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Planning Your Monarch Waystation



Monarch caterpillars need plenty of milkweed to become butterflies; one caterpillar alone will eat 20-30 large leaves!

Annual Maple Open Houses Dates

**March 10
March 17
March 24**

Time 1:30-3:30 p.m.

*"Like" us
on
Facebook
"Friends of Five Rivers"*

A Monarch Waystation has to meet several criteria in order to be registered, but luckily for small-space gardens, size is not a very big hurdle. While your Monarch plants must be sited in plenty of sunlight (which butterflies thrive on) the overall size of your plantings need only be 100 square feet total.

A butterfly host plant is the place where butterflies lay their eggs for the next generation. Host plants also act as the sole food source for the developing caterpillars, so that they can become strong, healthy butterflies.

- Monarchs exclusively rely on Milkweed as their host plant. There are several different varieties of milkweed, including Common Milkweed, Butterfly Weed, Swamp Milkweed, Whorled Milkweed and Tropical Milkweed.
- A certified Monarch Waystation must have a minimum of 10 milkweed plants, made up of at least two different varieties.
- Planting multiple varieties of milkweed, which often have varying bloom times, helps to prolong the time frame that Monarch butterflies can make use of your waystation.

For more information on creating your waystation and to register it visit:
<http://www.monarchwatch.org/waystations/certify.html>

President's Message

Greetings, and Happy New Year!

For many of us, January brings renewed spirit and lots of energy. At the same time, lovers of the natural world like you know that there's plenty going on in winter even under the ice!

The Friends of Five Rivers does not need the dawn of a new year to get moving. Since we last reported, our staff has been expanding and improving our programs and lessons, responding to the increased interest by students, teachers and families alike. Their dedication to education and commitment to continuous professional development assure the highest quality instruction. Their infectious enthusiasm inspires wonder and encourages curiosity. The result is unmatched experiential and educational fun for our program participants of all ages.

Our volunteers have been busy, too. As committed and stalwart as we could wish for, our 15 volunteer instructors continue to lead outdoor lessons during the winter and gather for a monthly book club to keep learning. Our greeters have responded to the increased need for hospitality and requests for information at the new Visitor Center. Friendly ambassadors shared their enthusiasm about the work of the Friends by marching in the Bethlehem Holiday Parade and helping at the Winter Farmers Market. And we've been relying on the giving spirit and expertise of still others for clerical, research and publishing tasks.

In this newsletter you'll see information about the Family Fun Program, Summer Family Program,

Maples Open Houses, Monarch Monitoring, Amazing Earth Day Race and the Annual Earth Day Appeal. All of these activities rely on volunteer help and community participation, so be sure to join us.

A new year also brings resolutions. As a board, we've renewed our resolve to ensure the health and strength of our organization, welcoming new members and energizing our committees.

Reflective of the era of devices that constantly ping and ring is the popular resolution to "unplug". I recently learned the meaning of the (new to me) acronym FOMO: Fear Of Missing Out. It accounts for why folks seem tied to their computers, tablets and phones. They're afraid that they might miss out on something fun, exciting or wonderful. You can both disconnect and guarantee that you don't miss out on good times or personal satisfaction by connecting with us and our corps of volunteers. The benefits of unplugging aside, please do check out our website, follow us on Facebook and read the updates we provide by email.

If you are reading this letter, you are not likely in need of a reminder that the best way to quiet your mind and restore your spirit is to take a walk in nature, solitary or with friends. Whether for a hike, a program or volunteer activity, we Friends look forward to seeing you at Five Rivers.

May 2018 be a good year for all,

Paula Read, President

Monarch Larva Monitoring at Five Rivers

Monitors will search a small plot for the presence and growth of monarch butterfly eggs, caterpillars and chrysalises. This is a part of an internationally important citizen science opportunity for up to 5 volunteers at Five Rivers.

The time commitment is about an hour weekly June until October.
Monitoring is currently scheduled one day per week at 10 AM.

Anyone interested in learning more about the project should watch videos 2-12 at <http://monarchlab.org/mlmp/training/online-training> (approx. 45 minutes total) and contact the Visitor's Center 475-0291 for further information and to register.

Support Environmental Education

The Amazing Earth Day RACE At Five Rivers



Celebrate Earth Day
with family and friends of all ages
competing in eco-friendly challenges!

6:00 p.m. April 20th

Form a Team: 3-6 members
One member must be 18 or older.

Register: \$30 per team

Forms available online at
FriendsOfFiveRivers.com

Deadline to enter April 6th.

Play: Check-in at 5:45 p.m.

Friends of Five Rivers

56 Game Farm Road

Delmar, NY 12054

For more information visit

FriendsOfFiveRivers.org or call 475-0295



Volunteer Opportunities at Five Rivers

Friends of Five Rivers provide many kinds of support to the Five Rivers Environmental Education Center.

Many of the people you see working at the Center are Volunteer Friends. For example, you may see

- ◆ A Friend teaching a third grade class over near Wood Duck Marsh;
- ◆ A Friend staffing the reception desk at the Center;
- ◆ A Friend working on Appeal and Membership mailings;
- ◆ Friends filling orders at the Annual Birdseed Sale;
- ◆ Friends helping with refreshments at the annual Fall Festival.

These are just a sampling of the ways that people with a few hours to give can help Five Rivers.

We are currently looking for volunteers in the following areas.

Board Member: Support and uphold the mission and values of the Friends of Five Rivers. Contribute an average of 6 hours monthly. Attend monthly board meeting and participate in at least one Board Committee. Support fundraising efforts and maintain an annual membership in the Friends of Five Rivers.

Committee Member: Support and uphold the values and mission of the committee and the Friends of Five Rivers. Contribute an average of 2 hours monthly. Attend scheduled committee meetings. Maintain an annual membership in the Friends of Five Rivers.

Volunteer Instructor: teach Pre-K thru 8th grade students on weekdays throughout the school year. Five Rivers provides the training—bring a love of the outdoors and a desire to work with children on enjoyable, hands-on activities. Next training sessions will be held in April 2018. Pre-register by email gsp5rivers@outlook.com or by phone (518) 475-0297.

Basic training is mandatory – **April 10th, 9 am – noon.**

Greeter: help staff the Center reception desk and bookstore on weekdays & Saturdays, 9 am – noon or noon – 4:30.

Hospitality Volunteer: help set up, serve and clean up at social functions.

Special Events Volunteer: help with special, once a year functions such as
The Annual Amazing Earth Day Race (April)
The Annual Fall Festival (September)
The Annual Birdseed Sale (October)

For further information, please call the Friends of Five Rivers Executive Director, Joanne Macklin at (518) 475-0295, email FriendsFiveRivers@outlook.com or visit us at www.FriendsofFiveRivers.org.

Welcome New Board Members!

William “Chip” Reynolds is the former Director of the New Netherland Museum and Captain of the Replica Ship “Half Moon”. He has a B.A. in Environment Science from New College in Florida. Chip brings a wealth of nonprofit management knowledge, as well as fund development and volunteer recruitment experience. Chip lives in Selkirk with his family.

Larry Eckhaus retired two years ago after 11 years with DEC as an attorney involved with hazardous sites, lands and forests issues, and utility issues among other things. Previously, he was involved in economic development and utility regulation as both an attorney and a consultant and with many non-profit organizations. Larry lives in Delmar with his wife Barbara, a retired classical singer and voice teacher. He looks forward to working with the Board to expand its membership, resources and image.

If you are interested in becoming a Friends of Five Rivers Board Member or serving on one of our committees, please call our Director, Joanne Macklin at (518) 475-0295.

Summer Family Fun!

Each summer, the Friends of Five Rivers offers outdoor programs to help parents and children grow in their understanding and appreciation of the natural world through shared activities. Parents or caregivers and children must participate together.

Summer Family Fun is a three-morning program for children ages 2-8, which will be offered July 24-27 and repeated July 31- August 3 and August 7-10.

Go to www.friendsoffiverivers.org for complete information, including fees and a registration form.

FRIENDS OF FIVE RIVERS

56 Game Farm Road
Delmar, NY 12054

Phone: 518-475-0295

Fax: 518-475-0293

E-mail: FriendsFiveRivers@outlook.com

**Volunteer Greeters
needed Saturdays and
Tuesday afternoons.**

**If you are interested in learning
more, please feel free to email us
at FriendsFiveRivers@outlook.com
or call 475-0295.**

**Friends of Five Rivers/Five Rivers Limited, Inc.
(FFR/FRL) is a not-for-profit corporation formed in
1972.**

It is tax-exempt under the Internal Revenue Code and is registered as a charitable corporation under New York State law. FFR/FRL is a private corporation, separate from the State of New York and is governed by its own board of directors and its members.

**Visit the Friends of Five Rivers at:
www.FriendsofFiveRivers.org or
call us at (518) 475-0295.**

Providing your email address to the Friends will save postage and paper, helping us direct more funds to environmental education and preserve the environment. Friends will never share your email with anyone. Email us today at FriendsFiveRivers@outlook.com to be placed on our list.



**Friends of Five Rivers
56 Game Farm Road
Delmar, NY 12054**