price with Shipping	Quantity	Total
	\$18.00		
	\$18.00		
<u>Trail Maps: Regular</u>			
Item	Price with Shipping	Quantity	Total
Paulinskill Valley Trail & Sussex Branch Trail			
Color, laminated Set of 2 double sided, 8 ½"x11"	\$7.00		
<u>Trail Maps: Topographical</u>			
Item	Price with Shipping	Quantity	Total
Sussex Branch Trail			
Set of 4: 8 ½"x14", 2 sheets, heavy paper	\$3.50		
Sussex Branch Laminated			
Set of 4: 8 ½"x14", 2 sheets, heavy paper laminated	\$6.25		
Paulinskill Valley Trail			
Set of 8: 8 ½"x14", 4 sheets, heavy paper	\$3.75		
Paulinskill Valley Trail Laminated			
Set of 8: 8 ½"x14", 4 sheets, heavy paper	\$9.00		

The Paulinskill Valley Trail (PVT) and the Sussex Branch Trail (SBT) are part of the Kittatinny Valley State Park (KVSP). Together they make up 48 miles of cinder-based rail-trails which lend themselves to multi-use, excluding motorized vehicles. The Paulinskill Valley Trail Committee (PVTC) is a not-for-profit organization of volunteers dedicated to promoting the public interest, appreciation and conservation of the resources of KVSP with emphasis on its rail-trails. For information regarding the PVTC, please call 908-684-4820, write to PVTC, Box 175, Andover, NJ 07821, or access our website at www.pvtc-kvsp.org.

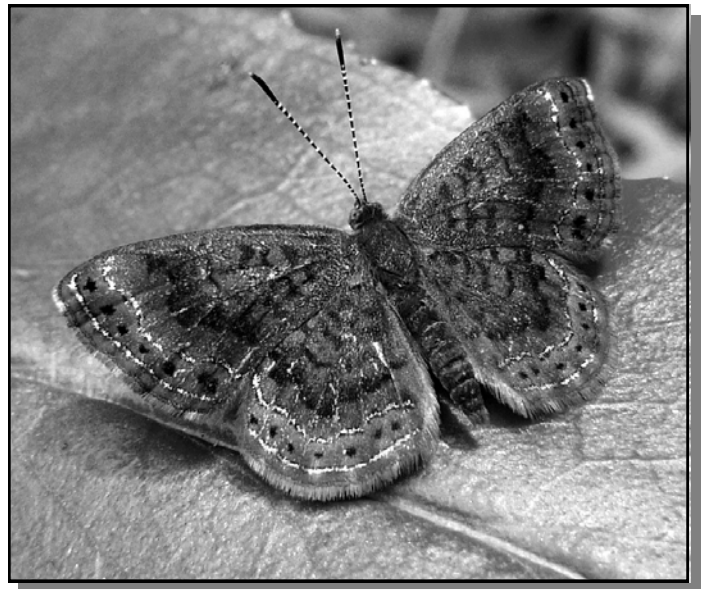
PVT---Home to Globally Rare Butterfly!

By Michael Bisignano

As the Paulinskill Valley Trail winds its way through Sussex and Warren counties, it passes by islands of Eastern Red Cedar growing on limestone outcrops. These patches of unique habitat support colonies of an increasingly rare species of North American butterfly, the Northern Metalmark. In New Jersey, the metalmark is known only from the limestone valleys of Warren and Sussex counties. These populations are considered the global stronghold of the species. Though the metalmark still clings to existence along the trail, habitat destruction, invasive plants and natural succession threaten its long-term persistence. As habitat conditions deteriorate, colonies of this environmentally-sensitive species can vanish from the landscape without a trace. Given the metalmarks imperiled status here and throughout its range is cause for concern, thus prompting The Nature Conservancy to take a closer look at its habitat requirements and long-term viability. It has been determined that restoring degraded habitats with simple management techniques can have a marked effect on increasing populations.

Preliminary analysis of all known metalmark colonies revealed that the majority of these populations are located on privately-owned lands. In an attempt to address the private ownership issue, The Nature Conservancy developed a community-based program to protect the Northern Metalmark by partnering with landowners whose properties support the species. Response to the initiative was very positive. With funding made available by the USDA/Natural Resources Conservation Service through its Wildlife Habitat Incentives Program (WHIP), The Nature Conservancy intends to implement management activities on many of these properties. Habitat management and continued monitoring of these colonies is a vital step in preserving the Northern Metalmark as a member of New Jersey's natural heritage.

The mission of The Nature Conservancy is to preserve the plants, animals and natural communities that represent the diversity of life on Earth by protecting the lands and waters they need to survive.



Northern Metalmark Butterfly - Photo courtesy of Marge Barrett

Many thanks to David Norris of Connecticut whose study of the Northern Metalmark in New Jersey assisted The Nature Conservancy in securing access permission and making informed management decisions.



PVTC Officers:



President:	Marge Barrett.
Vice President:	Paul Briggs.
Secretary:	Chris De Vries.
Treasurer:	Gail Ewin.

PVTC Board of Directors:

Bob Barth	Roberta Bramhall
Joy Fernbacher	Marty Grossman
Howard Reed	Lou Turse

Kittatinny Valley State Park Information

KVSP: P.O. Box 621, Andover, NJ 07821;
 Call: 973 786 6445; Fax: 973 786 6874
 E-mail: Kittvilly@warwick.net

KVSP Superintendent	Rocky Gott
Chief Ranger	Kay Compton
Naturalist	Lynn Groves
Maintenance Supervisor	Jim Kielty
Customer Service Representative	Kerry Debski
Trail Emergency	911
Law Enforcement	973 786 6445

“Nature Notes – Spring Wildflowers”

By Lynn K. Groves,
Naturalist - Kittatinny Valley State
Park

In Roman mythology, Flora was goddess of flowers and springtime. Indeed, few things in nature beautify the world more than wildflowers. More than decorations, however, wildflowers are essential parts of our environment and our lives. In fact, some have been cultivated since ancient times as medicines, foods, flavorings, scents, dyes, and fibers. The following are short descriptions of a few of the common early spring wildflowers you may see along the trail: Many are small in stature so that you need a sharp eye to find them!

Hepatica (*Hepatica americana*): Wrote John Burroughs, “When at the maturity of its charms, it is certainly the gem of the woods.” Due to the resemblance of this plant’s leaves to the human liver, early herbalists believed that the plant was an effective remedy for liver ailments.

Bloodroot (*Sanguinaria canadensis*): The plant’s common names Indian paint, red puccoon, red root, etc. refer to the orange-red juice that flows from a punctured rootstalk. Native Americans used the root juice as a dye for baskets, clothing, and war paint, as well as an insect repellent. The root is used in many pharmaceuticals to treat heart problems, to inhibit plaque in dental applications, and to treat migraines. The white-petaled flower “emerges from the embrace of a silvery-green leaf cloak.”

Trout Lily (*Erythronium americanum*): Also called Adder’s tongue, dog’s tooth violet, and yellow snowdrop, this 3 to 4-inch plant grows in damp woodlands and along streams. Green, purple-mottled leaves grow from the base of the stem, upon which the drooping creamy-yellow flower nods. Trout lily contains a chemical that prevents cell mutation and may prove to be a valuable weapon in fighting all forms of cancer.

Early Saxifrage (*Saxifraga virginiana*): The name comes from the Latin for “rock-breaker” and refers to the way saxifrage grows in rocky

crevices. In ancient times the plant was used to break down kidney stones. Downy stems bearing clusters of little white star-like flowers arise from the leaf rosettes.

Coltsfoot (*Tussilago farfara*): Native to Europe, the bright-yellow, dandelion-like flowers of this plant open only on sunny days. It is also called horsefoot and foalfoot in reference to the horseshoe-shaped leaves which appear after the flowers wither.

Wild Columbine (*Aquilegia canadensis*): The name “columbine” comes from the Latin *columba*, “dove,” due to the “resemblance of its nectaries to the heads of pigeons in a ring around a dish.” One explanation for its genus name, *Aquilegia*, comes from the Latin, *aquila*, “eagle,” since the spurs of the five scarlet and yellow cornucopia-like petals resembled eagle talons. According to the Victorian language of flowers, columbine is the symbol of folly - the flower’s shape is reminiscent of a court jester’s cap and bells.



Dutchman’s Breeches -
Photo courtesy of Lynn Groves

Jack-in-the-Pulpit (*Arisaema triphyllum*): The curving hood that folds over a “vase” known as the *spathe*, is commonly called the “pulpit” part of this plant. This envelope “Jack,” a flower-bearing structure called a *spadix*. In time, the spathe falls away revealing a cluster of green berries that turn a brilliant scarlet in autumn. The raw rootstock, or *corm*, is not edible and contains calcium oxalate crystals which will cause a burning sensation in the mouth. A starch obtained from the roots is used as a stiffener for clothes.

Dutchman’s Breeches (*Dicentra cucullaria*): The feathery, gray-green leaves of this plant are overtopped by dainty, creamy-white, pendant blossoms resembling pantaloons hung out to dry. Populations are dwindling due to overcollecting for floral arrangements.

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KVSP Interpretive Programs Spring & Summer 2006

Programs sponsored by the park are free of charge and unless otherwise noted meet at the visitor center located 1.1 miles north of Route 206, off Goodale Road in Andover Township. **Pre-registration for park-sponsored programs is required** as space is limited. Pets are not permitted during any program. Children must be accompanied by an adult during programs. In case of inclement weather, all participants are urged to contact the visitor center at 973-786-6445 to determine whether programs have been cancelled or rescheduled. All programs are subject to change.

DAY	DATE & TIME	ACTIVITY & LOCATION
SAT	Mar 4, 9 - 11 am	"FOWL" WEATHER , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For teens and adults. Bring binoculars.
SAT	Mar 4, 11 - 11:30 am	VIDEO: "WOODIES AND HOODIES" , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For teens and adults. ADA accessible.
TUE	Mar 14, 4 - 4:30 pm	VIDEO: "WILD REFUGE" , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For adults and children ages 12 and up. ADA accessible.
TUE	Mar 14, 4:30 - 5 pm	VIDEO: "HOME IS WHERE THERE'S HABITAT" , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For adults and children ages 12 and up. ADA accessible.
WED	Mar 15, 4 - 4:30 pm	VIDEO: "BUSHYTAILS" , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For adults and children ages 12 and up. ADA accessible.
WED	Mar 15, 4:30 - 5 pm	VIDEO: "COTTONTAILS" , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For adults and children ages 12 and up. ADA accessible.
THU	Mar 16, 10 - 10:30 am	"ANIMAL SENSES" , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For children ages 4 to 7. ADA accessible.
THU	Mar 16, 10:30 - 11 am	"ANIMAL APPETITES" , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For children ages 4 to 7. ADA accessible.
MON	Mar 20, 10 am to noon	SPRING EQUINOX HIKE , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For teens and adults.
WED	Mar 22, 4 - 4:30 pm	ALL ABOUT AMPHIBIANS , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For adults and children ages 12 and up.
WED	Mar 22, 4:30 - 5 pm	RADICAL REPTILES , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For adults and children ages 12 and up. Partially ADA accessible.
THU	Mar 23, 4 - 5:30 pm	THE NATURE OF VERNAL POOLS , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For adults and children ages 10 and up. Partially ADA accessible.

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Marsh Marigold (*Caltha palustris*): The Native Americans called it *Onondaga*, or "it blooms in the swamps," and Tennyson referred to the way the yellow flowers "shine like fire in hollows gray." In the 16th century, the flower was referred to as *Mary Gowles*, which became corrupted into *marigold*.

To learn more about wildflowers and natu-

ral history, register for the free Mother's Day Flower Walk to be held at Kittatinny Valley State Park on May 14 at 10 a.m. by calling 973-786-6445. For a listing of all KVSP Spring & Summer programs, please refer to the schedule included on pages 9, 10 and 11 this newsletter.

Sources:

Headstrom, Richard. *Memories from a Naturalist's*

KVSP Interpretive Programs Spring & Summer 2006 - Continued from page 9

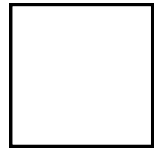
DAY	DATE & TIME	ACTIVITY & LOCATION
WED	Mar 29, 4 - 5:30 pm	THE NATURE OF VERNAL POOLS , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For adults and children ages 10 and up. Partially ADA accessible.
THU	Mar 30, 5:30 - 6:30 pm	TIMBERDOODLES! , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For adults and children ages 12 and up. Partially ADA accessible.
TUE	Apr 11, 10 - 11 am	GARDEN FLOWER FOLKLORE , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For teens and adults. ADA accessible.
TUE	Apr 18, 4 - 5 pm	FRIEND OR FOE? , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For adults and children ages 10-14. Partially ADA accessible.
THU	Apr 20, 10 am to noon	LIMESTONE LOOP HIKE , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For teens and adults.
THU	Apr 20, 4 - 5 pm	NATURE HIKE , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For adults and children ages 7-12.
THU	Apr 27, 4 - 5 pm	MEET THE TREES , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For children ages 10-14. Partially ADA accessible.
THU	May 4, 10 - 11 am	CAT-TALES STORY HOUR , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For children ages 4-5. ADA accessible.
TUE	May 9, 7 - 8:30 am	EARLY BIRD WALK , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For teens and adults, bring binoculars.
TUE	May 9, 10 - 11:30 am	BIRDING FOR BEGINNERS , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For teens and adults, bring binoculars. Partially ADA accessible.
SUN	May 14, 10 - 11:30 am	MOTHER'S DAY FLOWER WALK , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For adults and children ages 12 & up.
THU	May 18, 10 - 11 am	CAT-TALES STORY HOUR , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For children ages 4-5. ADA accessible.
WED	May 24, 10 - 11:30 am	BACKYARD BOTANY , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For teens and adults. Partially ADA accessible.
THU	May 25, 4 - 5 pm	"MAGNIFY-CENT" MARSHEs , Kittatinny Valley State Park, Twin Lakes Boat Launch. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For children ages 9-14.
MON	May 29, 9 - 11 am	THE RED, WHITE & BLUE HIKE , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For teens and adults.
THU	Jun 1, 10 - 11 am	CAT-TALES STORY HOUR , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For children ages 4-5. ADA accessible.
SAT	Jun 3, 9:30 - 11:30 am	TRAIL MIX HIKE , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For teens and adults.
WED	Jun 14, 7 - 8:30 pm	KAYAKING AT TWILIGHT , Kittatinny Valley State Park, Lake Aeroflex Boat Launch. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For teens and adults. Bring you own Kayak, PFD and paddle.
THU	Jun 15, 10 - 11 am	CAT-TALES STORY HOUR , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For children ages 4-5. ADA accessible.
SAT	Jun 17, 10 am to noon	FLYFISHING FOR BEGINNERS , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For adults and children ages 10 & up. ADA accessible.
SAT	Jun 24, 10 am to noon	INVASIVE PLANTS , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For teens and adults. Partially ADA accessible.

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DAY	DATE & TIME	ACTIVITY & LOCATION
SUN	Jun 25, 11 to noon	GARDEN FLOWER FOLKLORE , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For teens and adults. ADA accessible.
SAT	Jul 8, 7 - 8 pm	"THE GREAT HORNED OWL & THE CROW" , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. Family program. ADA accessible.
THU	Jul 13, 10 - 11 am	CAT-TALES STORY HOUR , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For children ages 4-5. ADA accessible.
SAT	Jul 15, 9 - 10:30 am	WILDFLOWER WALK , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For teens and adults.
SAT	Jul 15, 7 - 8 pm	THE STRANGE WORLD OF REPTILES , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. Family program. ADA accessible.
WED	Jul 19, 8 - 9 pm	"A TRUE HISTORY OF ANDOVER: PART I (LECTURE)" , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For teens and adults. ADA accessible.
SAT	Jul 22, 10 - 11:30 am	"A TRUE HISTORY OF ANDOVER: PART II (WALKING TOUR)" , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For teens and adults.
SAT	Jul 22, 1:30 - 2:30 pm	BACKYARD BUGS , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For adults and children ages 10-14. Partially ADA accessible.
SUN	Jul 23, 2 - 3 pm	GARDEN FLOWER FOLKLORE , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For teens and adults. ADA accessible.
WED	Jul 26, 7 - 8:30 am	MORNING KAYAKING , Kittatinny Valley State Park, Lake Aeroflex Boat Launch. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For teens and adults. Bring your own Kayak, PFD and paddles.
THU	Jul 27, 10 - 11 am	CAT-TALES STORY HOUR , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For children ages 4-5. ADA accessible.
SAT	Aug 5, 10 - 11 am	BUTTERFLY BASICS , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For children ages 7-12. ADA accessible.
SAT	Aug 5, 1 - 2 pm	BUTTERFLIES OF KITTATINNY VALLEY , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For teens and adults. ADA accessible.
THU	Aug 10, 10 - 11 am	CAT-TALES STORY HOUR , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For children ages 4-5. ADA accessible.
SAT	Aug 12, 10 - 11 am	FRIEND OR FOE? , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For adults and children ages 10-14. Partially ADA accessible.
SAT	Aug 19, 10 - 11 am	BACKYARD BUGS , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For adults and children ages 10-14. Partially ADA accessible.
THU	Aug 24, 10 - 11 am	CAT-TALES STORY HOUR , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For children ages 4-5. ADA accessible.
SAT	Aug 26, 9 - 10:30 am	LATE BLOOMERS , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For teens and adults.
SAT	Aug 26, 7:30 - 8:30 pm	WOLF VISIONS , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. Family program. ADA accessible.
WED	Sep 13, 4 - 5 pm	THE MAGIC OF MONARCHS , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For children ages 8-12. ADA accessible.
THU	Sep 14, 4 - 5 pm	BASIC ORIENTEERING , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For children ages 10-14.
WED	Sep 20, 10 - 11:30 am	OVERLOOK HIKE , Kittatinny Valley State Park. Sponsor: KVSP. NOTE: Group size limited, pre-registration is required. For teens and adults.

PVTC
P.O. Box 175
Andover, NJ 07821



PAULINSKILL VALLEY TRAIL COMMITTEE

Membership Application

The annual membership contribution is \$10 for an individual and \$20 for a family. Larger contributions are encouraged to help carry out our programs. Please make checks payable to "Paulinskill Valley Trail Committee" or "PVTC" and mail to PVTC, P.O. Box 175, Andover, NJ 07821.

Please print clearly.

Name _____ Tel. (____) - ____ - _____

Address _____

City, State, Zip Code _____

E-mail Address _____

Membership year is from Jan. 1 To Dec. 31.