

GREENWAYS

Newsletter of
D&R Greenway Land Trust, Inc.
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Winter 2010

Seasons Greenings

The Gift of Nature

Clean water to drink... Farms that provide locally-grown food... Woodlands and meadows where birds and wildlife thrive... Places for children to play outdoors... Scenic views to enjoy... Trails where one can escape the hustle and bustle of daily life to benefit physical and spiritual health.... These are the Gifts of Nature.

We at D&R Greenway are grateful to all of our supporters and partners whose contributions help D&R Greenway preserve and care for land. Your gifts make a difference every day, as we work to permanently protect land, build connected greenways, restore ecological habitat, create and care for trails where people can reconnect with the beauty of nature, and inspire conservation through exhibits and programs at the Johnson Education Center.

We hope you enjoy hearing about how your support is put to work to create Gifts of Nature that benefit so many, now and forever. Thank you. ♻️

Two More Princeton Properties Preserved

The view in all directions is trees and boulders, the sounds are those of birds, wind and streams. These are nature's gifts: simple evocations of the complex, diverse ecosystems that are deep, wild woods.

"There is wilderness in Princeton," says Bill Rawlyk, D&R Greenway's Naturalist and Director of Land Preservation, "and D&R Greenway is working to preserve it."

Within the confines of Princeton Township are large tracts of mature woodlands that provide all the benefits of high quality open space—recreational trails, water quality protection, and wildlife habitat for vulnerable wildlife. Recently D&R Greenway facilitated agreements to preserve two critical properties that expand the protected bounds of these forests—the Trinity-All Saints' tract off of All Saints' Road, and land owned by Peter Hegener between Drakes Corner Road and The Great Road. Both transactions are expected to close by early winter 2011, adding 43 more acres to the 953 acres and 14 properties in Princeton already preserved by D&R Greenway with help from our partners.

"There are very few large tracts of land left in Princeton," notes Bill Rawlyk. "We're preserving two; both of them are

in the ecologically valuable Princeton Ridge." The volcanic diabase rock that underlies the Ridge supports unique woodlands. Each of these additions augments existing areas of extensive contiguous forest.

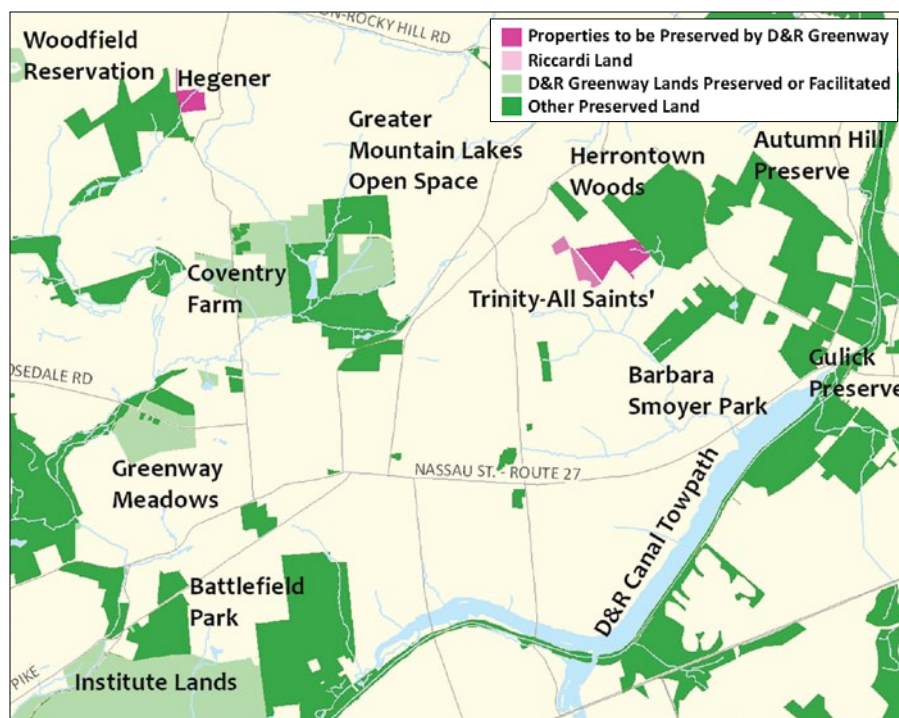
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Land Preservation Update

Since our founding in 1989, D&R Greenway Land Trust has preserved 228 properties valued at \$321,359,521. These properties encompass 14,591 acres—the equivalent of 22.7 square miles—an area about the size of Manhattan. D&R Greenway is responsible for the perpetual stewardship and management of the 50 properties we own and for monitoring 51 properties we protect by conservation and farmland easements.

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Princeton Properties

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As in a forest ecosystem, the simplest of outcomes result from complex interactions. In this case, the preservation of the two Princeton properties resulted from the efforts of many people and institutions, working together to seize the opportunity to make a significant regional impact. D&R Greenway's role was to "facilitate good outcomes," says Bill Rawlyk, by helping the parties find common ground on which to base agreement.

Princeton Township was instrumental in making both transactions happen, as were local foundations and individuals. According to D&R Greenway President Linda Mead, "The partnership among neighbors, Mercer County, Friends of Princeton Open Space and two important contributors—Tenacre Foundation and another private, local foundation—was critical to creating this gift of preservation that will benefit the community forever."

Building on the initial gift of preservation, the Church & Dwight Employee Giving Fund made a gift to D&R Greenway to enable the building of new trails on the Trinity-All Saints' tract near the Church & Dwight headquarters. This gift will make the newly-preserved land accessible to be enjoyed by the community.

The 35-acre Trinity-All Saints' Church property abuts the 150-acre Herrontown Woods, Mercer County-owned open space that boasts a network of trails. As part of the preservation arrangement, Princeton Township has agreed to take over management of most of Herrontown Woods from the county. Its trail system will be extended into the All Saints' property, which D&R Greenway will manage. Trinity Church and All Saints' Church, who jointly benefit from the preservation transaction, are selling this land to D&R



*Tulip poplar
(Liriodendron tulipifera)*



D&R Greenway trustees Phyllis Marchand and John Rassweiler, and President & CEO Linda Mead (right), are presented with \$8,000 to support trail-building on the Trinity-All Saints' tract by Matthew Wasserman representing the Church & Dwight Employee Giving Fund.

Greenway for about 65% of its fair market value, providing important financial support to the church community and at the same time contributing to the quality of the Princeton environment through a bargain sale.

The Trinity-All Saints' land is an outstanding addition to what is already a jewel in the Princeton area. Neither the All Saints' property nor Herrontown Woods has been timbered for many years. As a result, the extensive woods include countless giant, venerable specimens of trees that thrive in rocky soil typical of the Ridge—sweet gum, black birch, bigleaf aspens, musclewood, as well as oaks, hickories and tuliptrees. The huge black birches themselves are indicators of old growth forest, notes naturalist Bill Rawlyk, because "in a forest managed for timber the black birches are removed when they're young, since they grow so slowly, and are replaced by fast-growing oaks." As a deep interior forest (that is, one that is more than 600 feet wide), it supports birds that depend on old trees for food, such as the pileated woodpecker, and birds that nest in old forests including wood thrush and scarlet tanager.

A further benefit of preserving this land is that it is the critical link between the existing Princeton Township parkland and the Ricciardi tract that is being preserved by partners including Friends of Princeton Open Space, New Jersey Conservation Foundation and Stony Brook-Millstone Watershed Association along with the New Jersey Green Acres Program, Mercer County and Princeton Township.

The 6.2-acre Hegener property, while small compared with the Trinity-All Saints' site, also abuts a significant

existing forested public open space: the 100-acre Woodfield Reservation, managed (and owned in large part) by Princeton Township. Extending along a steep rocky ravine, the tract provides a critical buffer between Woodfield Reservation and the surrounding residential neighborhood, helping to protect wetlands and streams that are headwaters of the Stony Brook. Here, as in Herrontown Woods, the extensive protected woodlands with mature trees support birds that thrive in interior hardwood forests. On a recent fall visit, calls of migrating warblers were the only sounds heard in this woods that is so close but yet so far away from The Great Road in Princeton.

The site, which will be subdivided from a larger parcel that contains an existing dwelling, will be owned by Princeton Township, and merged into Woodfield Reservation. D&R Greenway will hold a permanent easement on this land, after facilitating its preservation solely with funds contributed by local residents. The owner of the land, Peter Hegener, is selling the land for 25% of its appraised fair market value, making a gift of a full 75% of the appraised value of the land. Recognizing this as a priceless gift, neighbors contributed a significant sum matched by Tenacre Foundation.

Neighbor Sophie Glovier, who led the neighbors in the fundraising effort, shares, "Each new piece of permanently preserved open space is a gift of nature which promotes the survival of native plants and the native wildlife that depends on them. As we are grateful to those who began preserving open space in Princeton decades ago, future generations will be grateful to us for continuing this important work." ❧

The Rawlyk Preserve: A Gift that Imagines a Better Future

The prairie grasses of the Rawlyk Preserve sing in the rising wind that cascades down the gently sloping hillside. At the bottom, water trickles through clumps of tall cattail, meanders through a chain of shallow ponds, and flows into the oak forest. Small birds flit back and forth in the woolgrass rimming the ponds. In the distance the white farmhouse, gleaming in the sun, is a steady beacon in a sea of waving red, brown and purple bluestem, Indian grass, and switch grass.

"From here it looks like it did when I was a kid growing up on the farm," says Bill Rawlyk. "But none of this was here."

The Rawlyk Preserve is a re-creation of a past that never was, a continuation of what has been, and the imagining of a future that was meant to be. It is the kind of place imagined by a painter, but it was created by nature, and given meaning by people.

For over 80 years—four generations—Rawlyks have farmed this Hunterdon County property. Bill, along with his younger sister, grew up here: taking care of the animals, driving a tractor, discovering the endless treasures that nature provided. "The nearest kid lived a mile away. I spent my time exploring the woods, fields and streams, watching wildlife. I loved finding things." In the natural world Bill also found a vocation, becoming the Director of Land Preservation and Naturalist at D&R Greenway Land Trust.

In the mid 2000s Bill's father began to consider selling the farm to support his retirement. Bill wanted to help him achieve this goal; and he wanted to preserve the family heritage for the next generation, his niece and nephew. Moreover, he wanted to give back to the land what he had received. "Through my experiences here, the land became part of me." So he gave to nature the gift of a better future—by preserving land and restoring habitat.

The farm is part of a critical ecosystem. Over 300 acres of deep woods along its borders support forest-dwelling birds and shelter wetlands that are headwaters of the Lockatong Creek. Over decades, the farm fields had become a conduit for stormwater runoff, pesticides and fertilizers. Bill Rawlyk envisioned transforming the farm—into meadows and shallow wetlands to filter runoff and provide habitat for diverse wildlife.

Partnering with the NJ Green Acres Program and D&R Greenway Land Trust, the Rawlyks' multiple goals became reality. The Rawlyks sold about 60 acres of land to the state at a below-market price, and D&R Greenway agreed to manage the property for habitat. The Rawlyks also



Beginning the work of transformation from a sod field into a vernal pond

donated \$25,000 to D&R Greenway's Stewardship Fund, to help ensure that the land will be cared for in perpetuity, and to set an example for other landowners to follow. Linda Mead, D&R Greenway's President, talks about the property's long-term stewardship, "We saw the opportunity to act as stewards of the preserved Rawlyk farm as a way to protect headwaters, restore native grasslands and create an important visual demonstration for owners of similar lands."

In a 2-acre corner of the field, the Rawlyks constructed a shallow wetland that feeds the Lockatong headwaters. Consisting of small connected ponds planted with grasses and wildflowers, the wetlands were

an immediate hit with local wildlife. The ponds disappear in summer before fish can move in, so they attract amphibians that breed in vernal pools. "The noise from the spring peepers is deafening," says Bill Rawlyk. Spotted salamanders, wood frogs, and spotted turtles also find their way to the wetlands. "They've expanded their habitat from the adjacent woods." In summer, shorebirds flock to the mudflats that the ponds become.

The Rawlyks also converted 45 acres of sod into meadows, planting native grasses. The grasses are harvested for hay

by a local farmer. A nearby landowner is planning to restore grasslands. A larger mosaic of such meadows is established in the area, they'll become more attractive to breeding grassland birds.

Much of the surrounding woodlands will also be preserved, which will further enrich the landscape. "When I was growing up, I would explore the neighbor's fields. Now some of those fields, left alone, have grown into woods," says Rawlyk.

The Rawlyk Preserve is open to the public. Trails enable visitors to experience nature's gifts: the beauty of the woods, the music of the meadows, the joy of a wetland spring. ♡

Painting the D&R Greenway Landscape: An Artist's Gift of Fourteen Watercolors

Fred Gardner's watercolors of the Rawlyk Preserve celebrate the uniquely intimate light of a working landscape where meadows meet woods and give way to water. Over the past year, Fred has created paintings of D&R Greenway preserves, recently displayed in a special exhibit at the Johnson Education Center. Fred donated these paintings to support the work of D&R Greenway.

With his wife, Gael, Fred is actively involved in conservation and land preservation. The couple lives on a 56-acre farm in East Amwell that they preserved in 1998. Fred has played a significant role in East Amwell's preservation of approximately 10 square miles of farmland and woodland.

Nature inspires Fred to paint. He retired in 1993 at the age of 59 with the intention of enjoying a non-professional second career as an artist. Fred remarks, "I'd be delighted if my paintings inspire people to experience nature firsthand by taking a walk at a D&R Greenway preserve." ♡



Restored Wildlife Habitat on the Rawlyk Preserve, by artist Fred Gardner

Poets and Public Gather to Dedicate a Gift to the Community— The Scott and Hella McVay Poetry Trail

In the golden light of a breezy autumn afternoon, about 200 people witnessed the dedication of the Scott and Hella McVay Poetry Trail in Princeton's Greenway Meadows park.

Inspired by Nature and the human voice responding to its wonder, Scott and Hella McVay chose to create the Poetry Trail for the benefit of the community. The Trail includes 48 signs with poems written by poets from Chile, China, England, Germany, India, Ireland, Japan, Mexico, Native American culture, Persia, Poland and the United States. U.S. Poets Laureate, Nobel Laureates in Literature, Pulitzer Prize winners, a few "immortals" and a comparatively unknown or two are represented. The common thread is the poet's close read of some aspect of the natural world.

"The idea of the trail has been on our minds for a while," Scott and Hella explained. "We wanted to salute what men and women at different times and places have gleaned from nature. The hope is to stir in the young a joy of language and poetry and to quicken the interest in others and move the visitor to want to know more ... about the poet and his or her other works or about the subject—the wonder and beauty of nature."



Scott McVay receives a Proclamation from the New Jersey State Legislature commemorating the McVays' gift of the Poetry Trail, presented by D&R Greenway Board Chair Rich Goldman

The mile long loop trail starts at the bottom of an allée of century-old sycamore trees, ascends the hill and traverses Greenway Meadows park, then circles back on the lower trail. The poems are displayed on signs designed and constructed by Zienowicz Signs in Trenton. Strategically-placed cedar benches hand-hewn by David Robinson of the Natural Edge, also in Trenton, invite the visitor to ponder the relationship between poetry and the natural world.



Colorful poetry flags, sewn by Hella McVay, wave in the breeze at the commencement of the Scott and Hella McVay Poetry Trail

The October 17 dedication ceremony began with an invocation by renowned musician, composer, and celebrant of the creatures and cultures of the Earth, Paul Winter, playing his inimitable soprano saxophone.

Several "Poets of the Trail" read their own works and those of colleagues. Jim Habu read the late Lucille Clifton's *earth* and his *Eating the Whole Apple*, followed by Penny Harter with *Owl Dream*, Gerald Stern with *Your Animal* and Mary Delia with *Vacant Land*. Educator Wei-ling Wu read poems of Li Po and Chuang Tzu in Chinese and in translation and poet Nupur Lahiri, read a poem of Rabindranath Tagore, noting his prolific and amazing works.

Pulitzer Prize-winning poet Paul Muldoon, professor of creative writing and chair of the Princeton University Lewis Center for the Arts, read his translation of Charles Baudelaire's *The Albatross* and *The Hedgehog*.

Board Chair Rich Goldman commented, "This day will stand out for me as one of the perfect days in all my time with D&R Greenway."

D&R Greenway Land Trust preserved the 55-acre Greenway Meadows park in 2001, in partnership with the NJDEP Green Acres Program, Mercer County, Princeton Township and Princeton Borough. Private funding to complete the preservation was provided by Bristol-Myers Squibb and dozens of local families. The McVays funded the construction and installation of the poetry signs and benches along the Trail and provided a charitable gift annuity to D&R Greenway to ensure their upkeep; Princeton Township will care for the physical trail as part of general park maintenance.

According to D&R Greenway President Linda Mead, "Art, music and

poetry, drawn from the study of nature, help people understand the importance of protecting and caring for the environment because they reveal the natural world to their audiences in new ways. They touch both the heart and the mind. We are thrilled to be a part of the Scott and Hella McVay Poetry Trail and hope that everyone who experiences it will be inspired to do more to preserve our region's natural lands and farms."

Focal points of the dedication ceremony were colorful Tibetan prayer flags, hand-made by Hella, which snapped and fluttered in the wind. Traditionally, prayer flags are used to promote peace, compassion, strength, and wisdom. The flags do not carry prayers to "gods"; rather, the Tibetans believe the prayers and mantras will be blown by the wind to spread good will and compassion into all pervading space. They are thought to bring benefit to all.

In his remarks, Princeton Township Mayor Bernie Miller echoed the sentiments of the prayer flags. "The Poetry Trail brings together for our enjoyment the wonders of nature and human creativity in a very unique way. On behalf of the residents of all of Princeton, I want to say "thank you" to Scott and Hella McVay for this wonderful addition to Greenway Meadows park."

Two of the McVay's grandchildren, Matthew Hughes and Tess McVay, cut the green ribbon to open the trail. On the many following lovely autumn days, many, many individuals (with and without their four-legged companions) have been drawn to Greenway Meadows park, walking, contemplating and enjoying the wonderful gift that is the Scott and Hella McVay Poetry Trail. ♡



Grandchildren Matthew Hughes and Tess McVay with Hella McVay



World-renowned musician Paul Winter opens the dedication ceremony for the Scott and Hella McVay Poetry Trail with the music of nature



Dr. Nupur Lahiri represents India in colorful dress as she sings Nobel Prize-winner Tagore's poetry



First New Jersey Poet Laureate Gerald Stern reads his poem, "Your Animal"



West Windsor-Plainsboro teacher Wei-ling Wu reads poetry in English and Chinese

Planning Ahead Assures a Gift of Nature

Far below the waters of the D&R Canal rest the earthly remains of men who labored to build it. They gave to future generations a place of peace and serenity, a haven for wildlife, a ribbon of open space—yet none likely had such gifts remotely in mind.

The D&R Canal brought these gifts of nature to Megan Thomas, long after it had ceased to serve its original purpose. Megan discovered the canal's beauty as a new resident of Griggstown; it led her to appreciate the importance of preserving open space. Ultimately, it led her to D&R Greenway Land Trust, where she has served on the Board and currently co-chairs the Planned Giving Committee. An attorney at Stephens & Lee, in the trusts & estates and charitable planned giving practice, Megan specializes in advising clients on making bequests to organizations.

True to her love of nature, and with an intimate knowledge of D&R Greenway and the benefits of estate planning, Megan Thomas has given just such a gift to D&R Greenway, by including a charitable bequest to D&R Greenway in her will.

"For most people a charitable bequest is the most significant gift we can make

to an organization we've supported during our lifetime," says Ms. Thomas. Typically, people use financial resources first to provide for their own needs and those of their family, and only secondarily for charitable donations. The ability to make substantial financial donations is usually much greater through a will than it is during one's lifetime. "Once you're confident that your children are well-provided for, and are competent adults, you can provide a bequest for the charitable organization." A charitable bequest gives the estate a tax deduction, leaving more for other beneficiaries.

Megan shares, "You're never too young for estate planning." Megan herself is only in her 50s, and still has children at home.

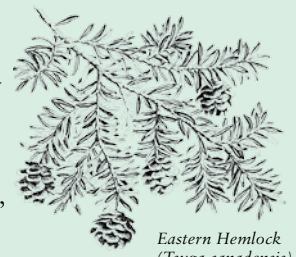
A bequest is literally the ultimate gift, one the donor makes without knowing the final form its benefits will take—be it preservation of farmland and natural areas, stewardship of the land, building of new trails, or conservation programs at the Johnson Education Center. But what is predictable is that a bequest to D&R Greenway will always be a gift to nature. 🌲

Founding Members of D&R Greenway's EverGreen Circle

Those individuals who ensure our future through planned gifts are recognized—now and forever—in D&R Greenway's EverGreen Circle.

This special recognition circle was created in 2009 to honor donors who have remembered D&R Greenway Land Trust in their wills or revocable trusts, or who have made a planned gift through a charitable gift annuity, their retirement plan, or through other means.

Please consider joining with these foresighted supporters. Your thoughtful generosity will "keep on giving" to advance D&R Greenway's land preservation and stewardship mission for generations to come.



Eastern Hemlock
(*Tsuga canadensis*)

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William M. and
Linda Swain
Megan E. Thomas
Ted and Penny Thomas
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🌲 Deceased

2010 Business Partners in Preservation

We are especially grateful to our Business Partners in Preservation who share their resources to support our mission. These local businesses and corporations clearly demonstrate their appreciation for the natural lands, farms and open spaces that shape the character of our region. D&R Greenway encourages our supporters to patronize these businesses in appreciation for the investment they, in turn, have made in the quality of life in our communities.

January 1, 2010-December 9, 2010

LEADERS (\$10,000+)

Bristol-Myers Squibb Company
PSEG Services Corporation
Roma Bank
TGS Management Corp.
Tyco International, Ltd.

CONSERVATORS (\$5,000+)

Church & Dwight Employee Giving Fund
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RBC Foundation – USA
The Glenmede Corporation, Matching Gifts Program

New Curator Named for D&R Greenway's Marie L. Matthews Gallery

The Marie L. Matthews Gallery was named in honor of Marie by her children. A noted photographer, Marie loved the beauty of nature. Her photographs grace the stairway of the Johnson Education Center, complementing the solid beams and natural wood of the restored barn.

The gallery is unique in showcasing artists under an umbrella theme, such as agriculture, trails and water. Exhibits have focused on special geographies, including the Hamilton-Trenton-Bordentown Marsh and the Sourlands. Visitors are inspired to action—in the form of personal commitment, financial support and volunteerism. Informative panels and maps encourage visitors to take a walk and enjoy the world of nature on preserved land.

Since 2007, D&R Greenway has showcased mission-related art on a continual cycle of four or more exhibits annually. Founding curator Jack Koepfel brought a perfect blend of personal interests in open space and historic preservation along with his talents. He curated over a dozen shows at the Marie L. Matthews Gallery, building a reputation for strong art accompanied by a powerful educational message.



New Curator Diana Moore with founding Marie L. Matthews Gallery Curator Jack Koepfel

Ilene Dube, freelance writer and former editor of *Time Off for Packet Publications*, speaks of her experience reviewing exhibits, "Jack does everything, top to bottom, with utmost care. He knows the best artists in central New Jersey and Bucks County, and has cultivated a deep rapport with them. He visits their studios, selects work and creates a narrative within the gallery with his thoughtful placements. He speaks eloquently and passionately about this art, to the point of bringing tears to your eyes." Ilene continues, "The exhibitions at D&R Greenway are always a must-see for

'Our Countryside' Exhibit supports D&R Greenway

Art by Mary Waltham exhibited at Small World Coffee

Small World Coffee, 254 Nassau Street in Princeton hosts 'Our Countryside,' an exhibition of paintings inspired by the countryside around Princeton.

Meet artist Mary Waltham at the opening reception on Friday, January 7, from 5:30 to 7:30 p.m. The exhibit may be viewed throughout January at Small World Coffee, open seven days a week.

The artist will generously donate proceeds from all sales to D&R

Greenway Land

Trust, recognizing the gifts of nature that we make possible as one of New Jersey's foremost land preservation and conservation organizations. If you see something you like, take it home where you can enjoy it every day while supporting D&R Greenway's mission. ♻️



me, as they embody the mission of land preservation. As we negotiate our busy lives, these exhibits remind us to look through the artist's lens and be reminded of the beauty in nature."

We are fortunate as Jack steps down to have found Diana Moore whose first exhibit at the Marie L. Matthews Gallery in January will bear her signature. Diana has reached out to new artists, seeking to create a multi-media experience with sculpture, silk screens, paintings and photography. Diana received her Bachelor of Art from Princeton University in Medieval Art History, and her Master of Contemporary Art from the University of Manchester through Sotheby's Institute of Art. She is excited to work with Jack as her mentor, marrying the unique gallery space and mission with a visual experience. "Jack has created an incredible space for artists to express the spirit of D&R Greenway and to visually capture the preserved lands that inspire all of us. Through their vetted skill and charm, the talented artists who have shown at the gallery have brought new people and new energy to the steady progress of this excellent organization." ♻️

Experience the Gift of Nature for Yourself

New Art Exhibit Opening: Beauty of Biodiversity: Birds, Bees, and Butterflies

January 10–March 25, 2011

Opening Reception: Friday, January 14, 2011, 5:30–7:30 p.m.

More than vibrant colors, melodious sounds, and sweet honey, birds, bees, and butterflies are ecological bellwethers of environmental health. Water quality, native biodiversity, and adequate spaces in which to flourish determine their well-being. Walk through gallery rooms surrounded by art of the “Forest,” the “Meadow,” and the “Grasslands” of New Jersey. Discover how D&R Greenway Land Trust is acting as land steward for the places that these creatures call home.



Indigo Bunting
(*Passerina cyanea*)



Monarch butterfly
(*Danaus plexippus*)

Family-Friendly Butterfly Talk

Thursday, January 27, 6:30–8:30 p.m.

Award-winning author and butterfly expert Rick Mikula will teach us how butterflies interact with the plants in the meadows and grasslands that sustain them and talk about *how you can play a vital role* in ensuring that these habitats meet the nutrition, shelter, and connectivity needs to support a butterfly population that will continue to give us beautiful delights for all the senses.

The Business of Bees

Wednesday, February 16 from 6:30–8:30 p.m.

Learn about the importance of native bees in the pollination of New Jersey flora from Rutgers University professor Rachael Winfree. Rachael has received numerous awards for her research on bees. Her current work focuses on how native bees are affected by global environmental change, and on ecosystem services provided by native pollinators. She is an accomplished author whose writing has been published in *Ecology*, *Ecology Letters*, and *American Naturalist* among other journals. Her Ph.D. is from Princeton University and the majority of her research is conducted in New Jersey.



Bumblebee (*Bombus* sp.)



Great Blue Heron
(*Ardea herodias*)

Winter Waterfowl Tour of Mannington Meadows

Saturday, February 19, 9:00 a.m.–4:00 p.m.

Join D&R Greenway Naturalist Bill Rawlyk on a full day field tour to spot great blue heron, pintail, black duck, ruddy duck, widgeon, snow geese, northern harrier, and possibly rough legged hawk, in this internationally-important bird habitat. You'll meet local landowners who have protected over 2,600 acres of land with D&R Greenway. As an added bonus, you're sure to spot an eagle or two!

Call D&R Greenway at 609-924-4646 to learn more
and to register for these Gifts of Nature events.

D&R Greenway Land Trust, Inc.

D&R Greenway Land Trust, Inc., is a regional, 501(c)(3) nonprofit land conservancy dedicated to the preservation and stewardship of open space throughout New Jersey.

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illustrations, Heather Lovett

writing and editing, Susan Charles

photographs (Poetry Dedication)

Jim Heidere, Mary M. Michaels,

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Announcing Yoga Classes in the Soaring Space of the Johnson Education Center

Enjoy the Gift of Health in the New Year. Be refreshed and inspired by an evening of yoga surrounded by nature-related art in the soaring space of the Johnson Education Center.

Offered for the first time in this unique setting, Integrated Yoga Therapist and Registered Yoga Teacher Kimberly Paul will lead two classes, Vinyasa Yoga and Gentle Yoga.

Kimberly has taught and studied yoga in this country and abroad for fourteen years. Kimberly is also a certified holistic nutritionist. In her practice, Kimberly focuses upon staying aligned with nature. Participants leave her yoga sessions refreshed, restored and renewed.

D&R Greenway's restored barn provides a solid yet ethereal setting for yoga practitioners of every level. Classes will take place beneath the lofty ceiling of the upstairs RWJ Auditorium.

Beginning January 17, 2011, two six-week classes will be offered on Monday evenings: Vinyasa Yoga, all levels, from

6 to 7:25 p.m.; and Gentle Yoga, from 7:35 p.m. to 9 p.m.

Vinyasa yoga begins with warm-up, moves through heat-and-energy-building poses, and segues into seated postures and inversions. Vinyasa yoga increases concentration, flexibility and strength, as well as leading to a deep meditative state.

All levels are welcome—each posture includes modifications for beginners as well as advanced asanas/poses. The sessions from 7:35 p.m. to 9 p.m. are designed for students who prefer a slower pace. Gentle Yoga focuses on deep even breathing and relaxation, with an increased ability to manage stress.

The participation fee is discounted at \$90.00 for the entire series, or \$16 per class for individual attendance. Participants are requested to bring their own mats, although a few will be available for purchase.

Please call D&R Greenway at 609-924-4646 to register for the full series or to inquire about individual classes by January 12. ♻️



Volunteers Avril and Diana Moore, and JoAnne Stransky, joined Carolyn Edelmann to design a "Seasons Greenings: Winter Walks" tree with images of D&R Greenway preserves for Morven's Festival of Trees.

Visitor Anna Malsbury shares, "I like the D&R Greenway tree. It makes you appreciate the natural beauty of New Jersey."