

# Gateway

National Park Service

U. S. Department of the Interior



## Visitor Programs and Events

Spring, 2020

### Staten Island, New York



*Multi use path at Great Kills Park .*

#### Nature and art as therapy

Many researchers say that ecotherapy (also known as green or nature therapy)—a term coined by Howard Clinebell in his 1996 book of the same name, can have regenerative power, improving mood and reducing anxiety and stress. Certainly this is known by millions of hikers, birders, anglers and nature lovers. And did you know that there's a natural antidepressant in soil? A micro-organism called *Mycobacterium vaccae* is found to mirror the effects on neurons that drugs like Prozac provide—which may explain why the knee-busting, back-breaking labor of gardening is pursued so avidly. While we did not need the scientific research to support what we already knew, it is nice to have it corroborated – but anyone who has taken a walk in the park or gardened could have told you that.

Many park visitors enjoy going to the next level by combining outdoor activity with poetry, guided meditation, art and yoga, and we have offered these programs at all three units for a long time.

At Jamaica Bay there are numerous hikes, walks and strolls will get you out into nature and include yoga. Check the JBU Program Guide for “Yoga with Rebecca,” get your mat out and come on down.

At Staten Island there are several Arts & Crafts programs, so if this kind of meditative reflection appeals to you check the offerings and join us. Also, our walks and hikes, as well as beach sweeps will get you involved in being outside and exercising productively.

At Sandy Hook we have a new program offered by Mary Gambarony, an art therapist and artist. She has been serving Monmouth and Ocean counties since 1993. Her art therapy practice is based on the belief that the crea-

tive process promotes and sustains healing, growth and well-being in, individuals, groups, and communities. Mary’s art therapy work has included chronic/terminal illness, bereavement, abuse, trauma, disaster recovery, promoting workplace wellness and art therapy education. She is the manager of art therapy in, oncology at Riverview Medical, she operates a private practice in Red Bank, NJ, and creates art in her studio Heart4Prints. Join us for Mary’s program “Bringing Art to Life,” offered on May 31.

Check all three units of the Program Guide for these and many other events and remember that a walk in the park may help rejuvenate your sagging spirit, improve your mood, and help relieve stress.

Have a wonderful and safe spring, and enjoy Gateway, your National Park.

## Recurring programs

### Afternoons at Mont Sec House

Fort Wadsworth, 112 A Mont Sec Avenue  
First Thursdays: March 5, April 2, May 7  
1 PM - 3 PM

Experience historic Mont Sec House through the letters of an officer's wife. Spend an afternoon touring the house and discover how an officer and his family lived and played in the fort and New York City during the nineteenth century. For information email [diane\\_wulff@nps.gov](mailto:diane_wulff@nps.gov).

## Programs and events

### Fort Tour and History Walk

Fort Wadsworth Visitor Center  
Sunday, March 1  
2:30-4:00 PM

Join us for a 1.5-hour hike at Fort Wadsworth as we explore both the natural areas and the remnants of the former harbor defense system. Inclement weather will cancel the program. Reservations required. Call 718-354- 4655. ♥ 2 miles.

### Arts & Crafts

Ft. Wadsworth Visitor Center  
Saturday, March 7  
10 AM

Join us for an afternoon activity as we build a sand castle lighthouse. Supplies will be provided, and all ages are welcome. Space is limited so reservations are required. Call 718-351-6970 or send an email to: [earnestine\\_robinson@nps.gov](mailto:earnestine_robinson@nps.gov).

### Story Hour — FOR KIDS

Mont Sec House  
Fort Wadsworth,  
112 A Mont Sec Avenue  
Saturday, March 21  
1 PM – 3 PM

Children are invited to join us for a nineteenth century Story Hour at Mont Sec House. Tour the turn of the century historic house and enjoy listening to a story read by a Park Ranger in period clothes. Complete your visit with a craft to take home. Siblings of all ages are also welcome. For information email [diane\\_wulff@nps.gov](mailto:diane_wulff@nps.gov).

### Arts & Crafts

Fort Wadsworth Visitor Center  
Sunday, March 22  
10 AM

Join us for an afternoon activity as we build wooden bird houses. Supplies will be provided, and all ages are welcome. Space is limited so reservations are required. Call 718-351-6970 or send an email to: [earnestine\\_robinson@nps.gov](mailto:earnestine_robinson@nps.gov).

### Stargazing

Amateur Astronomers Association of New York  
Great Kills Park-parking lot A  
Saturday, March 28  
7:30 - 9:00 PM

The Staten Island Chapter of the Amateur Astronomer's Association hosts public stargazing at the main parking area, Lot A. Inclement weather will cancel this program.

### Arts & Crafts

Fort Wadsworth  
Saturday, April 4  
10:00 AM

Join us for an afternoon activity as we build wooden bird houses. Supplies will be provided, and all ages are welcome. Space is limited so reservations are required. Call 718-351-6970 or send an email to: [earnestine\\_robinson@nps.gov](mailto:earnestine_robinson@nps.gov).

### Fort Tour and History Walk

Fort Wadsworth Visitor Center  
Sunday, April 12  
2:30-4:00 PM

Join us for a 1.5-hour hike at Fort Wadsworth as we explore both the natural areas and the remnants of the former harbor defense system. Inclement weather will cancel the program. Reservations required. Call 718-354- 4655. ♥ 2 miles.

### Tell Me: About a Civil War Soldier/Nurse —FOR KIDS

Fort Wadsworth Visitor Center  
Thursday, April 16  
1 PM – 3 PM

Children, ages 8 to 12, join a ranger during Spring Recess, to learn about soldiers and nurses during the Civil War. What did they carry? What did they eat? What did a soldier think about while living in Fort Wadsworth. Come to the program and find out! Afterward, weather permitting, take a brief tour of Fort Tompkins with a ranger. For information email [diane\\_wulff@nps.gov](mailto:diane_wulff@nps.gov).

### National Park Week and Volunteer Week Community Beach Cleanup

Fort Wadsworth Visitor Center  
Sunday, April 19  
11:00-1:30 PM

Working with Natural Resources Protective Association (NRPA) for a shoreline cleanup. We will meet at the Visitor Center and then drive to the beach. Decorate and keep canvas bags to celebrate the new plastic bag ban helping to prevent litter in New York State, where over 23 billion plastic bags are typically used each year. Bring gloves and water. Call 718 354-4655 for questions and reservations.

### Stargazing

Amateur Astronomers Association of New York  
Great Kills Park-parking lot A  
Saturday, April 25  
7:30 - 9:00 PM

The Staten Island Chapter of the Amateur Astronomer's Association hosts public stargazing at the main parking area, Lot A. Inclement weather will cancel this program.

### National Park Week – Marine Biodiversity and Beach Cleanup

Fort Wadsworth Visitor Center  
Sunday, April 26  
12 PM – 2 PM  
Celebrate the local National Parks and help keep it beautiful. Meet at the Visitor Center, then drive to the beach (one-minute driving distance). Learn about marine biodiversity and natural habitats. Bring water and dress appropriately; work gloves will be supplied. Call 718 354-4655 for details.

### Stargazing

Amateur Astronomers Association of New York  
Great Kills Park-parking lot A  
Saturday, May 2  
8:00 - 9:30 PM  
The Staten Island Chapter of the Amateur Astronomer's Association hosts public stargazing at the main parking area, Lot A. Inclement weather will cancel this program.

### Courtesy Vessel Check

### National Safe Boating Week

Great Kills Park- Boat Launch  
Parking Lot  
Saturday and Sunday, May 16 and 17  
8 AM—4 PM  
The United States Coast Guard Auxiliary will perform a Vessel Safety Check (VSC) on your boat which usually takes 15 to 30 minutes. For questions call 551-233-9720.

### “Zinnia’s Garden” Story Hour —FOR KIDS

Mont Sec House  
Fort Wadsworth  
112 A Mont Sec Avenue  
Saturday, May 16  
1 PM – 2 PM

Children are invited to join us for Spring Stories at Mont Sec House. Enjoy listening to a story read by a Park Ranger and complete your visit by potting your own plant to take home. For information email [diane\\_wulff@nps.gov](mailto:diane_wulff@nps.gov).

—see overleaf

## **Fleet Week and the Parade of Ships**

Fort Wadsworth Overlook-Park at the Visitor Center Lot  
Wednesday, May 20

Time: TBD

View the beginning of Fleet Week with the Parade of Ships and identify the different ships and vessels as they pass under the Verrazano-Narrows Bridge.  
Beach walk, art project and fort tours will be available.

## **"Make do and Mend"—FOR KIDS**

Fort Wadsworth Visitor Center  
Sunday, May 24  
1 PM – 2 PM

Help us honor Memorial Day, by remembering World War II. Families were limited in what they could buy, even food was rationed and they had to "make do". Learn about life on the home front by perusing artifacts from the period. There will be activities for children as well. For information email [diane\\_wulff@nps.gov](mailto:diane_wulff@nps.gov).

*—end of listings—*