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Savoring a Slow Summer

By Crystal Johnson

The sultry summer heat is the perfect excuse to slow down. Summer marks the midpoint of the earth’s journey around the sun, with the summer solstice marking the longest day and the shortest night of the year. While from that time on the daylight hours begin to shorten again, the sun still has an intense strength that forces even the most fast-paced New Yorker to slow down their routine.

Summer is a good time to learn to take it easy. Start by taking back your time, savoring every moment and engaging all your senses. It is easy to do – start by just visiting the park. This is a magical time in Fort Tryon Park. The Heather Garden is overflowing with gorgeous, fragrant flowers of all colors and hues, all in full bloom. The bees and butterflies joyfully tend to the flowers while birds fly about chirping praises of the park’s beauty. In the evening, the fireflies illuminate the Park creating an enchanted environment. Saunter along the pathways through the cool, shadowy wooded areas. Lazily watch the sky transition from a spectacular sunset into nighttime shades of blue.

Inside This Issue

Savoring a Slow Summer	1
Dedicate 1% of City Budget to Parks	1
Northern Manhattan Parks Family Activities.....	2-3
Letter from the President	3
It’s My Park Day!	4
Membership and Stewardship	4
Manhattan Special Events FAQ’s.....	4
What’s in Bloom?.....	4
Membership Renewal Form.....	5
Mission Statement & Contact Info	6
Officers & Contacts	6

Enjoy the free park programs offered you this summer – sunset yoga classes on Monday night to stretch you into new possibilities, fitness walks that are gentle on the body’s joints, Shakespeare plays among the trees to transport you to another time and place, and a garden filled with such vibrant beauty, it is beyond one’s imagination.

Let the park remind you that summer is a time to have fun with family and friends. A trip to Fort Tryon Park is an easy escape from the too-full mundane week – a free mini vacation close to home.

Whether you are on summer vacation or just wish to recall the sense of freedom the summer invokes, come to Fort Tryon Park and savor your life!

Dedicate 1% of City Budget to Parks

~adapted from *New Yorkers for Park*: <http://www.parks1.org/>

New York City, the number one city in the nation, spends less per resident on public parks than Chicago, Cleveland, Los Angeles, Phoenix, Seattle, and San Francisco. In 2002, New York City spent only \$25 per resident to operate all of its public parks. San Diego spent \$94!!

As a result, many communities must maintain their own parks because the Parks Department lacks the staff to adequately provide services to every neighborhood. Over the past 20 years, drastic budget cuts have depleted Parks professional staff by more than 65%.

With your help, we can reverse this trend. Join the Parks1 campaign and help send a clear message during this election season to the Mayor, City Council and candidates for office that New York City must invest in its parks and playgrounds. We can make New York parks #1 in the nation by committing 1% of the city’s budget to our parks and playgrounds. The first step won’t even cost New Yorkers a penny: let the Parks Department keep what is earned from hot dog stands, restaurants, golf courses and other concessions on parkland. Contact Mayor Bloomberg and our City Council members that you want to direct 1% of our budget to Parks. In your letter or phone call, mention:

- New Parks Enforcement Patrol (PEP) officers in each borough to fight crime.

Dedicate 1% of City Budget to Parks

continued from page 1

- More full-time gardeners for our neediest parks.
- More playground associates to give our kids a better place to play.
- Your own pet peeve

You have the opportunity to increase the city's park commitment for the first time in a generation. This increase would immediately make our parks safer, cleaner, greener and better.

City Council Member Robert Jackson
751 W. 183 St. NY, NY 10033
212- 928-1322 or 788-7007
E-MAIL: RJ10033@aol.com

Mayor Michael R. Bloomberg
City Hall
New York, NY 10007
PHONE: 311 (or 212-NEW-YORK outside NYC)
FAX: 212 788-2460
E-MAIL: <http://www.nyc.gov/html/mail/html/mayor.html>

City Council Speaker Gifford Miller
E-MAIL: <http://www.nycouncil.info/rightnow/speakerspage.cfm>

Northern Manhattan Parks Family Activities

Summer offers relaxed moments to visit the parks and learn about the plants, trees and flowers. Take a free tour of the Heather Garden with one of our gardeners each Sunday from 1-2 PM during August. Tours include horticultural and historical information about the Heather Garden. During the months of September and October, garden tours at The Cloisters are offered Tuesdays through Sundays at 1 PM. Go back in time for a look at the role of plants and gardens in Medieval Europe. The Cloisters' garden tours are free with Museum admission.

Through August 30th, Highbridge Pool offers free Aquatic Therapy Instruction from 8-11 AM. Bethesda Aquatics will lead you through a complete body workout that can help alleviate pain, improve circulation, and promote healing and muscle development. Call 311 or Bethesda Aquatics at 718-448-3133 for more information.

All programs at Inwood Hill Park meet at the bridge near the Inwood Hill Nature Center – enter the park at 218th Street and Indian Road. Check www.nyrp.org for upcoming New York Restoration Project events in northern Manhattan parks. For more information or to register for most of the programs below, call 311 and ask for the Urban Park Rangers, or visit www.nycgovparks.org.

AUGUST

6,13,20 **Saturdays:** Inwood Hill Park Nature Walk 8–10 AM/ Inwood Hill Nature Center. On Saturdays from spring through November, Mike Feller, Chief Naturalist for Parks & Recreation, will conduct weekly nature walks in Inwood Hill Park. With Mike as your guide, discover Nature's secrets in the last native forest on Manhattan Island.

- 7,14,21,28 **Sundays:** Fitness Walking – South Walk 8:30–9:30 AM/ Fort Tryon Park. Free. Registration required. Email healthwriter2@aol.com.
- 7,14,21,28 **Sundays:** Heather Garden Walking Tour 1–2 PM/ Fort Tryon Park. Enjoy a walking tour of the Heather Garden with one of our wonderful gardeners. Free, no reservation required.
- 1,8,15 **Mondays:** Sunset Yoga 7-8 PM/ Fort Tryon Park. Free. Registration required. For info and registration form write healthwriter2@aol.com.
- 1,8,15 **Mondays:** Fitness Walking – North Walk 7–8 AM/ Fort Tryon Park. Free. Registration required. Email healthwriter2@aol.com
- 2,9,16,23,30 **Tuesdays:** Fitness Walking Walking – South Walk 7:30–8:30 AM/ Fort Tryon Park. Free. Registration required. Email healthwriter2@aol.com
- 2,9,16,23 **Tuesdays:** Vinyasa Yoga Classes at Inwood Hill Park 6:30–8:30 PM/ Inwood Hill Park. Free classes conducted by instructors from Inwood Peace Yoga Center. Registration required. Contact Michael von Stange at 917-779-9657 or by email at info@inwoodpeaceyoga.com.
- 3,10 **Wednesdays:** Fitness Walking – North Walk 7–8 AM/ Fort Tryon Park. Free. Registration required. Email healthwriter2@aol.com
- 4,11,18,25 **Thursdays:** Fitness Walking – South Walk 7:30–8:30 AM/ Fort Tryon Park. Free. Registration required. Email healthwriter2@aol.com
- 3,4,5,6 **Inwood Shakespeare Festival** 7:30 PM/ Inwood Hill Park. Free performances of Dumas' The Three Musketeers. www.moosehallisf.org.
- 6 **Buggin' Out!** 11 AM/ Inwood Hill Nature Center. Explore the park in search of our six-legged friends.
- 6 **Making an Entrance** 1–2 PM/ The Cloisters. Gallery workshop for families. Free with Museum admission.
- 7 **Little Red Lighthouse Tour** 1–3 PM/ Fort Washington Park. See the Manhattan lighthouse that inspired one of the most cherished children's books of all time. Meet at the lighthouse inside the park at the foot of the George Washington Bridge.
- 9 **Open Mic** 7 PM/ Inwood Hill Nature Center. Come on down and share your thoughts, poems, stories, songs and experiences. Free coffee!
- 13 **Ethnobotany: Native American Lifestyle** 11 AM/ Inwood Hill Nature Center. Explore the natural wonders of the park and learn how Native Americans benefited from nature's bounty.
- 14 **Storytelling for Kids** 2 PM/ Inwood Hill Nature Center. The Rangers are serving up a treat – a special guest storyteller to entertain the kiddies!
- 14 **Friends of Fort Tryon Park Beautification Day** 10 AM–2 PM/ Fort Tryon Park. Meet at Margaret Corbin Circle to help keep the park at its peak.
- 17 **Dusk Walk with Mike Feller** 6:30–8:30 PM/ Fort Tryon Park, Heather Garden. See how Fort Tryon's wildlife makes the transition to night. Bring binoculars and a field guide if you wish.
- 20 **Highbridge Meadow Project** 10 AM–2 PM/ Highbridge Park. Volunteers meet to plant and maintain the Wildflower Meadow. Meet in front of the Highbridge Recreation Center at 173 St. and Amsterdam Ave.
- 20 **Little Red Lighthouse Tour** 1–3 PM/ Fort Washington Park. See the Manhattan lighthouse that inspired one of the most cherished children's books of all time. Meet at the lighthouse, inside the park at the foot of the George Washington Bridge.
- 21 **Canoe the Spuyten Duyvil Creek** 12 PM/ Inwood Hill Park. Learn canoeing techniques, then paddle around the Spuyten Duyvil Creek. To register, call 311 on August 8, and ask for the Urban Park Rangers.

Northern Manhattan Parks Family Activities

continued from page 2

- 27 Lost in Space II: Astronomy 7 PM/ Inwood Hill Nature Center. Join the Amateur Astronomers Association as they star-gaze through the summer night.
 - 28 Water Tower Tour 11 AM–12:30 PM/ Highbridge Park. Guided tour of the tower. Spectacular views of Northern Manhattan, the High Bridge itself, and the Bronx. Meet at the Tower, inside the park at 174 St. and Amsterdam Ave.
- SEPTEMBER**
- 3,10,17 **Saturdays: Inwood Hill Park Nature Walk** 8–10 AM/ Inwood Hill Nature Center. On Saturdays from spring through November, Mike Feller, Chief Naturalist for Parks & Recreation, will conduct weekly nature walks in Inwood Hill Park. With Mike as your guide, discover Nature’s secrets in the last native forest on Manhattan Island.
 - 4,11,18,25 **Sundays: Fitness Walking – South Walk** 9:30–10:30 AM/ Fort Tryon Park. Free. Registration required. Email healthwriter2@aol.com.
 - 6,13,20,27 **Tuesdays: Fitness Walking – South Walk** 7:30–8:30 AM/ Fort Tryon Park. Free. Registration required. Email healthwriter2@aol.com
 - 1,8,15,22,29 **Thursdays: Fitness Walking – South Walk** 7:30–8:30 AM/ Fort Tryon Park. Free. Registration required. Email healthwriter2@aol.com
 - 3 In the Days of Knights 1–2 PM/ The Cloisters. Free Gallery workshop for families. Explore the lives of these medieval noblemen. Free with Museum admission.
 - 11 **Friends of Fort Tryon Park Beautification Day** 10 AM–2 PM/Fort Tryon Park Meet at Margaret Corbin Circle to help keep the park looking its prettiest as we head towards the Fall. Join us afterwards for a complimentary light brunch on the Subway Terrace.
 - 24 Fort Tryon Park Nature Walk with Mike Feller 8–10 AM/ Fort Tryon Park, Heather Garden at Margaret Corbin Circle. To be confirmed, see www.nycgovparks.org.

OCTOBER

- 1,8,15,22 **Saturdays: Inwood Hill Park Nature Walk** 8–10 AM/ Inwood Hill Nature Center. On Saturdays from spring through November, Mike Feller, Chief Naturalist for Parks & Recreation, will conduct weekly nature walks in Inwood Hill Park. With Mike as your guide, discover Nature’s secrets in the last native forest on Manhattan Island.
- 2,9,16,23,30 **Sundays: Fitness Walking – South Walk** 9:30–10:30 AM/ Fort Tryon Park. Free. Registration required. Email healthwriter2@aol.com.
- 4,11,18,25 **Tuesdays: Fitness Walking – South Walk** 7:30–8:30 AM/ Fort Tryon Park. Free. Registration required. Email healthwriter2@aol.com
- 6,13,20,27 **Thursdays: Fitness Walking – South Walk** 7:30–8:30 AM/ Fort Tryon Park. Free. Registration required. Email healthwriter2@aol.com
- 1 **Gold!** 1–2 PM/ The Cloisters. Free Gallery workshop for families. Discover a wealth of precious objects in The Cloisters Collection. Free with Museum admission.
- 2 The Medieval Festival 12–6 PM/ Fort Tryon Park. For one glorious afternoon, Fort Tryon Park is transformed into a medieval market town. Authentic medieval music, dance, magic, and minstrelsy are offered for your entertainment. The afternoon concludes with a thrilling joust between four knights on horseback. Free.
- 9 **Friends of Fort Tryon Park Beautification Day** 10 AM–2 PM/Fort Tryon Park. Join us for our Spring Bulb Planting Jubilee. Meet at Margaret Corbin Circle.
- 15 Remembering Susan Pope 2 PM/ Fort Tryon Park. Join us to dedicate a tree and bench in honor of a dear friend of Friends of Fort Tryon Park. Details to be announced. Meet at the Margaret Corbin Circle entrance to the Heather Garden.
- 29 Fort Tryon Park Nature Walk with Mike Feller 8–10 AM/ Fort Tryon Park, Heather Garden at Margaret Corbin Circle. To be confirmed, see www.nycgovparks.org.
- 30 2nd Annual Halloween Bike Parade and Races 1–3 PM/ Inwood Hill Park.

Letter from the President

Our park has been in the news too often lately! There have been pieces in the Manhattan Times as well as the New York Times about the loud and unbeautifying partying in and around the park, and a long article in The New York Times criticizing the Parks Department for neglecting certain parks. What these stories all suggest is the need for people who care to become involved in some way. Planting, weeding, and cleaning up may not be everyone’s cup of tea. But park stewardship has many other dimensions – what about writing a letter or making a phone call, or forming a special group to start an anti-littering campaign to prevent problems in the first place?

As a health educator and author of over 25 books on health and ecology, it is clear to me that there is a much larger picture here. It involves the failure of the powers that be – and many ordinary citizens and residents – to recognize the importance of parks in terms of health, ecology, and the economy. With ongoing budget cuts, this situation has grown even worse (see story on page 1). Yet it is not all an issue of money. As residents of Northern Manhattan, we have enjoyed the Parks Department’s miraculous makeover of the formerly neglected Fort Tryon Park. But we have also had our hearts broken by the lawns of trash left by picnickers, broken bottles left by partiers, and graffiti and broken benches left by vandals. Where is the respect, sense of ownership, responsibility, and stewardship that would share the burden with the Parks Department? It doesn’t cost anything to not litter, graffiti, or vandalize. But it does take creativity, time and commitment to find ways to increase awareness among our neighbors of the harm that this does to our community and our quality of life, and to find more appropriate locations for certain activities while offering healthy alternative activities for youth.

Nancy Bruning

Nancy Bruning
President, Friends of Fort Tryon Park

Its My Park Day!

By Mike Klein

Although we had a relatively low turnout for this event last May 14th – 11volunteers – the weather was excellent. We weeded and pruned about 75% of the upper subway terrace slope, removed tons of invasive plants, painted railings, removed trash in various locations in the park, and raked leaves. We signed up 8 new members and colorful “Its My Park” t-shirts were given to all volunteers.

Membership and Stewardship

Thanks to all of you who renewed your membership this year. Remember, supporting Friends of Fort Tryon Park and volunteering on beautification days is also a form of stewardship, and a way of showing that you appreciate the multidimensional value of parks. Why not recruit your friends to join, too? That way, we'll continue to grow and you and your friends can volunteer together – a selfless form of multi-tasking!

There are three more Sunday beautification events planned before winter sets in. Meet your fellow Friends of Fort Tryon Park at 10 AM at the Margaret Corbin Circle entrance to the park and garden, 193rd St. and Fort Washington Avenue. We usually work until 2 PM, but you are not obligated to start at 10 AM nor to stay for the whole time. Work gloves and tools are supplied.

August 14 General beautification

September 11 General beautification

October 9 Spring bulb planting jubilee

Manhattan Special Events FAQs

Fort Tryon is a great place to have a wedding, picnic, or other celebration. But you may need a permit:

Q: Do I need a permit to hold a party in the park if there are more than twenty people?

A: Yes. Any event with more than twenty people requires a permit from Parks. You can also request a permit to reserve space in a park, even if you have less than 20 people.

Q: How far ahead of time should I apply for a permit to hold an event?

A: It takes approximately 21 to 30 days to process a permit application for a special event. For a rally or demonstration, Parks requests at least 5 to 7 days advance notice.

For more info: <http://www.nycgovparks.org>

Washington Heights-Inwood Web Site

<http://www.washington-heights.us/>

What's in Bloom?

Blooms

August

African blue-eyed daisy, Betty Prior rose, blanket flower, blue salvia, butterfly bush, coreopsis, cosmos, dahlia, daylilies, flowering tobacco, foxglove, globe thistle, hosta, heather, heliotrope, hibiscus, hollyhock, Japanese anemones, mahogany sunflower, monk's hood, morning glory, nasturtium, petunia, phlox, plumbago, purple cone flower, sedum, snapdragon, Verbena, Yarrow, Zinnias, Zulu prince.

September

African blue-eyed daisy, asarina, autumn crocus, Betty Prior rose, blanket flower, Blue Salvia, butterfly bush, calendula, colchicum (fall crocus), cosmos, dahlia, flowering tobacco, foxglove, globe thistle, hosta, heather, heliotrope, Heritage rose, hibiscus, hollyhock, Japanese anemones, mahogany sunflower, Mexican sunflower, Montauk daisy, morning glory, nasturtium, petunia, phlox, plumbago, purple cone flower, sedum, snapdragon, St. John's wort.

October

African blue-eyed daisy, ageratum, asarina, aster, autumn crocus, bearded iris, beauty berry, Betty Prior rose, Blue Salvia, butter and eggs, butterfly bush, calendula, colchicum (fall crocus), cooper hawk, cosmos, cotoneaster, dahlia, Daphne, firethorn, flowering tobacco, foxglove, gladiola, hosta, hawthorn, heather, heirloom zinnia, heliotrope, Heritage Rose, holly, hollyhock, impatiens, juniper, lavender, lemon and tangerine gem marigolds, malva, Mexican sunflower, Montauk daisy, morning glory, nasturtium, petunia, phlox, plumbago, sedum, snapdragon, spider flower, St. John's wort, stonecrop, Virginia creeper, yew.

Moons

New Moon

Aug 4 11:05 PM

Sep 3 2:45 PM

Oct 3 6:28 AM Solar Eclipse

Fall Equinox

Sep 22 6:23 PM

Full Moon

Aug. 19 1:53 PM

Sep 17 10:01 PM

Oct 17 8:14 AM

Lunar Eclipse

Friends of Fort Tryon Park

MEMBERSHIP FORM

Yes!!! I want to __renew __become a member of Friends of Fort Tryon Park!

Name _____ Date _____

Address _____ Apt.# _____

City/State _____ Zip Code (+4) _____

Home Phone _____ Work Phone _____

Email _____

PLEASE SELECT A MEMBERSHIP LEVEL:

- | | | |
|--|-----------|---|
| <input type="checkbox"/> Basic Membership | \$15/year | Subscription to Gazette |
| <input type="checkbox"/> Student/Sr. Citizen | \$ 5/year | Subscription to Gazette |
| <input type="checkbox"/> Family/Supporter | \$30/year | Gazette plus T-shirt |
| <input type="checkbox"/> Business Sponsor | \$50/year | Gazette, T-shirt, plus Certificate suitable for framing |
| <input type="checkbox"/> Additional Donation | \$_____ | Acknowledgement in Gazette |

T-shirt size:
(with \$30 and
up member-
ship only)

- S
 M
 L
 XL
 No T-shirt,
thanks

I DO () / DO NOT () wish to be informed of neighborhood-based events that may not be directly related to Fort Tryon Park.

I WOULD LIKE TO BE CONTACTED AS A VOLUNTEER TO:

- | | |
|--|--|
| <input type="checkbox"/> Garden and maintain plants | <input type="checkbox"/> Other ways I would like to participate: |
| <input type="checkbox"/> Clean, paint, remove graffiti | _____ |
| <input type="checkbox"/> Host membership table | _____ |
| <input type="checkbox"/> Plan events | _____ |
| <input type="checkbox"/> Post flyers | _____ |
| <input type="checkbox"/> Help with mailings | _____ |
| <input type="checkbox"/> Contribute to newsletter | _____ |

Please make checks payable to Friends of Fort Tryon Park, Inc.
and mail to:

Linda Berman
Membership Coordinator
690 Fort Washington Ave. #7A
New York, NY 10040

All contributions are tax deductible to the extent provided by law.



Contacts

- FFTP website:
<http://www.hhoc.org/fftp>
- FFTP phone: 212-927-7174
- FFTP email: friendsofftp@aol.com
- To volunteer at Heather Garden:
212-795-1388
- Council Member Robert Jackson:
212-928-1322
- Speaker of the City Council Gifford Miller:
212-535-5554
- Manhattan Parks Commissioner William Castro: 212-408-0201
william.castro@parks.nyc.gov
- NYC Parks and Recreation Commissioner: Adrian Benepe: 212-360-8111
- To report an emergency (vandalism, dangerous conditions): 1-800-201-PARK
- To report graffiti: 212-304-2278 (ask for Danny)
- Forestry (tree pruning, dead tree and limb removal): 212-860-8144
- For Internet information on Fort Tryon Park log on to: www.nycgovparks.org
- For information on the Cloisters (212) 923-3700 and www.metmuseum.org
- The New Leaf Café: (212) 568-5323

Mission Statement

Friends of Fort Tryon Park aims to involve the entire community surrounding this park in maintaining and improving the park's appearance and condition, and promoting its constructive use by the public. 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.

Officers

Nancy Bruning, President

Mike Klein, Vice President,
Parks Liaison & Beautification

Rosa Naparstek, Vice President,
Cultural Outreach Coordinator

Sylvia Berman, Membership Dues Secretary

Gwendolyn Augenblick, Membership Table Volunteer
Coordinator

Francisco Menendez, Resource and Policy Coordinator

Jack Murad, Treasurer

Winnie Richman, Recording Secretary

Linda Berman, Membership Coordinator

Newsletter Contributors

Nancy Bruning, Sarah Graham, Crystal Johnson, Mike Klein, Alice Lee, Gale Page, Kim Dramer Wang and Laura Whitehorn.

Friends of Fort Tryon Park

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