

PARK RANGERS  
SUMMER  
ENVIRONMENTAL  
ENRICHMENT  
PROGAM BROUGHT  
TO YOU BY:

THE  
TRUST  
**FOR  
PUBLIC  
LAND**



## **End of Summer Report 2018**

Written and Submitted by:

Rhenotha Whitaker  
Program Director

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# It Happened with the Park Rangers

- Who are the Park Rangers
- Orientation Day
- Park Maintenance and Beautification
- Exploration (Field Trips)
- Mentorship and Camaraderie  
(The Rangers team up with meet Grace West Seniors the Boys and Girls Club and Student Conservation Association)
- Just to Say Hello (Visitors)
- Farmers Market Experience
- Yoga Tings
- Extra Credit (National Night Out and Hug The Block)
- Signature Project
- Survey Says!
- Expenditure Report (May Not Apply)
- Programmatic Documents





# Six Weeks of Learning and Love

- **United Parks As One 6 week Summer Environmental Enrichment Summer Program** in partnership with the Trust For Public Land and Newark One Stop Career Center serves as a summer worksite for Newark Youth.
- **This program exists to teach high school and college youth between the age of 14-21 the importance of environmental stewardship as well as caring for the community in which they live.**

- **Throughout the 6 weeks, the program tends to the upkeep of United Parks As One Affiliate Jesse Allen Park.**
- **The 6 week program employs 25 Summer Youth Employment and Training Trainees.**
- **The 2018 installment of Park Rangers Environmental Enrichment Program included a series of hand's on environmental trips, an active farmers market, interaction with the community around us, walk shops, workshops and experiences that the youth will be able to apply to their current education.**
- **This Report will show how the Park Rangers are an integral part of the fabric of the parks and recreation community in the City of Newark.**





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**ORIENTATION DAY**





## So What's happening here? Orientation that's What!

Rangers begin their first day and entry into their 6 weeks with a full session of Yoga and journaling with Nyota David – Shy. It's important that Rangers understand the importance of this practice and that is to center them for a days work with positive energy, movement and thoughts. Following Yoga, Rangers are given a detailed description of the Summer Environmental Enrichment Program.

### Summer Staff

Rhenotha Whitaker, Program Director  
Qualil Slater, Program Lead  
Maryam McDonald, Program Assistant  
Margie Mia X Johnson, Program Assistant  
Talia Dixon, One Stop Site Monitor

Rangers then complete Orientation documents: Contact Forms, Permission Slips and Release Forms. After completion of forms Rangers are briefed by One Stop Site Monitor. Rangers were then given a tour of Jesse Allen Park and participated in a full clean up throughout the entire park and are given refreshment throughout the day.



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**PARK MAINTENANCE AND  
BEAUTIFICATION**

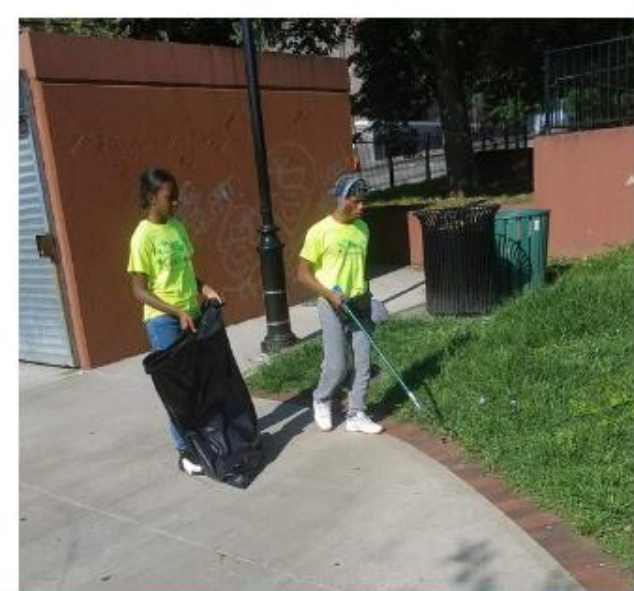
# PARK MAINTENANCE AND BEAUTIFICATION

On a daily basis Rangers were responsible for cleaning all areas in and around the park that included:

- All Entrances and Exits
- Skate Park
- All Curbs
- Catch Basins
- Playgrounds
- Eating Areas
- Waterplay Areas
- Soccer, Tennis and Basketball Courts







## PARK MAINTENANCE AND BEAUTIFICATION

Rangers worked together daily to make sure the park was properly maintained



# RANGER YOGA — AND — JOURNALING — — NAMASTE





# NAMASTE

Yoga's incorporation of meditation and breathing can help improve a person's mental well-being. "Regular yoga practice creates mental clarity and calmness, increases body awareness, relieves chronic stress patterns; relaxes the mind; centers attention; and sharpens concentration," says Dr. Natalie Nevins, D.O. Board Certified Dr. and Yoga Instructor







Rangers engage in yoga on a daily basis to do exactly what Dr. Nevins describes; achieve mental clarity, and centers their attention.

An added Ranger practice to Yoga is journaling. Nyota played thought provoking music and cited works from the likes of Aretha Franklin, Claude McKay and Miles Davis to get the Rangers thinking beyond themselves.

Daily writings asked a question and always included a Nia (purpose) for the day. Some writing asked questions like this one: Who are you, under the mask that you wear? What aspects of yourself do you wish people could see?

Yoga and journaling helped out aspiring poets, musicians and artists hone their thoughts and think more about their craft.





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**LIVING IT UP IN THE CITY  
(FIELD TRIPS)**







## A Trip to the Beth Green House & Ronald B. Christian Wellness Center





# *Learning from the Master Gardener*

The trip began with Rangers being greeted by Master Gardener and Greenhouse Coordinator, Lorraine Gibbons at Newark Beth Israel Hospital. They began in the Main Lobby to view the Beth Thursday Farmers Market festivities and to be given a brief gardening overview.







On this years trip to The Beth Green House, Rangers were split into two groups. Both Groups toured the Greenhouse and visited the Ronald B. Christian Wellness Center with a pleasant surprise. On the tour of the Greenhouse facility, Rangers learned of different ways to grow food besides planting in large gardens.







Other ways to grow food included hydroponic gardening and subcutaneous planter boxes. The Beth Greenhouse is mainly hydroponically farmed however in recent years they've incorporated planter boxes along the edges of the greenhouse and at the wellness center. Rangers were able to sample some of the growth happening there. Eggplant, strawberries, romaine lettuce, cucumbers, basil and dill were some of the produce Rangers were able to observe.





# COOKING IN THE BETH KITCHEN

Rangers were given an awesome opportunity to cook with greens harvested directly from the Beth Greenhouse lead by the Wellness Departments, Kerri Likakis, certified nutritionist. Upon completion they sat and ate family style at the Wellness Center.





# SHOWING OFF THEIR CULINARY SKILLS

Rangers had  
an awesome  
time cooking 2  
healthy dishes:  
Mediterranean  
Orzo with  
Ground Turkey  
and Strawberry  
Spinach Salad  
and Dressing







# EVERYBODY COOKS!

Surprisingly the young men were just as enthusiastic to get in on the cooking just like the young ladies.





#1 . FIRST TRIP IN THE BOOKS!  
As you can see they enjoyed themselves!



# TWO FOR ONE DEAL



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Hahne  
AND CO.

ANIMAL AGRICULTURE







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# ENVIRONMENTAL GEOLOGY

Rangers audited an upper level Environmental Geology class taught by Professor: Dr. Dimitrios Ntarlagiannis at Rutgers Newark. The focus of the class was on the technical aspects of human interaction with the near-surface environment of Earth.

Topics included the following:

Organic Matter and the breakdown of Organic Matter

Point and Nonpoint Pollution-1 source vs. multiple sources of pollution

Geochemical Cycles-Precipitation, Weathering and Ground water







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Upon completion of the class, Rangers were quizzed by Program Director, Rhenotha Whitaker and students answered questions correctly. With that said the Rangers learned quite a bit during the time audited.







# DOWNTOWN EXPLORATION

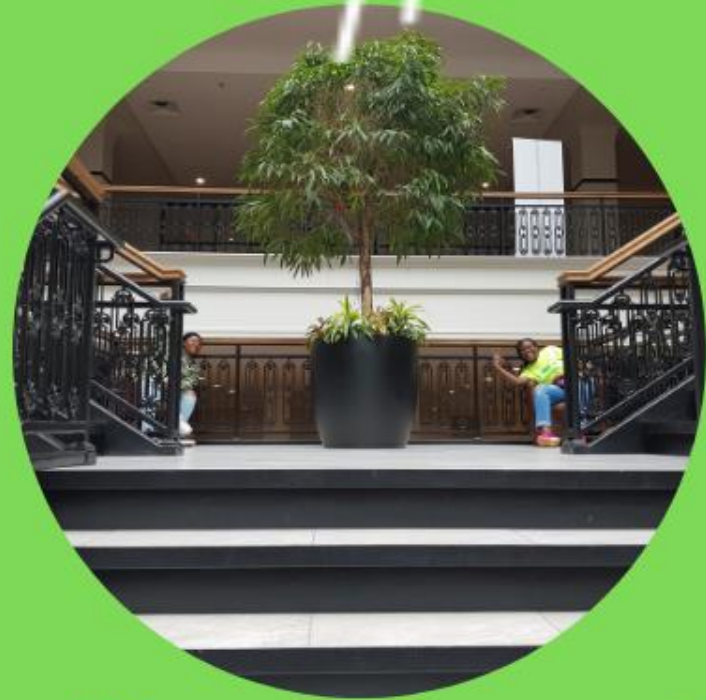


**Most of the Rangers had never been to the Hahne & Co Building so after Environmental Geology class we took a trip to the Historic "Hahnes" Building**





# DOWNTOWN EXPLORATION



Needless to say they were all in wonder over the site of the building and decided it would be one of their new downtown destinations



# SUSTAINABLE CITIES WITH







# GNC NEW TO ME

Park Rangers visited Greater Newark Conservancy and for most they had no idea it existed staff included.

Rangers toured its landscape that included an actual pond and walking bridge, chicken coup, composting and several gardens.





# STILL ON TOUR

Guided by Shahira Morell, Education Program Coordinator, Rangers Toured the facility keeping in mind what it takes to build a sustainable urban city.

Rangers journeyed outside the walls of GNC to consider the transportation options, tree shading, transportation congestion, among other things.





# WHAT IS URBAN DESIGN?

After venturing outside, Rangers were brought inside to further contemplate the Principles of Sustainable Design before creating their own sustainable city. The chart to the right helped the Ranger stay within their constructing guidelines.

Below is a checklist of the SUSTAINABLE URBAN DESIGN PRINCIPLES you must include in your design. Use the SUSTAINABLE URBAN DESIGN FEATURES BOOKLET to determine what to include and why. For example, under SUSTAINABILITY you might write "we used solar panels because they will...". Use the other side of this checklist for additional presentation notes.

REMEMBER, MORE SUSTAINABLE DOES NOT NECESSARILY MEAN MORE CONVENIENT.

PRINCIPLES OF SUSTAINABLE URBAN DESIGN		MAXIMUM POINTS
1. INCREASED DENSITY (5) a. Include mixed-use buildings—a mix of shops, offices, and apartments in the same building. These promote safer neighborhoods with a diversity of people. b. Place apartments, shops and services close together so people can easily walk to each, to enable more efficient use of those services and resources. <b>Sustainability Notes /Outcomes/Design Notes (5):</b>		10
2. SMART TRANSPORTATION (5) a. Create a network of mass transit alternatives connecting neighborhoods together. b. Use pedestrian-friendly design that encourages a greater use of bicycles and walking. <b>Sustainability Notes /Outcomes/Design Notes (5):</b>		10
3. SMART PARKING (5) a. Parking should cause minimal environmental damage. <b>Sustainability Notes /Outcomes/Design Notes (5):</b>		10
4. PRESERVATION AND CREATION OF GREENSPACE (5) a. Create parks and preserve forests. b. Provide neighborhood green lots for community gardens and growing vegetables. c. Greenspace can include green roofs. <b>Sustainability Notes /Outcomes/Design Notes (5):</b>		1
5. PEDESTRIAN NETWORKS (5) a. Put most things a person needs within walking distance of home and work. b. Build pedestrian-friendly areas and bicycle paths. <b>Sustainability Notes /Outcomes/Design Notes (5):</b>		
6. SUSTAINABILITY (5) a. Use eco-friendly technologies such as solar panels. b. Respect natural ecology and value of natural systems, such as woods. c. Save historic buildings by using them for new purposes. <b>Sustainability Notes /Outcomes /Design Notes (5):</b>		
TOTAL POINTS		





# CREATING URBAN DESIGNERS

The Rangers were given their rules of designing a sustainable city and went to work. They were split into teams and as a result were very passionate about the city they were creating. They did enjoy this Trip.







# Park Rangers Till the Land

The Trip to Rabbit Hole Farm located on Rose Terrace near Avon Avenue was nothing short of AMAZING. Lead by Kevin Porter, Rabbit Hole Farm Founder, Park Rangers were given a tour to view the facility and they left feeling accomplished.





# Communing in the Garden

Kevin Porter made quite the impression on the Rangers. He showed them medicinal herbs that they could take home and the Rangers and Staff gladly helped themselves.





# MULCHING TIME!



The time came for Kevin to mulch a small area attached to the back of Avon Avenue School. Kevin showed a specific technique called sheet mulching. By placing cardboard and then mulch this technique nurtures the soil and replaces existing areas of vegetation, eliminating the need to remove unwanted plant material. The Rangers were ready and willing to pitch in and help!



# MULCHING TIME!



Rangers then covered the cardboard with fresh mulch, wheel barreling the mulch from Rabbit Hole Farm to Avon Avenue School. The Rangers really enjoyed this task and wanted to keep going and actually stayed a little overtime for work that day.



# MULCHING TIME!



Steady they Mulch Along!



# EDITORIAL POSE

Kevin Porter, Staff and the Rangers really took pride in getting acquainted with the earth right here in their city - NEWARK. Dynamically Posing Proudly for the Photo like Kings and Queens!







# Our Final Destination







# ON THE TRAIL DREDGING IN THE WATER ON THE CANOE

On their final trip the Rangers were treated to a visit to the Pine Barrons of New Jersey with Pinelands Adventures. Lead by John Volpa, the Rangers were split into 2 groups to make good use of time and so that everyone could have a chance to go out on the water. Rangers took turns finding out what was on the trail, in the water and explored artifacts.





# ON THE TRAIL

On the Trail John Volpa showed Rangers how to get a natural antiseptic from Peat Moss, How to get natural soap from the Chlorogalum plant and how the root beer taste is made with the Sassafras plant.

Trying the Soap Plant



More Chlorogalum



Smells like Root Beer



Peat Moss







# DREDGING IN THE WATER



This part of the trip shows the Rangers what's in the water in it's natural habitat at the Pinelands. Two brave Rangers joined Mike, Volunteer to dredge the water to find out just what's lurking in the water.

Great Job Imani and Samayah!





# WHAT DID THEY FIND IN THE WATER?

Swamp Darter fish, Tadpoles and a few other fish species. These are called Macoinvertebrates. What does this tell us? It tells us once filtered the water is actually drinkable even though the color of the water is brown.





# AHOY MATEY

And at the end Rangers were taught how to Canoe and enjoyed time on the water. The Grannies of Grace West Joined the Rangers on this trip an enjoyed the experience as well.



# A GREAT TIME HAD BY ALL

