



Fall 2008–Winter 2009 • Volume 7, Number 4
P.O. Box 1044, Fort George Station, New York, NY 10040
friends@forttryonpark.net • www.hhoc.org/fftp

Stan Michels, the Park's Knight in Shining Armor

Jennifer M. Hoppa, Administrator, Northern Manhattan Parks and Steve Simon, Chief of Staff, Manhattan Parks

On July 24th, close to 300 people gathered in the Heather Garden to honor Stanley E. Michels, tireless promoter of Fort Tryon Park, at the naming ceremony of the Stan Michels Promenade. Despite his fragile condition, Stan stood at the podium urging us all to invite everyone we know to visit the park to enjoy its

In the early '80s, Stan was instrumental in reviving the Medieval Festival. He baselined City Council funding for the event so that every year tens of thousands of New Yorkers could enjoy it and the idyllic setting of Fort Tryon Park. This year's Medieval Festival was dedicated to Stan, with the main tournament stage named in his honor and his wife, Molly, initiating the joust.

Stan was also a member of the Fort Tryon Park Trust, engaging community and citywide leaders in the effort to endow the park so that it wouldn't revert to its condition following the city's fiscal crisis of the '70s. He lived virtually his entire life within a few blocks of the park. He grew up a block east of the park, and he and Molly raised their children in Castle Village, a few blocks south of the park. His love of the park and his steadfast support of it have helped make it the place we all cherish today. ■



Top left: The Heather Garden as it looked in 1937, two years after its opening to the public. Bottom left: The Heather Garden in the 1980s; following the city's fiscal crisis. Above: The Heather Garden today, restored thanks to Stan Michels, the Greenacre Foundation, and NYC Parks & Recreation Department and Fort Tryon Park Trust funding. (Photos courtesy of the Olmsted Archives, Jane Schachat, and Daniel Mercado)

splendor. The following week, he passed away.

Stan served in the City Council from 1978 to 2001, representing northern Manhattan and parts of Harlem, chairing the Manhattan delegation and leading the Committee on Environmental Protection. His support for parks was especially impressive. During his years in office, he allocated more than \$50 million for parks projects in his district. As a result, the parks in northern Manhattan rebounded from the deterioration caused by the lack of maintenance in the 1970s.

Fort Tryon Park particularly benefited from his support. Stan provided critical funds that helped Parks, through the efforts of former North Manhattan Parks Administrator Jane Schachat, to restore the Heather Garden to its original Olmsted design. He also provided regular funds for pathway reconstruction, park security, and equipment, to ensure that the park was not only beautiful, but also usable and safe.

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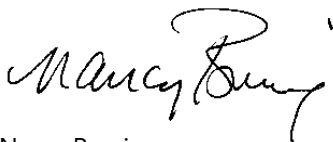
Letter from Nancy: The Honor System

On Saturdays, after the Fitness Walking Class, some of us continue walking to the Green Market on Isham Street. There are no shopping carts, and if like me you love fresh, locally grown foods, your arms can get a bit full. At one point during my last foray, I found myself putting ears of corn into one of my cloth shopping bags—I just couldn't carry them to the cashier by hand. When I got to the counter, I told the cashier that I had three ears of corn. Without any ado, he said, "That'll be a dollar fifty." He believed me. Then I saw a couple of guys who were really stocking up on corn. They said to the cashier, "We have five dollars' worth. Do you want to count them?" "No," he said, "that's OK." I felt a warm feeling spreading in my heart.

On the way home, I stopped at Le Café on Broadway for my usual cappuccino. I took a book from their "library" and skimmed it while I sipped my coffee. I asked the cashier, "What's the story with these books? Can I borrow this one?" "It's an exchange," she said. "People take a book and bring another one to take its place." I asked, "Can I take it now and bring a book to exchange next time?" "Sure," she replied, "it's an honor system."

What does all that have to do with the Fort Tryon Park and the Trust? We believe in the honor system, too. If someone takes from the park—a view, a delicious fragrance, the opportunity to have a picnic or enjoy one of our free programs—we trust that they'll give something in exchange, whether it's a check or a few hours a month in volunteer time. Even if you're a Friends Committee member or a Trust contributor, why not take a look at the enclosed volunteer form and check off one of those little boxes? I'll get that warm feeling again.

See you in the park,



Nancy Bruning
Chair, Friends Committee
Fort Tryon Park Trust

Fort Tryon Park Note Cards Are Now Available!

After an exciting and challenging (OK, agonizing) selection process, our jury panel has selected six gorgeous images from over 100 submissions. You may purchase sets on-line for \$12 (plus a small fee for shipping and handling) at <http://hhoc.org/fftp> (click on "Gifts"), and we hope to have the cards available from local retailers as well.

We were so impressed with the submissions that we would like to create an on-line exhibit of the entries so that people will be able to view the entire collection on our Web site; check your e-mail for an announcement, or check the site periodically. We look forward to additional opportunities to exhibit the work. If you would like to be involved in developing and organizing this project, please e-mail us or call Linda Huntington at 212-795-1388.

Letter from Edie and Joseph: Fall Greetings from the Trust!

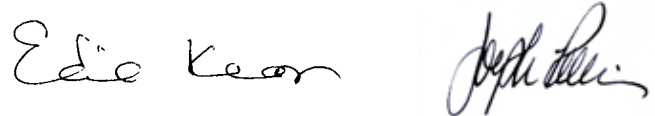
We had a wonderful 24th annual Medieval Festival. It was dedicated to our dear board member Stan Michels, who, sadly, passed away in early August and will be deeply missed. Among his extensive achievements, Stan helped revive the festival in the '80s, drawing people from around the region to Fort Tryon Park. The Trust was proud to be one of the sponsors of this year's event, presenting the Little Theatre for children.

Special thanks to each and every one of the 70 volunteers who showed up on September 20th to plant the Broadway berm with lariope. With continued community partnership in the Broadway Initiative, we intend to have all six blocks of the berm planted by the end of the spring.

While working out in the park, you may have encountered excavation on the Broadway side. As we've noted, the Peter Jay Sharp and Cleveland Dodge Foundations' funding is helping to restore the drinking fountains and is providing new water sources for the Broadway slope's horticulture. We hope to run into you on the Broadway side of the park during some of our monthly visits.

Although winter is upon us, we are busily gearing up for our "Sunset on the Hudson" spring benefit, planned for May. We hope you'll encourage your friends and neighbors to attend and build up the endowment to preserve and protect our beautiful oasis on the Hudson River.

Sincerely,



Edie Kean and Joseph Pierson
Co-Chairs, Fort Tryon Park Trust

Two New Steering Committee Members

Congratulations and welcome to Mike Augenblick and Jane Rubinsky, two new members of the Friends' steering committee, who were elected unanimously by the committee.



Fort Tryon Park note card photos by (clockwise from top left) Frank McKinnon, Karen Greene, Frank Price, Trish Mayo, Cynthia Holden, and Paul T. Murphy.

Mewing in the Branches: The Gray Catbird

Aliza Holtz, Ph.D.

On several occasions I had bent over the edge of the stone walls along the western paths of Fort Tryon Park to see where the cats I heard mewing might be. As a cat lover, I wanted to see those furry creatures and enjoy watching them frolic. The only problem was that I never saw any cats or kittens even though I kept hearing them—or so I thought.

One day I persisted in following the sound of the catlike calls and finally found their source. Hidden among the dense leaves of tall shrubs just a few feet in front of me beyond the stone walls were several small to medium-sized (7.75 to 9 inches long) gray birds, each with a small black bill, black crown, relatively long black tail, black legs and feet, and an orange to deep-rust covert (a patch at the back of its underside under the tail feathers). Later, I learned that male and female gray catbirds—which have pointed wings, a wingspan of 11 to 12 inches, and a fan-shaped tail—look alike and that immature young look like adults.



The call of the gray catbird is a somewhat cat-like “mew.” Its song is a series of warbled long, slow notes ranging from whistles to squeaks and includes imitations of other birds’ songs.

Known more by sound than by sight, the gray catbird has a distinctive “mew,” a somewhat cat-like call, from which it derives its name. In contrast to its call, its song has a series of long, slow notes ranging from whistles to squeaks and includes imitations of other birds’ songs, such as those of jays, swallows, and grosbeaks. (You can hear the call at the USGS Patuxent Wildlife Research Center’s Web site, at <http://www.mbr-pwrc.usgs.gov/Infocenter/Song/h7040ca.mp3>, and a song at <http://www.mbr-pwrc.usgs.gov/Infocenter/Song/h7040so.mp3>. Another song and a call can be heard at the Cornell Lab of Ornithology’s Web site, at http://www.birds.cornell.edu/AllAboutBirds/audio/Gray_Catbird.html.) Even in other languages, the gray catbird is acknowledged as a cat mimic—for example, *moqueur chat* (“cat mimic”) in French and *mimido gris* (“gray mimic”) or *maullador gris* (“miaowing gray”) in Spanish. In fact, a group of catbirds is known as a “mewing” (also as a “seat”). This mimicry is probably one of the characteristics that places the gray catbird (*Dumetella carolinensis*) in the same taxonomic family as the mockingbird, the Mimidae.

The male gray catbird sings loudly to proclaim its territory but softly when it is near the nest or when an intruder is nearby. The female sometimes sings the quiet song back to the male. Most males are monogamous, but exceptions have been noted.

The gray catbird lays a clutch of three to five turquoise green, one-inch-long eggs in low, open-cup nests, which are incubated for 12 to 14 days. The chicks fledge in 10 to 11 days. Unlike various other birds, the catbird usually learns to recognize its own

eggs and will throw out the eggs of the brown-headed cowbird, which often lays eggs in the catbirds’ nests.

The gray catbird lives in dense shrubbery, such as found along forest edges, residential areas, fencerows, roadsides, and abandoned farmlands. Its summer breeding range covers southern Canada southward to northeastern Arizona, and eastward to northern Florida. In preparation for winter, it migrates to the east coast of the United States, from southern Massachusetts to Florida, and from the Gulf Coast southward into Central America and the Caribbean. Although it is common and widespread, its number is declining in the southeast.



The gray catbird is usually shy and prefers dense shrubbery as its habitat.

The gray catbird eats mainly fruits, berries, seeds, and such insects as beetles, caterpillars, cicadas, crickets, grasshoppers, moths, ants, aphids, and spiders picked off of vegetation and foraged from the ground, shrubs, and low trees. It will also readily eat such bird feeder food as suet, sunflower seeds, and nuts. When feeding on the ground, it tosses leaves aside with its bill instead of kicking them away with its feet, as most birds do. ■

For a list of references, please e-mail NatureLover3333@yahoo.com and write “Gray Catbird References” in the subject line. Other correspondence is welcome, too!

Parks Department Report

Jennifer M. Hoppa
Administrator, Northern Manhattan Parks

Fort Tryon Park would not be what it is today were it not for the steadfast contribution of our volunteers. In fact, volunteers are critical to enhancing the park.

So far in 2008, volunteers, from the Muskota School to Deloitte & Touche, organized by the Parks Department, as well as those organized by the Friends Committee, have spent almost 6,500 hours working in the park. Thanks especially to the 70 volunteers from seven organizations who joined us on September 20th to plant along the Broadway Berm and also to Fresh Youth Initiatives and Project Exodus, who came back soon after to complete the planting adjacent to Bennett Avenue.

Speaking of planting, the Fort Tryon gardeners, led by Director of Horticulture, Marechal Brown, have remained busy planting in the Heather Garden this fall. They are thoroughly prepping the soil and installing over 700 heaths and heathers, as well as flowering shrubs and bulbs. Thanks to funding from the Peter Jay Sharp Foundation, Kean Eng, will be joining the Fort Tryon Park gardeners. He will be dedicated to the horticulture of the Alpine Garden. Be sure to take a stroll through the Alpine Garden this fall; it looks divine with the autumnal leaves cascading down its stone staircases.

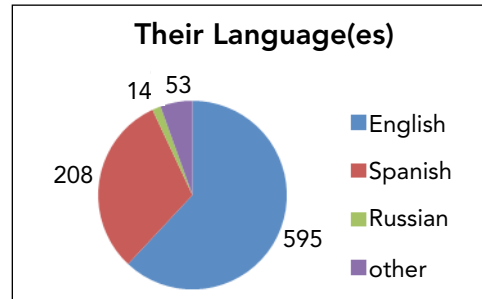
With funds from the Cleveland Dodge Foundation, the water service installation throughout the Broadway side of the park

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785 Neighbors Have Their Say

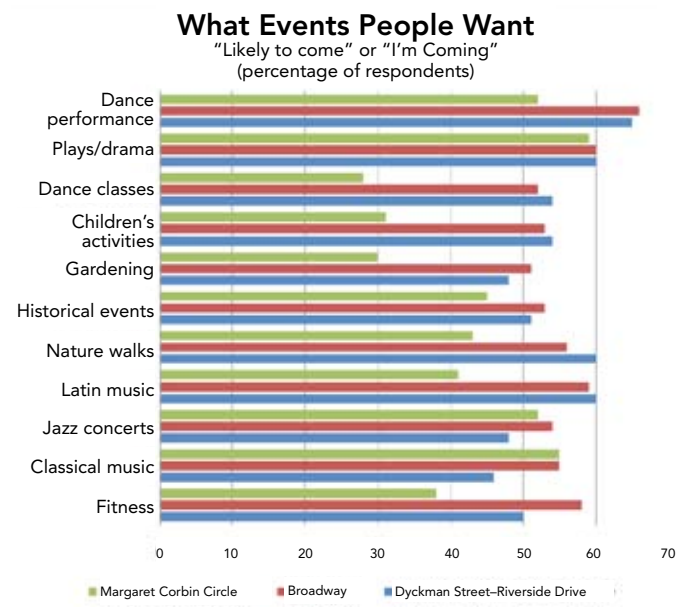
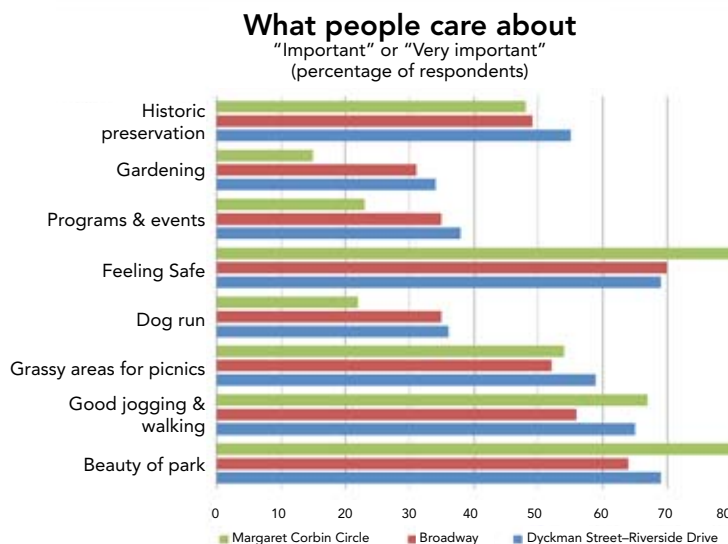
Julia Attaway

The survey results from the summer are in, and wow have we learned a lot! Not all 785 respondents answered every question, but the results nevertheless give a good picture of the diverse needs and interests of the people using Fort Tryon Park.



Frequency of Use of Areas in the Park (number of respondents)					
	Daily	Weekly	Monthly	Occasionally	Never
Anne Loftus Playground	119	97	46	150	239
The Cloisters	48	55	92	392	121
Dog run	55	54	39	93	381
Heather Garden	143	182	83	183	105
Jacob K. Javits Playground, basketball courts	37	60	35	123	351
Jacob K. Javits Playground, children's playground	70	108	55	169	224
Lawns & paths	250	231	68	152	30

We also tallied results by point of entry to the park, to see how responses varied:



BECOME A FRIEND OF FORT TRYON PARK
**VOLUNTEER • PARTICIPATE
CONTRIBUTE**

I wish to contribute to the Fort Tryon Park Trust to help secure the future of Fort Tryon Park and protect the improvements made to date. Enclosed is my gift of:

\$500 \$250 \$100 \$50 \$25 other \$_____

which includes membership in the Friends Committee and a subscription to the *Gazette*.

NAME: _____ E-MAIL: _____

ADDRESS: _____

CITY: _____ STATE _____ ZIP: _____

Check enclosed. Make checks payable to: CITY PARKS FOUNDATION.
Write in the memo line: FORT TRYON PARK TRUST.

Credit card #: _____

Visa MasterCard Amex Exp. Date: _____

I wish to purchase _____ FORT TRYON PARK T-SHIRT(s). T-shirts are \$15 each.
(number)

I wish to purchase _____ FORT TRYON PARK BASEBALL CAP(s). Caps are \$25 each.
(number)

Please allow three weeks for delivery. Thank you!

I prefer to receive the *Gazette* by e-mail.

I would like to receive updates of the Northern Manhattan Parks Events Calendar by e-mail.

Please let me know of any volunteer opportunities in Fort Tryon Park. As a volunteer, I will help design community park programs, directly participate in the park's beautification, help plan for the park's future, and work with city agencies and the community to maintain a vital and safe public park. (Check the other side for opportunities and circle any that interest you.)

Return this form to: FORT TRYON PARK TRUST
P.O. BOX 1044
FORT GEORGE STATION
NEW YORK, NY 10040

FORT TRYON PARK TRUST VOLUNTEER OPPORTUNITIES

Work with a team of other volunteers

DIGGING IN . . .

Staff the visitor table in Fort Tryon Park (1 hour a week):

- Answer questions about the park and the Fort Tryon Park Trust.
- Collect contact information for mailings and listserve about Northern Manhattan events, programs, and activities.

Act as a community liaison to the Parks Dept. Forward community concerns and issues about the park to the Parks Dept. (approximately 3 hours a month).

- The Trust will provide you with an e-mail address expressly for this activity.
- You will submit reports every two weeks (immediately in an emergency). Reports will consist of as much of the following as possible: date of contact, date of incident, type of incident, and name and contact information of the person reporting the incident.

Translate Fort Tryon Park Trust materials, including the *Gazette*, into Spanish

(whatever time you can spare).

Help plan our MP3 audio tour of the Heather Garden in four seasons (whatever time you can spare):

- Help select narrators from the neighborhood.
- Help translate gardeners' information.
- Help write the script.

Help with our quarterly newsletter, the *Gazette*.

- Writing (approximately 3 hours an issue)
- Proofing (1 hour an issue)
- Disseminating (as much time as you can spare)

DIGGING DEEPER . . .

- Photograph park events (when you can spare the time).
- Create flyers for Fort Tryon Park events (1 hour a month).
- Post flyers on park and community bulletin boards (1 hour a month).
- Help plan and/or work on events (approximately 2 hours every quarter):
 - Beautification Days in the park
 - Pancake Breakfast
 - Toast to Fort Tryon Park
 - Trust Benefit
 - Meditation in the Park
 - Fitness Program
 - Concert Series
 - Annual Family Picnic
 - Storytelling for Children
 - Parents Committee

Beautification Report

Mike Klein

On August 31st, we had 18 volunteers who were kept busy pruning hedges around the benches in Margaret Corbin Circle; now people can sit on all of them. Ivy on the walls around the circle was becoming so thick in some places that it was cracking



Catherine Ponte, of the Partnerships for Parks, plants lariope, to serve as the ground cover on the Broadway berm. (Photo by Nancy Bruning)

the cement between the stones. We removed all of it from the walls and from the tree trunks. We also cut back the ivy on the steps leading up to benches along the Stan Michels Promenade.

Although there are trash receptacles along the Promenade, some people toss their trash behind the benches—out of sight, out of mind. Our volunteers used grab sticks to reach behind the wooden bench slats, and our youngest volunteers ducked behind the

benches to retrieve what the grab sticks couldn't reach. (I'm not sure what's the answer to this problem, but perhaps netting could be tacked to the back of the settees to act as a deterrent.)

Ten volunteers participated on September 21st. We removed trash from a variety of areas in the park, cut back English ivy along the Stan Michels Promenade, and sanded graffiti off a few benches in the volleyball area.

As usual, refreshments were provided on both days.



Seventy people, including families, showed up to beautify the Broadway berm. (Photo by Nancy Bruning)

In addition to the Friends' beautification work, on September 20th the Broadway berm was packed with 70 volunteers from neighborhood schools, institutions, and co-ops, who put in 5,000 groundcover plants to upgrade the edge of the park. Broadway has also received considerable help from volunteers from the Muskota and Our Lady Queen of Martyrs schools.

Parks Department Report

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Two knights prepare for battle in the Medieval Festival's final joust. (Photo by Dan Avila)

ence the wonders of our parkland. In particular, over 40,000 people attended this year's Medieval Festival, which again featured two jousts and a diverse array of "medieval" performers.

Be sure to take advantage of the park's many events this fall; from the Fitness Walks to the Owl Prowl and the Battle of Fort Washington, there is something for everyone. See more details in the Gazette's event calendar on p. 6 or on-line at the Trust's Web site, www.forttryonparktrust.org.

I hope you enjoy the park as much as I do in the fall and early winter. ■

continues to progress. Parks Department plumbers will soon be making their way to Sir William's Dog Run.

Physical improvements are just one component of a successful park. Programming and events are instrumental in bringing area and regional visitors to experi-

Alianza Teens Pitch In

Julia Attaway

What do you do when a light is burned out in Fort Tryon Park? Why don't people pick up after themselves? Is it better to have fliers translated into Spanish, or is just English OK? This summer a group of teens from Alianza Dominicana, along with a youth supervisor, grappled with these and many other questions. For four weeks the teens worked with the Friends Committee to understand how they—and we—can make the park a better place for everyone.

Week one focused on understanding how the park works and where funding comes from. Then the group fanned out to put up fliers about Bally's Fitness Program in Spanish in over 80 stores along the Broadway side of the park. They also spent a day painting the iron fence by the dog run. Saturday morning found them huffing and puffing through the fitness program, which they later went out to promote, using sidewalk chalk drawings to attract interest.

In week two the topic was littering and cleaning up after yourself. A brainstorming session led to a series of humorous fliers that were laminated and put up in popular picnicking areas. One rainy day the kids helped develop the survey and then spent the last two weeks conducting. Feedback on the outreach efforts was overwhelming. "I took the survey in the park and I can't tell you how impressed I was with the teens," one local mom wrote. "I mean really impressed!"

Many thanks to Moises Perez and Eddie Silverio of Alianza Dominicana for their help in getting this project going. We're looking forward to building on this terrific partnership in the future.

P.S. Call 311 about the burned-out light. ■

Northern Manhattan Parks & Related Activities

Northern Manhattan Parks offers free programs and events year round. All programs are rain or shine unless otherwise noted.

Regular Events

The **Fitness Walking Program** meets every **Tuesday and Thursday 7:30–8:30 AM** and **Saturdays 8:30–9:30 AM** (with an optional additional walk to the Green Market on Isham Street). The hour-long class consists of a 10-minute warm-up; 30-minute fitness walk; and 20 minutes of strengthening, stretching, and cool-down. All levels of fitness are welcome. The program, cosponsored by the Friends Committee, is free, but advance registration is required; contact healthwriter2@aol.com. Meet at the entrance to the Heather Garden.

During **November, Heather Garden Walking Tours** take place every **Sunday at 1:00 PM** in Fort Tryon Park. Enjoy panoramic views of the Hudson River and New Jersey Palisades as you learn about the plants and history of Fort Tryon Park and the Heather Garden from members of the Parks Department's expert horticultural staff. On the first Sunday of the month, the walk will include the Alpine Garden as well. Meet at the entrance to the Heather Garden

Tours of the Morris-Jumel Mansion are conducted every **Saturday 12:00–1:00 PM**. Meet at the mansion, 65 Jumel Terrace, W. 160th & W. 162nd Streets (212-923-8008). The fee is \$5 for adults, \$3.50 for students and seniors, except the last Saturday of every month, when it is "pay what you wish."

NOTE: *The listings are subject to change and new events or programs may be added. Check the Northern Manhattan Parks' Web site, www.northmanhattanparks.org, for updates (click on "Events Calendar" at the upper-right side of the page) or subscribe to its program e-blasts.. To subscribe to e-blasts, send your full name and e-mail address with "Subscribe" in the subject line to Linda.Huntington@parks.nyc.gov. Also, on the Web site you can click on the appropriate link to see what's in bloom at the Heather Garden.*



Community members enjoyed working out in the Bally's Fitness Program in Spanish, which ended recently. (Photo by Nancy Bruning)

And don't forget The Cloisters, in Fort Tryon Park. It presents gallery talks and gallery workshops for families with children ages 4 through 12. The events are free with museum admission. No reservations are necessary, but gallery space is limited. For information about the talks and the workshops, call 212-650-2280. The museum presents special seasonal programs, as well, also free with museum admission; consult the museum's calendar at www.metmuseum.org/cloisters/events/.

NOVEMBER

2 Nature Walk with Mike Feller, 8:00–10:00 AM, Inwood Hill Park. Meet on the bridge near the Nature Center at 218th Street and Indian Road. Mike is the Parks Department's chief naturalist.

2 Coffee Bark at Sir William's Dog Run, 8:00–10:00 AM, Fort Tryon Park. Enjoy free coffee and doughnuts with friends and their best friends. The Fort Tryon Dog Owners Group also invites you and your four-legged friends for an afternoon of outdoor activity and maintenance of the run.

9 Nature Walk with Mike Feller, 8:00–10:00 AM, Inwood Hill Park. Meet on the bridge near the Nature Center at 218th Street and Indian Road.

16 Nature Walk with Mike Feller, 8:00–10:00 AM, Inwood Hill Park. Meet on the bridge near the Nature Center at 218th Street and Indian Road.

16 Commemoration of the 232nd Anniversary of the Battle of Fort Washington, 12:00–2:30 PM, Fort Tryon Park at the Café Lawn. In honor of the 232nd anniversary of the Revolutionary War Battle of Fort Washington, see members of the Brigade of the American Revolution set up a camp site, demonstrate how the Continental Army functioned during the war, and offer arts and crafts for kids. There'll be live musket demonstrations and more, as well.

23 Nature Walk with Mike Feller, 8:00–10:00 AM, Inwood Hill Park. Meet on the bridge near the Nature Center at 218th Street and Indian Road.

DECEMBER

3 Sidney Horenstein's Northern Manhattan's Rocky Past, 6:00–8:00 PM, J. Hood Wright Park Recreation Center. Northern Manhattan had a very rocky beginning. Let Sidney Horenstein tell you all about it at this slide-illustrated lecture. Sidney is a geologist and environmental educator emeritus at the American Museum of Natural History.

5 Owl Prowl with Mike Feller, 5:30 PM, Inwood Hill Park. Meet at the flagpole at the intersection of Seaman Avenue and Isham Street. Join Chief Naturalist Mike Feller for an evening in search of Inwood's owls.

7 Coffee Bark at Sir William's Dog Run, 8:00–10:00 AM, Fort Tryon Park. Enjoy free coffee and doughnuts with friends and their best friends. The Fort Tryon Dog Owners Group also invites you and your four-legged friends for an afternoon of outdoor activity and maintenance of the run.

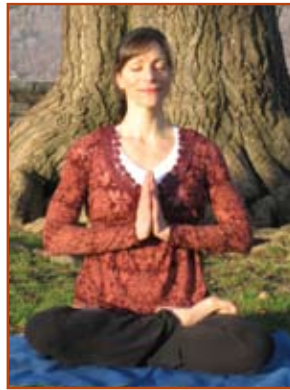
Celebrating Five Years of Sunset Yoga

Nancy Bruning

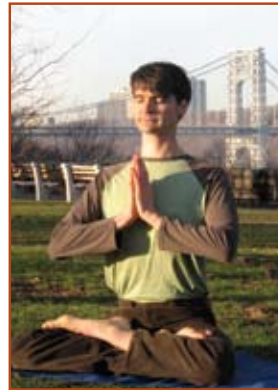
This summer marked the fifth year of the Friends' free Sunset Yoga Program. One hundred seventy-four people attended this year over the course of 10 weeks; almost all were local residents, but we had guests from as far away as Virginia! A big thank-you to our volunteer yoga instructors, all of whom are certified and experienced and teach in the neighborhood:



Nancy Elkes



Alayne Faraone



Matthew Floyd Miller



Edya Kalev

Nancy Elkes, who was our instructor during the first summer, has been teaching yoga and Pilates for nine years. "Aside from my work with autistic children, my favorite teaching experience has been working with my friends and neighbors right here in Fort Tryon Park," Nancy says. She gives private classes and can be contacted at ncela@msn.com or 917-806-1568.

Alayne Faraone has been studying and practicing yoga for more than 20 years. A professional opera singer, Alayne began practicing yoga to improve her breathing for singing and to gain physical strength. She found that "continued practice not only increased my stamina as a singer, but opened me to a greater awareness of body, mind, and spirit."

Her partner, **Matthew Floyd Miller**, has practiced in a variety of yoga traditions for more than a decade. A professional actor, Matthew first practiced yoga as a physical warm-up for his acting work. He found its most profound benefits were "heightened awareness, physical vitality, and emotional well-being in my every-

day life." Alayne and Matt teach at the Washington Heights Cultural Arts Center and at the Castle Village Community Room and can be reached at info@explore yogastudio.com or 212-631-3665.

Edya Kalev combines yoga therapy, and MELT (myofascial energetic length technique) to relieve chronic pain, improve balance, and increase coordination. A movement re-educator who "helps people reveal their truest and healthiest selves," Edya offers classes in the Castle Village Community Room and in private homes. Her contact information is EdyaYoga@aol.com, 646-416-4270. ■



Sunset Yoga participants reach for a better body. (Photo by Nancy Bruning)

Suns & Moons

SUNS

	Sunrise	Sunset
November 1	7:27 AM (EDT)	5:51 PM (EDT)
December 1	7:01 AM	4:29 PM
January 1	7:20 AM	4:39 PM

MOONS

New Moons

- November 27, 11:55 AM—Beaver Moon
- December 27, 7:22 AM—Cold Moon or Long Nights Moon
- January 26, 2:55 AM—Wolf Moon

Full Moons

- November 13, 1:17 AM
- December 12, 11:37 AM
- January 10, 10:27 PM

OTHER EVENTS

- Daylight Savings Time ends November 2
- The winter solstice occurs on December 21 at 7:04 AM

Source: U.S. Naval Observatory and *Farmers' Almanac* 2008

Contacts

- Friends Committee Web site: www.hhoc.org/fftp
- Friends Committee phone: 212-795-1388
- Friends Committee e-mail: friends@forttryonpark.net
- Fort Tryon Park Trust Web site: www.forttryonparktrust.org
- To volunteer in the Heather Garden:
212-795-1388
- Council Member Robert Jackson: 212-928-1322
- Northern Manhattan Parks Administrator Jennifer Hoppa:
212-795-1388 or jennifer.hoppa@parks.nyc.gov
- To report an emergency: 911
- To report dangerous conditions or graffiti and other vandalism: 311
- Forestry (tree pruning, dead tree and limb removal): 311
- For information on Fort Tryon Park:
www.nycgovparks.org
- For information on the Cloisters: 212-923-3700
or www.metmuseum.org
- For permissions and forms:
www.nycgovparks.org/sub_permits_and_applications/permits_and_applications.html

Mission Statement

The Friends Committee of the Fort Tryon Park Trust aims to involve the entire community surrounding the park in maintaining and improving the park's appearance and condition, and promoting its constructive use by the public. The Friends' structure and programs are designed to achieve these goals in partnership with other groups with similar concerns. Such involvement and cooperation should help solidify and enliven this community, and make it and the park more attractive, safe, and desirable.

Gazette

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A juvenile gray catbird preening itself. Note the dark patch on its crown and the orange-colored patch under its tail.

Friends Committee of the Fort Tryon Park Trust

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