



From the Potting Shed

October 2013

Master Gardeners of Bergen County



Diggin' In ~ Garden Tool Maintenance Presented by Pamela Davis Tuesday, October 22 7:30 PM

County Administration Building
One Bergen Plaza, Hackensack
1st Floor Multi-Purpose Meeting Room
(Home of the County Extension Office)

Refreshments at 7pm; Announcements at 7:20pm

Ever wonder how to *properly* take care of those garden tools you depend upon? Keep your pruners sharp? Keep your favorite spade rust free? Join your fellow Master Gardeners to learn about the care of short and long handle tools, hand pruners and shears, lightly tread on push mower maintenance, and, develop a working knowledge of pre-, mid- and post-season tool maintenance. Pam Davis will also explore the care of tools that are often overlooked.

Pamela Davis is a passionate gardener. Pam loves to share her knowledge of gardening by educating and empowering children and adults through environmentally sound and sustainable practices from seed to pantry (and everything in between). As an independent consultant Pam offers workshops and training classes which include, but are not limited to, community, school and urban gardening (and all topics within).

Pamela holds certificates in Gardening, Ornamental Horticulture, and Flower Garden Design from the New York Botanical Garden. She is a Master Gardener, certified through Cornell Cooperative Extension (CCE) of Westchester County, a certified Master Composter through Bronx Green Up and the Department of Sanitation NYC, and a Just Food Trainer with Just Food City Farms NYC. In 2012, Pam completed training as a Master Food Preserver at CCE - Orange County, NY.

Ms. Davis is also an instructor within children's education at the Ruth Rea Howell Family Garden and a trainer within the Institute for Teacher Training, both of the New York Botanical Garden. Ms. Davis also holds a Bachelor of Science in Marketing from the Fashion Institute Technology, New York.

Cans for Community ~ Master Gardeners Helping our Neighbors in Need!

Do you know the number of people helped by the Center for Food Action (CFA) has jumped over 50% since 2008? Take a minute to look at a sampling of CFA's 2012 client numbers by community compared to 2011. These statistics represent the number of families who received a "Seven Day Emergency Food Package."

Town	2012	2011
Alpine	10	5
Elmwood Park	1485	1068
Harrington Park	19	0
Lodi	2749	1945
Paramus	433	332
Wyckoff	295	71

Can you help the Master Gardeners of Bergen County reach a goal of \$200 and 200 bags of groceries during our 2013 -2014 program year? If so, please consider bringing a non-perishable food item to our monthly meeting. If you prefer to donate a gift card or make a financial contribution (checks payable to the Center for Food Action), please leave such donations with Tracey Fraser.

Thank you Master Gardeners for your on-going support of Cans for Community!

Link to [NYBG's](#) calendar of events
 Link to [Wave Hill's](#) calendar of events
 Link to [Frelinghuysen Arboretum](#) events

Classes at NYBG this Fall
[NYBG classes](#)





From the President's Garden

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 Cooperating Agencies: Rutgers, the State University of
 NJ, US Department of Agriculture, and Bergen County
 Board of Chosen Freeholders. Rutgers Cooperative
 Extension educational programs are offered to all
 without regard to race, religion, color, age, national
 origin, gender, sexual orientation or disability. Rutgers
 Cooperative Extension is an Equal Opportunity
 Employer.

Dear Members,
 How nice it was to see everyone after the summer
 break.

I'd like to extend a great big thank you to Virginia
 Korteweg for hosting this year's Annual Picnic and
 treating us all to a delightful afternoon of fun and food in
 her beautiful garden. The weather was beautiful that
 day. I'd also like to thank Albina Daukantas, who
 designed the centerpieces, and her committee: Pat
 Fromm, Fran Langendoen, Charles Maietta, Barbara
 Pisacane, and John Walters.

The graduation ceremony for our class of 2013 was held
 on Sept. 21st at the James A. McFaul Environmental
 Center. We welcomed 34 new Master Gardeners and
 are delighted to have these hardworking, dedicated
 people in the Master Gardeners of Bergen County. Each
 graduate is invited and encouraged to join a committee
 and to work at a site. It's a good way to learn about the
 organization and to meet other members.

At our October 22nd meeting, we will have a ceremony
 to give our 2013 graduates their Master Gardener pins. I
 hope you will all come to the meeting to share this
 special evening with them.

Thank you to the members from the class of 2012 who
 provided the buffet lunch after the graduation ceremony.
 Donna Faustini and Judy Donovan chaired the
 committee and the results were delicious. The
 committee members were: Hank Annunziata, Linda
 Bader, Albina Daukantas, Joan Kenney, Margaret
 Kenter, Fran Langendoen, Serpil Leveen, Freddy
 Levitan, Bill Gilligan, Steve Gobbo, Dale Heidelberg,
 Edda Kacprzak, Dale Muto, and John Walters. And a
 special thank you to Albina for her outstanding floral
 design work.

This continues to be a busy time of year. The Bergen
 County Fair takes place at the Overpeck County Park on
 September 28 & 29th. The Master Gardeners will have a
 tent filled with the displays from the Class of 2013.

The State Fall Conference will be held at Rutgers
 University on October 5th. It is a time of learning and
 recognition. For the first time, a newly created 25 year
 service pin will be given out. Bergen County is one of
 only 2 counties statewide to have members who qualify
 for this award. Nancy Bristow and Janet Schulz will be
 receiving the 25 year service pin. Also, in recognition of
 their body of work in and around Bergen County, Lucy
 Malka and Virginia Korteweg will receive the Award for
 Excellence.

Looking forward to seeing you at the October meeting.

Karen

The October Garden Club Grapevine (a very busy month)

- Oct. 3** **7:30pm Garden Club of Harrington Park**, Harrington Park Library, 10 Herring St.
Topic: "The Unusual's From Woody to Herbaceous", will introduce specimen trees, shrubs and perennials which are hardy to zone 6 but not often used in the Landscape; Speaker: Horticulturist Lucy Smith.
- Oct. 4** **2pm Demarest Garden Club**, United Methodist Church, 109 Hardenburgh Ave, Demarest
Topic: "Keeping Varmints out of Your Garden"; Speaker: Ray Edel, writer for The Record, author and master gardener. Learn tips to discourage unwanted animals from your garden. Open to the Public. Refreshments Served.
- Oct. 7** **7pm Sun Dial Garden Club**, Meadowbrook Elementary School, 50 Piermont Ave., Hillsdale
Topic: Nativelicious: Gardening with Edible and Ornamental Plants"; speaker: Kim Eierman, certified horticulturist and founder of Ecobeneficial!
- Oct. 8** **6:45pm Ramsey Area Garden Club**, at Lutheran Church of the Redeemer, 55 Wyckoff Ave, Ramsey
Topic: Debbie will give us valuable tips on improving our gardens in the fall and preparing our gardens for winter; speaker: Debbie Korwan, a professional in the horticultural industry for over 20 years and past president of Pine Nursery, Inc.
- Oct. 9** **7:30pm Garden Club of Oakland**, 20 Lawlor Drive, Oakland, Oakland Senior Center
Topic: "On Golden Pond", A Fall artistic workshop featuring yellows (light and dark), gold and orange shades conducted by Marilyn Pettersen, club member and a Master Judge.
Contact: 201-337-7285
- Oct. 9** **7pm Wyckoff Area Garden Club**, Wyckoff Library, Monroe Room, 200 Woodland Ave Wyckoff
Topic: "Millet, Cabbage, Kale and More"; speaker: George Miner, Stone House Nursery
George will discuss some new and exciting fall alternatives to the usual mums.
Out & About Oct 7, Deb Fisk needs orders for amaryllis program in November.
Info 201 723-1065 or www.wyckoff.gc.org
- Oct. 10** **7:30pm Garden Club of Teaneck**, Richard Rodda Center, 2nd floor, 250 Colonial Court, Teaneck
Topic: Wild Flowers and Weeds and invites the public to view wildflowers and to answer "What is a weed?" To borrow a phrase from Hamlet, ". . . for there is nothing either good or bad, but thinking makes it so"; speaker: Dorothy Smullen. Free. The public is cordially invited.
- Oct. 15** **7pm Backyard Garden Club**, Rivervale Library
Topic: the Joy of Growing Bonsai. Display of speaker's bonsai; Speaker: Marlene Cuniberti, member of the Bergen County Bonsai Society
- Oct. 15** **7:45pm Glen Rock Garden Club**, Glen Rock Municipal Annex Building, 678 Maple Avenue
Topic: "What now? Summer is over. Fall is here. Winter is next. Spring is closer than you think! What do I do now? He will cover lawn care, bulbs, pruning, transplants, clean up, and how to save annuals and herbs. Speaker: Walter Perry as our speaker. Walter Perry, of Perry's Florist, Glen Rock, is a very popular speaker with a wealth of knowledge about trees, shrubs, and flowers, as a result of his background in Botany.
- Oct. 17** **7pm Ramapo Orchid Society**, Nature Center on Van Nostrand Ave, Flat Rock Brook in Englewood
Speaker, Tom Nelson has written articles for the North America Native Orchid Journal about his trips photographing wild orchids of North America. Tom will treat us to pictures of his collection of photos of 103 species. The orchid club welcomes all interested orchid growers –from one plant, to experts. Every meeting starts with refreshments and a "show table" with plants we bring in to discuss. We often have orchids for sale at very reasonable prices. Info: Birgitha at 201-768-1272 or Ramapoorchid.org
- Oct. 17** **6:30pm Hasbrouck Heights GC**, 320 Boulevard, Hasbrouck Heights in the Library Meeting room
Topic: Pruning your Scrubs; speaker: Celeste Stapleton
- Oct. 19** **10am Watnong Chapter of the North American Rock Garden Society**, Frelinghuysen Arboretum
Topic: Maximizing Use of All Planting Space; Speaker: J. Ian Young, popular speaker throughout Europe, New Zealand Canada and the United States. Specialist in bulbs.
- Oct. 24** **7pm Bergen - Passaic Chapter of the New Jersey Native Plant Society**, Ender Hall, Bergen Community College, Paramus
Speaker: Carol Thielke; Topic: Introduction to the Thielke Arboretum, a Haven for the Natives! followed by a guided tour of the arboretum by Elaine Thayer Silverstein on **Sunday, October 27 at 1:30PM**

Oct. 28: 7:30pm HoHoKus Garden Club, HoHoKus Community Church

Topic: The best new plants to find space for in your garden; from Deer Resistant, to Tropical Pot Buster, to sizzling new varieties that will tickle the senses; speaker: Chris Rubino, Monrovia Growers

If you have information to add to Garden Clubs Grapevine: Please contact our liaison, Lucy Malka, at lhalka@optonline.net or 201-791-3562, with your monthly speaker details. If your club is planning a special event or a plant sale, please send the following information or announcement flyer including the date, time, location, times to be sold, rain date or rain or shine, and the contact person with phone number. If your club is sponsoring a trip, please send the information to Lucy Malka ASAP. Publications deadlines are usually the 25th of the prior month

Trip to Wintherthur and Longwood Gardens on December 9

The Tenafly Garden Club Inc. has planned a bus trip to Wintherthur and Longwood Gardens on Mon., December 9. There will be beautiful displays and decorations for the Holiday Season. The cost will be \$70, including admission to both venues. There will be snacks on the bus for this trip. Reservations are due by *November 15*. For more information and to be placed on reservation list, you can call Vivian DeMarco @ 1 201 944 3925



25th Skylands Holiday Open House

It's beginning to look a lot like Christmas! At least in the minds of the intrepid band of Master Gardener Volunteers who this year will transform the Entrance Hall for Holiday Open House 25th Anniversary Silver Jubilee!

De Trezza needs volunteers to staff the room during the Open House in two hour shifts Thursday, Dec. 5,6,7,& 8th, from 10am-12; 12pm-2pm; and 2pm-4pm.

If you can volunteer, contact De Trezza, Committee Chair, and let her know what hours you can work. She also needs a few people to help with the decorating/set up. Monday, Dec. 3 and Tuesday, Dec. 4, Hours 12-2pm and 2-4pm.

Contact Dee at H:201-670-6363 , cell:201 757 7406, or text: 201 757 7406 or email: detrezza@aol.com



SUNSHINE NEWS

Congratulations to Carolyn and Dennis Gretchen on the birth of their new granddaughter, Katarina Rose Doorly. Little Katarina was born at 3:27AM on Tuesday, September 24th. She weighed 5 lbs and 8 oz..

This is the first child for Denise Gretchen-Doorly and her husband Sean Doorly. This is the third grandchild for Dennis and Carolyn. Their son has 2 children.

Everyone is simply delighted to welcome their newest family member. Our best wishes to the entire Gretchen Family.



BABY NEWS



2013 MG Picnic (photo from Karen Pennell)

NJBG will sponsor tours of Skylands Manor on Sunday, October 6, 2013, from 11 am to 3 pm. Historic tours will also be available on November 10, and special Holiday Open House tours on December 5-8.



Congratulations to everyone who helped make the Fair a big success. It took a lot of hard work, but it was worth it. Thank you and congratulations to all!

TRIPS AND TOURS

Intermeyer Gardens Conservancy Tour, Yonkers, NY

Sat., October 19 at 11 am

The Intermeyer Gardens Conservancy is a non-profit organization that will facilitate the restoration of Samuel Intermeyer's gardens in Yonkers, New York. Before his death in 1940, they were among the most celebrated gardens in America. Designed by Welles Bosworth in 1912, the gardens sprawled over 150 acres overlooking the Hudson River, maintained by 60 gardeners and supplied by 60 greenhouses. It was open to the public on a weekly basis during the 1920's and '30's. 30,000 people visited it in one day in 1939

A core part of the gardens was acquired by the City of Yonkers in 1946. In the 1990's, another parcel was acquired, bringing the total today to around 43 acres. While the core is intact, much of the gardens were in ruin. With the cooperation of the Yonkers Parks Department and input from Marco Polo Stufano, Founding Director of Horticulture at Wave Hill, Intermeyer Gardens is once again dazzling the garden-loving public with its brilliant design.

We will participate in a guided tour which will introduce Samuel Intermeyer the man, the lawyer, the activist and his grand gardens including:

The Walled Garden- Persian style gardens and canals surrounded by Greek architecture, adorned with intricate mosaic panels, and punctuated with Paul Manship sculpture.

The Vista Steps- descending from the Persian garden, past the ruins of old color gardens, leading to ancient Roman columns that frame views of the Hudson river.

The Temple of Love- a romantic, naturalistic rock outcropping with cantilevered terraces, winding steps and water courses, subtended by pools and streams.

Please join us at the **945 North Broadway** parking lot. A **\$10 donation** for each individual is requested. The tour will last about 90 minutes. We can optionally go for lunch in town afterward. An Italian Restaurant nearby, Gianna's was recommended. The tour will be cancelled in the event of heavy rain.

Please register with Risa Marlen, rmarlen@optonline.net or 201-836-3462, and let her know if you will be going to lunch, as well. Note: The tours are open to the public. There is a schedule of many other public tours. So, if you wish to go, but can't make this date, you can certainly check out the other dates on their website (www.intermeyergardens.org) and go on your own



OPPORTUNITY TO BECOME A MASTER GARDENER

REGISTRATION FOR MG CLASS OF 2014



Know someone who might want to become a Master Gardener? Have them contact Dail at 201.336.6788 Monday thru Thursday or email reid@njaes.rutgers.edu. It is a wonderful opportunity to learn about all aspects of lawns and plants and their care. There are openings in the new class. Tell your friends.

Can you help identify any of the Master Gardeners in the photos included in the August Mid Month Update? Barb Johansson would love to hear from you if you can identify the members.

The 26th graduation of the Rutgers Master gardeners of Bergen County took place on September 21, 2013. As with the 25 commencements that preceded it, the event was marked by happiness, relief, and great satisfaction with the new connection to Rutgers and the greater Master Gardener community.

The 30 graduates and their families heard accolades from the Bergen County Executive, Kathleen A. Donovan. She spoke of their generous contributions to quality of life in Bergen County, with enhancements to county parks, zoo, historic farms, environmental centers and much more. She also expressed her pleasure in all the things we do for the disability community and for seniors through our Horticultural Therapy programs. I never miss the chance to remind everyone that Kathleen Donovan used to be known as “Kathe, the Outstanding 4-H'er” in Bergen County –going back a decade or two. Even back then she was recognized for her leadership skills and endless potential to bring diverse groups of people together for common purpose. The Rutgers County Extension Department Head at the time was Roger Barr. He told me before retiring in the early 90's that one day Kathe Donovan would be in a position to help Rutgers Cooperative Extension.

While Roger was not right about everything, he was on the mark with that prediction. This County Executive has helped us crawl out of the budgetary abyss that the last county administration threw us in. Kathleen Donovan has attended every MG graduation that we have invited her to. She has also taken every opportunity to connect with our farmers and agricultural professionals and hear their ideas and concerns, and listen to their needs and hopes. She attended a twilight meeting at Secor farms and showed great interest in their progressive-minded greenhouse operation. Did I forget to mention that our county executive was also a botany minor; well she was. She knows her way around the world of horticulture, and that makes her appreciate our volunteer work even more.

The Dean of Rutgers School of Environmental & Biological Sciences, Dr. Bob Goodman, sent his best wishes to the graduates; as did Director of Extension, Dr. Larry Katz. Additional words of recognition and thanks were sent from Freeholder Maura DeNicola, and Parks Director Ron Kistner.

The new class of graduates—the Class of 2013—worked very hard all spring and summer. The new partnerships with Garfield Dept of Health and the Garfield Schools had us extremely busy in that one town alone. We planted up 300 of those wild and crazy Earth Boxes and placed them in 5 new community gardens; at the Housing Authority's two sites, the high school, middle school and the 'Y'. Over 100 pounds of produce has already been donated to 'Meals with a Mission'—the food pantry we partner with. They deliver the meals to needy families throughout the county.

The class was at work in all the established sites, and made themselves most useful on all the work teams. In addition we sweated as we planted 50 trees in Dunkerhook Saddle River Park in Paramus. It was also a hot day, like every other work detail day, or so it seems.

Rutgers Cooperative Extension of Bergen County is proud to welcome the Class of 2013 into the RCE family. We hope they will stay active and be part of the Master Gardener Association, which has so much to offer the alumni.

Special thanks go out to the SUPER team who created and staffed the buffet at the graduation. That team, headed up by Donna Faustini and Judy Donovan, included many superstars, including: Hank Annunziata, Linda Bader, Bill Gilligan, Steve Gobbo, Dale Heidelberg, Edda Kacprzak, Joan Kenney, Margaret Kenter, Serpil Leveen, Freddy Levitan, Dale Muto, John Walters. The flowers and natural sculptures were by Albina—who else? Her work and floral creations make everyone say “WOW”.

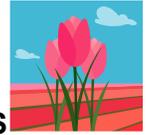
Thank you to the MG's of Bergen County, and especially the Class of 2013!!

Community Outreach Volunteers Needed

A science teacher at Pascack Hills High School in Montvale is starting a garden project in an empty enclosed courtyard space that they hope to use for a small garden and native plantings. They are looking for 1 or 2 Master Gardeners in the area that would like to advise the students in the planning stage and choosing plant materials. This can be a few hours to discuss visit the sight, discuss their goals and care, and then design a simple plan including what plants they could use. If you are interested in volunteering, please contact Pat Fromm cell:304 951 1678 or email: fromm_pat@yahoo.com



Thielke Arboretum Upcoming Fall Events



SAVE THE DATES

The Education Team at the Thielke Arboretum has been busy planning some exciting fall events. Mark your calendars and bring your friends and family. Come join us and celebrate the season! All events take place at the Thielke Arboretum, 460 Doremus Avenue, Glen Rock, during the month of October.

Back by popular demand, the **“Composting in Your Backyard” Workshop** with Daphne Boss Ayalon, will take place on **Sunday, 10/6, 1:30pm**. You know your 3 R's: *Reduce, Recycle, Reuse*, now add your C to it: *Compost*. Most of us know why we should compost, but do you know when, where, and how to compost? Learn from an expert.

Sunday, 10/13, Fall Fair from 1 to 4:30pm. Absolutely save this date! The Arboretum is so excited to announce its first Fall Fair! Both fun and informational activities are planned for the whole family. Learn about backyard beekeeping, trout fishing, go on a scavenger hunt, enter a pumpkin carving contest, stop for some cider and donuts, buy a handcrafted wooden bowl from Arboretum wood, take an Arboretum tour with tree expert, Paul Mast, just to name a few! Entrance is by donation.

Saturday, 10/19, at 7:30pm at the Arboretum: A Walk in the Woods. Start your nighttime walk in the woods with a story by professional storyteller, Julie Della Torre. I wonder what kind of stories Julie will tell! After all, it is a spooky time of year. Mark your calendars; bring your family and your flashlights for a really different kind of Saturday night in the neighborhood!

Sunday, 10/20, beginning at 1:30pm, Spring Bulb Planting at the Arboretum. Have you admired the beautiful daffodils that bloom in front of the Arboretum all along Doremus Avenue? Well, we've got more planned for your visual enjoyment! Join us on Sunday, 10/20, and get a little dirty! Join us as we get ready for Spring! Memories of participation on the day and visions of the fruits of your labors will help pass those dreary days of winter. Bring your gloves, tools, and your enthusiasm!

Go to www.glenrockarboretum.org to check postings of specific details.

Carolyn Gretchen, Publicity Chairperson, Thielke Arboretum, 201-991-8140

dcgretchen76@gmail.com, gretchen761@verizon.net <http://www.glenrockarboretum.org>



NEW BOOKS IN THE BCCLS SYSTEM by Edith Wallace

These Timber Press books are both interesting and challenging, with both editorial and botanical issues for unwary gardeners/readers. The most worthy of your time is Alexander Keys' *Why Grow That When You Could Grow This?* The primary purpose of this book is to provide guidance for selection of plants that do not need frequent watering and stay within bounds. If you are planning a garden or need to replace failing trees, shrubs, vines, perennials or groundcovers with species that require less work, this is especially true. USDA hardiness zones are given but there is no distinction between native and nonnative species.

An example of the hurdles a thoughtful and/or knowledgeable gardener encounters with the text is page 144 where lilacs are listed as an “everyday problem” because of their short bloom time, tendency to get powdery mildew and need for pruning. The suggested alternative is butterfly bush which should be pruned to the ground in late winter, is on the invasive list in several states and escapes in NJ. This is a particularly poor suggestion in my opinion. A note to the reader from the NJBG Lilac Lady - keep your lilacs. Do not worry about powdery mildew as it will not kill the plant. Occasional pruning may make the flowers more accessible, but is not essential. Further examples of questionable suggestions are the following: As an alternative to English ivy, Boston ivy is offered although it too is on the invasive list in 16 states. Of particular note for our area is that in place of the disease-prone hemlock, the author suggests eastern red cedar and dawn redwood, neither of which will thrive in the shade. Despite these criticisms the book is worthy of your time, especially if you are planning a new garden.

I was most looking forward to reading *Eradicate Invasive Plants* by Teri Dunn Chace. I was disappointed. A fundamental problem with this book is the author's assertion on page 12 “Weeds tend to be plants that are problems in human-made environments. Invasives are also considered weeds. So, use the terms interchangeably, a weed can easily become invasive.” On page 16, the author follows this contention with the usual definition of an invasive species: “An invasive

species is a nonnative species...whose introduction causes or is likely to cause economic harm, environmental harm, or harm to human health.

A weed is an unwanted plant: grass in my flower beds, ajuga or violets in the lawn. Invasive plants by definition are not native. Poison ivy and Virginia creeper are both rampant in my garden. They are weeds, but they are not invasive as they are native species. I call them aggressive plants. Ten species included in this book are natives. In spite of the reservations noted above, there may be value to a novice gardener in the practical aspects of the book's organization. Each "weed" is described in parallel fashion: photograph, problem, reproduction, origin, notes (usually interesting), controls and noninvasive alternatives (too often a stretch or prosaic—non-native pachysandra for plantain). For example, in place of Norway maple, use Norway maple 'Crimson King.' The seedlings will be numerous and green. Chace suggests Japanese maple in place of our native staghorn sumac and boxelder. Japanese maple is listed as invasive in DE, NY, OH, PA and escapes in NJ. The text is apparently designed for all of the United States, but the plant descriptions do not tell in which regions they are most often found, nor does the author indicate the USDA hardiness zones. Most of the writing is interesting, but I suggest that you take it with a large dose of compost.

Photos from the recent Class of 2013 graduation

taken by Joseph Cooper



GRADUATION

CONGRATULATIONS TO THE CLASS OF 2013



We congratulate **the Class of 2013** that graduated on Sept. 21. Graduations took place at McFaul Environmental Center, <http://www.co.bergen.nj.us/index.aspx?NID=123> in Wyckoff. We welcome the new graduates to our organization and hope that you will come to our monthly meetings and special events. We also hope that you will continue to do volunteer work as we all are expected to meet the required number of volunteer hours and education hours. The web site www.mgofbc.org has details on the requirements and how to track them.

NIA is Coming to Glen Rock

Mary Jo Dervos, Bergen County resident and certified NIA instructor, will present an hour long NIA class on Sunday, October 13, 2013, from 12-1pm at the Glen Rock Pool parking lot, for a cost of \$100 each. All ages and fitness levels, male and female, may participate. NIA was created in 1983 in California by Debbie and Carlos Rosas as an alternative to the high impact aerobic classes that were then the rage, but were creating injuries for its participants. Debbie and Carlos sought to teach their students to learn to explore the movement potential of the body, and get fit without pain.

NIA classes are typically one hour long, done to a wide variety of music styles, and offer a unique combination of 52 moves that correspond to the main areas of the body: the base, the core and the upper extremities. These moves combine martial arts, dance, and healing arts. Join Mary Jo at noon the GR pool parking lot for a new, fun and creative path to health and well being. Please wear comfortable clothing and sneakers. This event is a fund raiser for the Thielke Arboretum and will take place prior to the Arboretum Festival beginning at 1pm at the Arboretum, 460 Doremus Ave., Glen Rock. All proceeds from this event will be donated to the Thielke Arboretum Environmental Education Building Fund. Come have some fun, learn something new, and support the Thielke/Glen Rock Arboretum.

Carolyn Gretchen, Publicity Chairperson, Thielke Arboretum of Glen Rock, 201-991-8140 or 201-447-0452
www.glenrockarboretum.org