

## Come Out & Play

Discounts For Members. More Info Online.  
[www.schiffnaturepreserve.org](http://www.schiffnaturepreserve.org)

December 12, 2021 (Sunday) 8:00 - 10:00 am  
**Sunday Morning Fitness Hike**

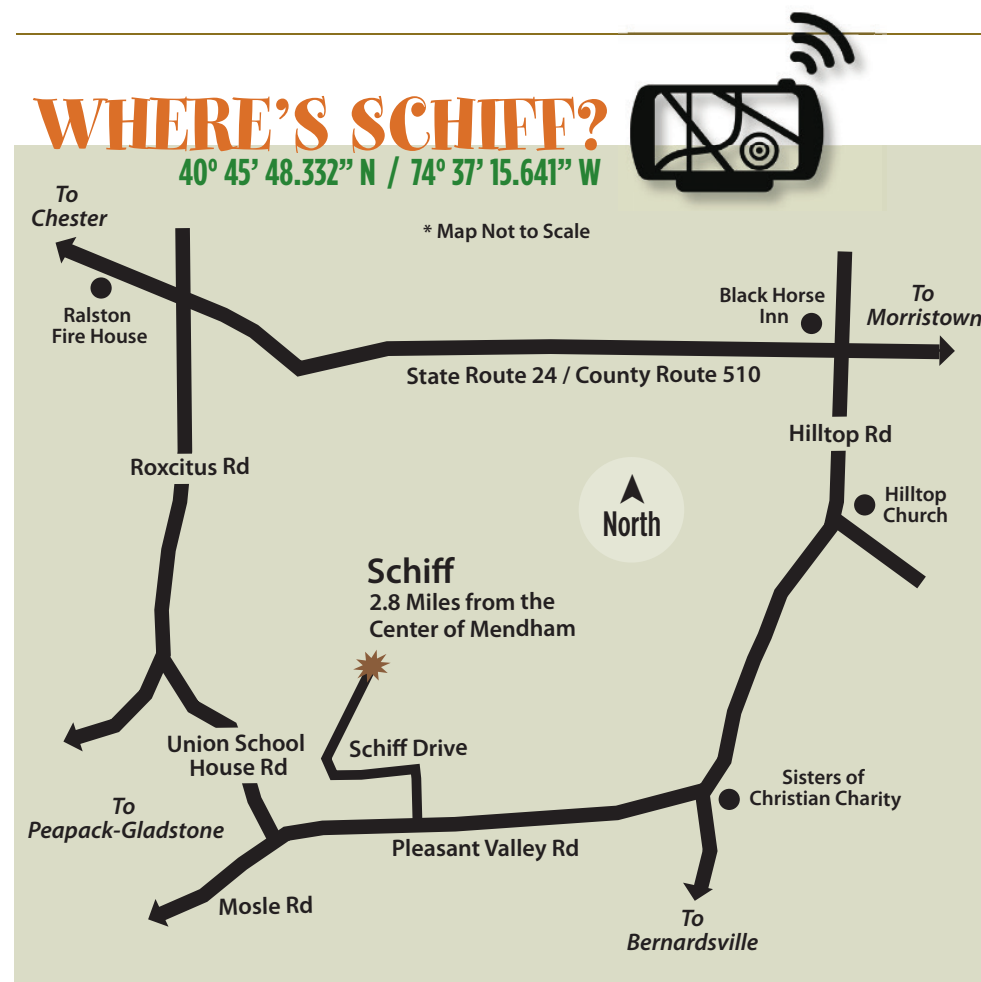
December 15, 2021 (Wednesday) 4:00 - 5:15 pm  
**Santa's Wild Home**

December 17, 2021 (Friday) 7:00 - 8:15 pm  
**Singing Bowl Meditation**

December 18, 2021 (Saturday) 5:00 - 6:30 pm  
**Final Full Moon Hike of 2021**

December 21, 2021 (Tuesday) 6:00 - 7:30 pm  
**Solstice Celebration**

Please check our website for current calendar offerings.  
Some programs may have since been cancelled.



### 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 music lovers: Music in the Woods.

# Field Notes

From Schiff Nature Preserve



Please Consider  
Supporting  
Schiff's Year  
End Appeal

339 Pleasant Valley Road, Mendham, New Jersey 07945-2922 • 973.543.6004 • [www.schiffnaturepreserve.org](http://www.schiffnaturepreserve.org)

## Schiff's Business Partners are Important Contributors to the Nature Preserve's Mission and Growth

by John Eade, Trustee

On one level, our group of local business partners contributes financially to Schiff's budget, helping our not-for-profit organization continue to care for our land, provide creative educational programs about ecology, wildlife, and sustainability, and maintain 12 miles of hiking trails for passive recreation.

On another level, several partners opt to contribute hours of time and resources working on volunteer projects and participating in community events, such as Corporate Volunteer Days and our recent Farm to Table benefit picnic.

The Schiff Business Partners for a Greener Community program (BPGC, for short) was formed five years ago as part of an effort by the Schiff Board to engage more local constituents and to broaden Schiff's reach beyond students, Scouts, hikers, and families. The BPGC program also helped diversify Schiff's fundraising sources beyond the traditional members, donors, and grantors.

The BPGC program roster has expanded to eighteen companies, including Alstede Farms, AVR Builders, Backer Farm, Chester Mendham Dental, Computer Advice and Services, Forlenza Landscape & Lawn Care, Mendham Garden Center, Naren Rajan DMD, Monterey Fine Foods, Peapack-Gladstone Bank, Professional Fine Painters, River Bend Farm, Robinson Drug & Compounding Center, The Maple Shop, The Pastoral Pig, Wet Ticket Brewing, Water Street Design, and Windswept Boutique.

BPGC partnership levels range from \$100 per year to \$5,000+ per year. Benefits to partners start at

valuable publicity – a listing or a news box on our website or an article in our Field Notes publication. They grow to include team-building volunteer days and guided hikes for groups. (As an aside, studies show that employees prefer to work for companies invested in charitable causes, especially when they are local.)

Marissa McDonnell, President of the Schiff Board of Trustees, said: "We are very grateful to the local businesses that have made a contribution to help Schiff achieve its success. Our Staff and Board members look forward to the Volunteer Days, and we have plenty of capacity for more new partners!"

## Schiff is Proud Benefactor of Scout Eagle and Gold Awards

This past summer, Ben Lowden of Boy Scout Troop 150 of Bernardsville and Gianna Giliana of Mendham Girl Scout Troop 4061 completed their Eagle and Gold Service Awards at Schiff. Ben Lowden's work on the McVickers project included the removal of roughly 250 square feet of invasive plant life, the installation of



replacement fencing along the parking lot, and the design and installation of an educational sign describing invasive plants that are a challenge to the preserve. Gianna Giliana's Survivalist project was inspired by her very own experience. After she and her sister got lost while hiking at Schiff, Gianna was inspired to learn more about how to survive in the wilderness. Gianna created an educational powerpoint presentation reviewing the basics of survival and presented it to this year's Summer Nature Program for Kids attendees. Each child was then given a backpack full of recommended items to have when hiking to be fully prepared should one need to survive in the wild. We are immensely grateful and proud of Ben and Gianna for their accomplishments and contributions to Schiff Nature Preserve.



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## Seasonal News: Stewardship, Preservation, & Wildlife

by Janis Slutsky, Trustee

Late summer into the fall is migration season and New Jersey is an important stop for many fliers. As part of its stewardship mission, Schiff provides a rest area for the journey. Look up into the sky during the fall and you will see a variety of eagles, hawks, and vultures that can be seen with a keen eye as they fly in large groups called kettles using the lift of air thermals.

Many song birds, particularly warblers, are nocturnal migrants but they can be seen during the day as they stop to refuel on the abundance of berries and bugs of the forest, stream, and meadow. Schiff's Mt. Paul Preserve is especially populated in the fall with these small but brilliantly colored birds.

Of course what would a migration discussion be without the Monarch Butterflies? Some of these amazing insects were born here on the Milkweed plants found in the Great Meadow and will make that incredible journey south to Mexico, feeding on the nectar of Goldenrod, Asters, and other fall wildflowers. The best way to help these orange and black beauties, whose numbers are declining, is to plant milkweed in your yard. This is the only plant they use to lay their eggs.

The Wandering Glider, the Spot-Winged Glider, and the Common Green Darner are species of dragonflies that migrate. These fierce mosquito eaters spend a good portion of their lives in a pond or lake as larvae, but a few adult species travel south to lay more eggs. We hope you're able to visit the trails of Schiff to experience the excitement of the natural world during the fall migration season.



## EHD Disease Devastating Local Deer Herd

Schiff, along with other state and local preserves, had witnessed 1 case of Epizootic Hemorrhagic Disease (EHD) and Bluetongue Virus (BT) in its local deer herd. The N.J. Division of Fish and Wildlife's Senior Biologist and the State's Forensic Pathologist, who are currently working to stem the spread of the disease throughout our state, were notified. We alerted our community of hikers and visitors hoping to inform and reassure folks that while the deer population has been affected, people need not be concerned for their personal health.

The symptoms of EHD that deer might display include difficulty standing, drooling, lethargy, respiratory distress, foaming of mouth or nose, and swelling of the face, tongue, and neck. The disease also causes a fever, so sick or dead deer are often seen in or near.

Neither the EHD nor BT viruses can be transmitted to people. Humans are not at risk by handling infected deer, being bitten by infected midges, or eating infected deer meat -- though the Division of Fish and Wildlife strongly advises against consuming meat from any game animal that appears ill.

EHD virus rarely infects domestic animals, while BT is a known disease of domestic animals, such as sheep, cattle, goats, and even domestic dogs. Officials recommend pet owners deter dogs from drinking from all standing puddles or small ponds which could be contaminated. For more information, please visit the NJ Fish and Wildlife website.

## Schiff is a Proud Benefactor of the Robert Wood Johnson Foundation President's Grant Fund of the Princeton Area Community



This past fall, Schiff was thrilled to hear that a local Schiff member had recommended Schiff Natural Lands Trust as a grant recipient to a donor-advised fund that Robert Wood Johnson Foundation (RWJF) established at the Princeton Area Community Foundation (PACF). Robert Wood Johnson employee, Brian Quinn, after enjoying a few years' membership, our trails and program offerings, proposed the grant be awarded to Schiff. Inspired by his own family's

appreciation for open space, Brian shared his personal connection to our organization, "My family and I live in Bernardsville, and we have enjoyed Schiff's educational and recreational activities over the years. I am hopeful this grant will help you continue your good work." Indeed it will! We are very thankful to Brian, RWJF and PACF for their commitment to the environment and community.



## Volunteers Make a Difference

Volunteers are an integral part of most non-profit organizations. In addition to our monthly Volunteer Days, which provide an opportunity to work side by side with our staff and board, joining the Schiff Volunteer group can be an entree into a deeper connection and commitment to supporting your local land trust. Here at the Schiff Nature Preserve, we appreciate the support of volunteer time and talent in the maintenance of our trails and buildings, supporting our special events and publicity efforts, and administrative projects. Schiff hopes to accomplish the following projects in 2022: preparations for Prescribed Burn, Maple tree tapping and line replacement, and the planting of several native trees within the preserve. Join us for some satisfying work knowing you are contributing to the health of your local nature preserve.

## Tips for Winter Hiking

Winter hiking is a fantastic way to get exercise and enjoy stunning winter wonderland views. However, winter hiking also presents challenges from inclement weather. Sudden or gradual temperature drops mean hikers must take some special precautions in order to hike safely. If you like to hike in the winter, use these tips to prepare for your hike:

### Watch The Weather

One of the most important considerations to make when hiking in any season, is to be watchful of the weather forecast in your hike area. The weather can change very quickly, and in extreme circumstances, result in unsafe conditions. Don't rely completely on your cell phone. Poor or no cell service can make it difficult to get weather updates and alerts while on the trail.

### Dress in Layers

When preparing for hiking in the winter, dress in layers. It's easier to take layers off as you get warm up than to put them on when you feel cold. Your outer layer should be a waterproof jacket or shell

that will keep rain and snow off you. Wearing performance clothing next to your skin works well because it will wick sweat away from your skin so that your skin stays dry and comfortable while you're hiking.

### Beware of Frostbite

The dangers of frostbite are insidious and develop much faster than you might think. Cold temperatures and wind chill combined increase the risk of developing frostbite, which can happen in less than thirty minutes in extreme conditions. Frostbite can affect your nose, ears, fingers, and toes. Losing feeling in your extremities and the presence of red or bluish white skin are some of the symptoms to be aware of.

### Stay On The Trail

For ecological and safety reasons, hikers should stick to marked trails. Hiking off trail increases the chances of getting lost, causing erosion, and disturbing wildlife habitat.

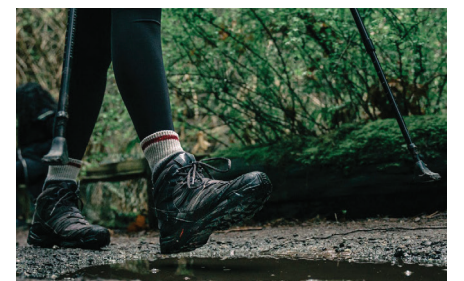
### Wear The Right Footwear

If hiking is a regular source of enjoyment,

investing in well-made shoes or boots designed for hiking may be a good idea. Shoes or boots with rugged tread are likely to provide better footing in adverse conditions. Spiked overlays or "yak trax" are also available to place over your boots to provide additional traction.

Lastly, don't forget the hiking basics: stay hydrated, bring or download a map, tell someone your plan, and pack a hat, extra socks, small first aid kit, map, water, a snack, and glove liners. Be safe and enjoy winter.

*This article was adapted from a piece created by Personal Injury Help (www.personalinjury-law.com). Nothing in this article should be construed as legal advice, and it is intended for informational use only.*



## Save the Date for Schiff's Maple Sugaring Event on Sunday, March 6, 2022

Each year, Schiff's Maple Sugar Program culminates after weeks of tapping and collecting sap from our many Sugar Maples. The evaporator gets set up and we begin the long boiling/evaporation process that results in maple syrup. The public is invited to gather for a hike to the maple grove,

see the evaporator at work, visit with our staff and board while we enjoy a variety of maple inspired treats and learn about the maple sugar industry from our partners at The Maple Shop. This is a very popular, all weather event, so plan ahead for winter weather and dress accordingly!