

Field Notes

From Schiff Nature Preserve

Please consider becoming a member of Schiff and support your local nature preserve!

339 Pleasant Valley Road, Mendham, New Jersey 07945-2922 • 973.543.6004 • www.schiffnaturepreserve.org

Spending Two Hours a Week in Nature Can Improve Your Health, Happiness, and Well-Being!

Earlier this summer an article appeared in the New York Times that caught our eye. It reported new research behind something that we at Schiff have always instinctively known – spending time in nature yields measurable health benefits. What surprised us was that researchers say they can now quantify the “optimal amount of time” you should spend outdoors every week in order to achieve these benefits. That time has been calculated to be two hours.

The article, published on June 13th and written by Knvul Sheikh, is based on a comprehensive study published the same month in *Scientific Reports*, which



examined data taken from 20,000 people in England between 2014 and 2016. In it, the researchers confirmed that spending time in “green spaces,” such as mountains, forests, and even city parks can lower stress levels, decrease blood pressure, reduce the risk of diseases like diabetes

and cardiovascular issues, and can boost mental health.

More notably, they found that the ideal range of time to achieve results appears to be two to four hours, with two hours being the sweet spot—the precise amount of accumulated time spent outdoors each week at which

R for a Healthier You

A hiker walking at a regular pace can cover about five miles in two hours. Grab a trail map, or download one from our website, and have fun mapping out your own five-mile route along Schiff’s trails! Have a picnic at the top of 711, Schiff’s highest elevation (Red Trail), enjoy the view from Lookout Point (Blue Trail), or explore the old stone foundation historic site (Yellow Trail). Have fun exploring your local nature preserve!

participants experienced the most significant positive changes to their physical and mental health.

These findings suggest that a healthier lifestyle is readily attainable. We challenge you to spend two hours a week outside. Grab your family, friends, neighbors, and dogs and head out to Schiff Nature Preserve where happiness and health await you!

Supporting Schiff is Good for Your Business Jeanne Rice, Trustee

Alstede Farm in Chester is doing it. The Pastoral Pig in Flanders and Peapack-Gladstone Bank of Mendham are doing it. If you conduct business in or around Morris County, NJ, you should do it, too. What they’re doing is supporting Schiff, their local nature preserve. The reason they’re doing it is that it’s good for business.

Savvy businesses know that their current or prospective customers, clients, and employees are among the hundreds of people who visit Schiff each year to hike our trails, attend our educational

programs, and enjoy special events like Music in the Woods and the Environmental Film Festival.

Studies show that ‘giving back’ locally can improve staff morale and customer loyalty. A widely cited report from the Omnicron Group found that 70% of millennials say they would spend more with brands that support causes – any causes! That’s the power of social responsibility and Schiff is making it easier than ever for anyone to take advantage of it through our Business Partners for a Greener Community program.

There are favorable tax benefits associated with charitable giving and corporate donations. If you own a local business or work for a corporation with a local presence, please visit our website (schiffnaturepreserve.org). Click on

the “Get Involved” tab and select “Business Partners” to discover more benefits of partnership, including our popular volunteer workdays, which make fun and memorable team building events.

Help Schiff ensure the natural

beauty of our community by supporting your local nature preserve today. Together, we’ll continue to attract people who want to shop and eat locally, and who want to call our quaint towns home.

\$100+
Schiff Sponsor
Window Cling, Logo/Listing
on BPGC Web Page

\$250+
Schiff Sponsor
Window Cling, Logo/Listing
on BPGC Web Page,
Home Page News Box

\$1,000+
Schiff Sponsor
Window Cling, Logo/Listing
on BPGC Web Page, Home
Page News Box, 10-Person
Volunteer Work Date,
Article in Field Notes

\$2,500+
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Window Cling, Logo/Listing
on BPGC Web Page, Home
Page News Box, 20-Person
Volunteer Work Date,
Article in Field Notes,
Social Media Share

\$5,000+
Schiff Sponsor
Window Cling, Logo/Listing
on BPGC Web Page, Home
Page News Box, 30-Person
Volunteer Work Date, Article
in Field Notes, Social Media
Share, Priority Scheduling of
Earth Day, Guided Hike for 30

At any giving level, you will enjoy knowing that your employee volunteer efforts and/or donation dollars are at work supporting our local nature preserve. We look forward to working together.



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Schiff's 10th Annual Environmental Film Festival was Powerful!

On Saturday, June 1, Schiff held the 10th Annual Environmental Film Festival. The film was shown in the Nature Center, a temporary change of venue since the usual "theater," Wood Badge Lodge, is currently under renovation. Many first time attendees and returning fans enjoyed s'mores over the fire pit prior to the screening of the films.

The feature film, *Reinventing Power: America's Clean Energy Boom*, is a documentary made by the Sierra Club. The film shows an inspiring collection of stories from people from different states working to make our clean energy future achievable.

These individuals prove that America does not need to choose between using energy and protecting our communities. The film explores various aspects of the clean energy industry from innovation to installation. *Reinventing Power* sends the message that we don't have to sacrifice jobs for a clean environment.

Our short film selection was a recommendation of the Environmental Club at West Morris Regional High School. *Climate of Trust*, produced by Our

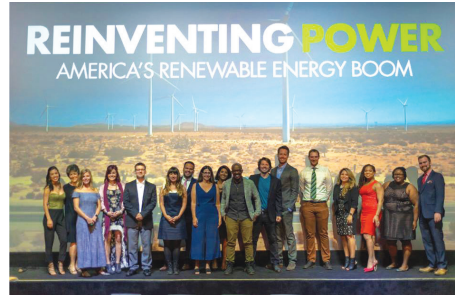
Children's Trust, tells of unprecedented legal actions taking place across the United States with regard to climate change. In 2011, youth from around the country took their local governments to court for their failure to protect the atmosphere for future generations. This inspirational film is a story about the scientists who developed a climate recovery plan, the attorney who figured out how to apply the Public Trust Doctrine to the atmosphere, and one of the attorneys supporting these youth in court.

Following the feature film, audience members

had an opportunity for questions and deeper discussion with a representative from the New Jersey Clean Energy program. This program promotes increased energy efficiency and the use of clean, renewable sources of energy including solar, wind, geothermal, and sustainable

biomass. More information can be found at www.cleanchoiceenergy.com.

Schiff is very proud of the long standing tradition of the Film Festival. The event works to promote community, raise awareness of environmental issues, and open a discussion into various environmental topics of concern to all humanity. The 2020 Film Fest selections are already in progress; come join us next spring!



Summer Nature Program 16th Year

Words co-directors Jenny and Christi live by, the words of John Muir—"Of all the paths you take in life, make sure a few of them are dirt." They believe instilling love and appreciation for the land in the hearts and minds of children is vital to preserving these sacred spaces for generations to come. During our Summer Nature Program, children learn about the environment, ultimately discovering that all components of nature are connected and in order to thrive and survive, all parts must be maintained in a delicate balance. Each week children explored several habitats, examined the disappearing understory, simulated monarch migration, picked wine berries, identified macro invertebrates in the stream, investigated the geology of Schiff, built shelters, crafted with nature, hiked, and more — all while bonding with new friends and building confidence within themselves!

Farm to Table Benefit Dinner Brings New and Long Time Supporters to the Table

On June 9th, Schiff held a successful Farm To Table benefit dinner at Wendover Farm, the Mendham home of Schiff Trustee Alan Weinstein and his lovely wife Judy. Mother Nature supplied gorgeous weather as attendees walked the grounds on a farm tour and took in the sweeping views of pastures and hillside.

Chef Sebastien Destree of The Pastoral Pig in Flanders, NJ worked his culinary magic to create a mouth-watering menu featuring Wendover Farm beef, foraged ramps and mushrooms, and local vegetables generously donated by Alstede Farms in Chester. Paired wines were sourced

from Adelpia Wine Market.

Our guests enjoyed great conversation and newfound connections while Schiff met its goal of raising money for operating expenses. The team at Schiff greatly appreciates the philanthropic support shown by our Members and friends.





Schiff's New Speaker Series brings a variety of interesting topics to our visitors

Schiff's Speaker Series brought interesting educational offerings to the Nature Center this year. The first of the series, held in May, featured the internationally award-winning wildlife photographer and local student Ashleigh Scully. She shared her breathtaking photographs of animals in their native habitats around the world and the stories behind the effort and patience it took to capture the amazing shots.

Scouts Reminisce, our second in the series, brought together former Boy Scouts who attended or worked at the BSA National Training Camp through the years it was operational at Schiff, from the 1930s until the 1970s. The panel, comprised of Gerald Kennedy, Doug



Fullman, Sam Fairchild, Dan Lime and Tom Oberschmidt, was moderated by local author and historian W. Barry Thomson. Sam, Gerry, Tom, Michael Merritt, and the David Thomson estate lent memorabilia for display, which added a rich dimension to the program and gave non-Scouts the ability to envision daily life at the camp. The positive impact the camp had on the development of the gentlemen on

the panel became apparent as they talked about the leadership skills they developed there, which provided them with the tools for lifelong career success as adults. The audience also learned that the Training Reservation was the incubator for all of the Scouting programs that William "Green Bar

Bill" Hillcourt developed for the BSA when he lived there. These programs were then translated and shared with Scouting groups all over the world.

The third in the 2019 series took place on November 10th at the Brookrace Manor House. "A Sip Through History" offered attendees a glimpse into the history of the Pleasant Valley farms, some of which coalesced into the estate property, ultimately becoming the Brookrace neighborhood and the land that Schiff now maintains for public enjoyment. Guests savored cocktails and light fare as they mingled in the circa 1919 ballroom while listening to W. Barry Thomson, who returned to lead this oral tour of land and lore.

All funds raised by the Speaker Series ticket sales support the land stewardship activities and educational programs offered by Schiff Natural Lands Trust.

Music in the Woods Brings the Nature Center Alive with Music



Music in the Woods offers the community a unique way to enjoy the preserve. Set in the evening, Schiff transforms the Nature Center into a (somewhat) quiet listening venue with a cafe flair. Schiff brings local musical talents out for a night of music, snacks, and community. This past fall, we enjoyed a SOLD OUT show, featuring Cirotti Trio and Playful Banter. Playful Banter, the eclectic duo of Alexis von Aulock and Kimberly Sanchez

opened the evening with their sweetly infectious mash ups and originals. Cirotti Trio, a trio of friends and pickers all sharing a mutual love of American roots music, Joe Cirotti, Peter Lister, and Mike Alexander played an eclectic array of both original and cover material spanning decades. Their soulful sounds and humble presence allowed the spell bound listeners to relax and enjoy the group's musical expertise while tapping their toes the entire time.

Proceeds from the evening supported both the musicians and Schiff Nature Preserve.

Eagle Scout Project— Schiff Honors Farrelly Family Land Donation

Schiff has become the proud benefactor of an Eagle Scout Award project, completed by Ryan Watkins of Basking Ridge. *The Farrelly Rest Stop* commemorates the first donation of 25 acres back in 1989 by Mary Catherine Farrelly, mother of local Mendham resident Louis Farrelly. Executive Director Dorian von Aulock and Louis Farrelly met in 2017, soon after Dorian's appointment to the position. It was during this meeting that Louis shared the significance of his mother's donation, the location, and several pieces of historical memorabilia. The Farrelly family has many fond memories of the view of the big oak tree in their backyard. Hearing his family's story of giving struck Dorian as an important story to tell. She felt it was critical for the organization to commemorate this land donation as it made all that is now Schiff possible. Commemorating the location also allows Mr. Farrelly to continue sharing this history of giving with his many nieces and nephews.



Upon the start of the project, Ryan, Dorian, and Louis hiked up the Franklin Parker Trail from the McVickers parking lot to locate the oak tree. After a few tries, the tree was found and the easiest path marked. A few sessions of trailblazing, followed by the clearing of an area to place the bench and commemorative sign finished the work. Please enjoy this new addition to our trails and consider Schiff in your planned giving.

www.schiffnaturepreserve.org • 973-543-6004





Schiff Nature Preserve
339 Pleasant Valley Road, Mendham, New Jersey 07945

Come Out & Enjoy Schiff

Discounts for Members. [More Info @ www.schiffnaturepreserve.org](http://www.schiffnaturepreserve.org)

November 24, 2019 (Sunday) 9–11 am
Volunteer Day @Schiff

November 25, 2019 (Monday) 11 am–10 pm
Restaurant Fundraiser for Schiff @ Piattino's
88 East Main Street Mendham, NJ

December 1, 2019 (Sunday) 8–10 am
Sunday Morning Fitness Hike
239 Pleasant Valley Road, Mendham, 07945

December 4, 2019 (Wednesday) 7–8:30 pm
Environmental Book Club

December 7, 2019 (Saturday) 7–8:15 pm
Singing Bowl Meditation with Ana Cecere

December 8, 2019 (Sunday) 9–11 am
Yoga in Nature

December 12, 2019 (Thursday) 4–5 pm
Puppy Trek

December 21, 2019 (Saturday) 9–11 am
Volunteer Day @Schiff

December 21, 2019 (Saturday) 7–8:15 pm
Monthly Gong Meditation

WHERE'S SCHIFF?

40° 45' 48.332" N / 74° 37' 15.641" W



Support Schiff with a Recurring Membership

There are SO many fun and educational events being offered at Schiff for all ages. Please help us spread the word about Schiff by:

- **Telling your friends and neighbors**
why you chose to become a member of Schiff. Ask them to support Schiff. We rely heavily on revenue from membership.
- **Showing your friends and family**
our new and improved website, Facebook and Instagram posts. Please share our posts and events.
- **Taking pictures when you visit.**
Use the hashtag #schiffnaturepreserve OR #supportschiff.
- **Taking friends to the preserve**
to check out our trails, nature center, and programs.
- **Attending (and bringing your friends to) our Special Events,** like our Environmental Film Festival, our Annual meeting or our event for dog lovers: Paws for the Preserve.

