



### Attention schools and groups!

The following programs are ongoing (not date specific) opportunities. For more information call Recreation Program Specialist Karen Zindell (609) 625-7000 ext. 5431.

### Laughing Matters

Weekdays by advanced arrangement

All ages are welcome to exercise their funny bones with a Certified Laughter Leader. Participants will take a dynamic role in a laughter exercise workout & other activities to encourage playfulness and fun. Laughing is a physical activity that lifts spirits, reduces stress, helps to lower blood pressure and stimulates the immune system. "Laugh for the Health of it!" This program is available free for your organized group of 10-30 people, at your location or ours.

### Low Ropes, Team Challenge Course

Weekdays by advanced arrangement  
Atlantic County Park at Camp Acagisca

Want to have fun, practice problem solving, while establishing group unity? This outdoor experience can meet many objectives for an existing organized group of 6-15 people, age 10 years and above; building leadership skills, improving communication, and developing consensus, to name but a few. The program consists of physical warm-ups, trust building exercises, and course elements which encompass varying degrees of physical, mental, and emotional exertion. It takes at least 6 hours to complete a majority of the elements. All activities are presented on a challenge by choice basis. Group insurance is required.

### Field Games (New and Old)

Is your group of 10-60 people planning a trip on a weekday to the Estell Manor Park? Arrangements can be made for the Recreation Program Specialist to conduct an hour long games program for you. Tug-of-war, relay races, and new games will add excitement to your picnic. An assortment of competitive and/or noncompetitive games can be selected and tailored to the needs of the group.

### Volunteer of the Quarter - Barbara Keith

Spring 2013 (April - June)

This volunteer dropped into the park after hearing about us at the Estell Manor City Hall. A recent transplant to this area, Barbara wanted to get involved in her new community. With extensive volunteer involvement in schools, shelters, and domestic violence centers, Barbara is also a certified Master Gardener. Interested in entomology, botany and environmental issues, she has been helping us maintain the flower beds around the Nature Center building and beautifying the visitor experience. Her deeds show that Barbara knows how to grow roots into her new community, and the Park System warmly welcomes her.



### Volunteer Recognition

April 2013 - June 2013

Atlantic County Parks would like to recognize the following dedicated volunteers:

Bob Baum, Doris Dackonish, Allen Jackson, Thomas & Joanne Judge, David & Gail Keefe, Paul Quick, Jim Watson, Andrew, Drew, Kathleen & Thomas Weatherby, and group volunteers from ARC of Atlantic County & JORBA.

Warmest Welcome to New Volunteers: Nathan Ballinger, Andrew Hoover, Barbara Keith, Euhung Kim, Bonnie LaRoche, & Cheryl Osolinsky!

These volunteers assisted with special projects, program delivery and support, to name but a few of their valuable contributions.

If you'd like to lend us your services, please call (609) 625-7000 ext. 5431 and ask for Karen Zindell.



Atlantic County Executive  
Dennis Levinson

Atlantic County Board of Freeholders  
Frank D. Formica, Chairman

# Atlantic County Parks Fall Programs

October-December 2013



Atlantic County Division of Parks  
Atlantic County/Estell Manor  
109 State Highway 50  
Mays Landing, NJ 08330

### Save Trees. Reduce Costs.



Log on to [www.aclink.org/Parks](http://www.aclink.org/Parks)  
And sign up for our electronic brochures, flyers, and other notifications.

Bike. Hike. Paddle. Play.  
Visit Atlantic County Parks today!



# Fall



All programs are free and require advanced registration. If a program fills, a waiting list will be kept so that any cancellations may be refilled.

**Registration:** for the following programs is taken on a first-come, first-served basis, and made by calling (609) 625-7000 ext. 5431 between 8AM - 4PM, or through email: zindell\_karen@aclink.org

**Cancellations:** The Division of Parks and Recreation reserves the right to cancel a program if the weather or other unforeseen circumstance makes it impossible to carry out a program.

**Please-** if you can't make it to a program for which you've registered, call to enable us to release your spot. Suggestions for additions to the current programs are always welcome.

## The following Programs will be held at the Estell Manor Park Nature Center

### Little Learners' Craft Class

Fridays, October 18th, November 15th, December 13th  
Once a month  
10 AM and 1 PM

Open to 3-5 year old preschoolers accompanied by an adult. Transform everyday objects into works of art. Time permitting, children will have the opportunity to "show and tell". Specify morning or afternoon session when registering.

### Yoga for Beginners

Wednesdays, December 4th, 11th, & 18th  
8:30 - 9:30 AM

Teens & Adults  
Relax while learning basic Yoga forms and breath work. Participants should dress in loose fitting clothing, casual footwear, and bring water, yoga mat, and towel.

### Intro. to T'ai Chi

Mondays, October 7th & November 4th  
7- 8 PM

Teens & Adults  
T'ai chi is a mind-body practice sometimes referred to as "moving meditation"; practitioners move their bodies slowly, gently, and with awareness, while breathing deeply. These introductory sessions will impart energy exercises that are simple to follow and easy to remember. Participants should dress in loose fitting clothing, casual footwear, and bring water.

**General Information/ Nature Center/ Veterans Cemetery**  
(609) 625-1897

**Park System Reservation Office at Lake Lenape**  
(pavillion/gazebo rental, camping, boating)  
(609) 625-8219

Atlantic County Website: [www.aclink.org](http://www.aclink.org)

### A Call from the North Pole

Tuesday, December 10th  
Wednesday, December 11th  
6 - 8 PM

Atlantic County Parks has made special arrangements to have Santa and his crew make phone calls to good boys and girls (who are believers). If you would like to have the North Pole gang call your children, please leave your address with the Park office **before November 22nd** to have a flyer sent to you. (If you don't receive the flyer by 12/2, call us again please.)

### Holiday Magic

Monday, December 30th  
12:30 PM

Mays Landing Library - 2nd Floor

Liven up your winter vacation, meet old friends, make new ones, and see a magic show! Please arrive in time to be seated by 12:30 when the Great Haldini will astound and delight you.

### Recreation Equipment Lending

Visitors to the Estell Manor Park may borrow bikes and helmets, volleyballs, softball equipment, soccer balls, horseshoes, jump ropes, and frisbees at the Nature Center. An adult must be with any child borrowing equipment and must present a valid drivers license. Children 17 and under must wear helmets while riding bicycles per New Jersey State Law. *Note: Individuals with special needs may request the use of a three-wheeled bike. We reserve the right to keep this bicycle available for special accommodations only.*

**Ticks can carry disease. As you venture outdoors please take the following precautions:**

- Tuck your pant legs into your socks.
- Wear light colored clothing (easier to spot ticks).
- Check yourself frequently during/after a trip outdoors.
- Use insect repellents. Read the product labels carefully.
- Stay on the center of trails and avoid walking through the shrub layer of the forest.



If you require an accommodation related to a disability, please call 10 business days in advance so arrangements can be made:  
NJ Relay phone # 1-800-852-7899

### Hike Estell

Sunday, October 27th (History Hike)  
Saturday, November 2nd  
Tuesday, December 31st (New Years Eve Hike)  
1:30 - 3:30 PM - Rain or shine!

Explore Estell Manor Park's rich history with these guided recreational hiking tours. The History hike will focus on the area of the Park used by the Bethlehem Loading Company to produce armaments for WW I. A brief overview of the Estellville Glassworks will also be included. Or join us to walk off the old year during the 3rd annual New Year's Eve social hike. Meet at the Fox Nature Center. Pace is geared toward ability of the group. Standard tick precautions are recommended.

*Note: The Recreation Program Specialist is available Monday through Friday by appointment, to explore the park with individuals and groups.*

### Public Orienteering

Thursday, November 7th  
Saturday, November 9th  
Sunday, December 1st  
11 AM - 3 PM

A basic course for the beginner and an intermediate course for the experienced or more adventurous are offered. Please specify course when registering. Children under 13 must have an adult with them. Standard tick precautions are recommended.

**Attention Schools and Groups: This makes an excellent field trip. Available during the week with advanced arrangements. Call Karen at 625-7000 x5431.**

### Speaker's Series:

#### The Jersey Devil & other Pinelands Folk Tales

Friday, October 18th  
7- 8:30 PM

Teens and Adults  
Local natural historian Mark Demitroff grew up on a western Atlantic County poultry farm, where he enjoyed hearing tales told by neighbors, farmhands, and family members about odd happenings in the piney woods and dense swamps behind Milmay. Mark will spin a few yarns about ghosts, demons, and darksome fathomless pools with sinister qualities, together with several traditional stories passed down from the speaker's Ukrainian heritage. Folklore, once an everyday form of entertainment, may have lost its former importance but fortunately is not quite forgotten.