

The Sandy Hook
Foundation



July 2021

The Sand Paper *A Newsletter from The Sandy Hook Foundation*

The Sandy Hook Foundation's Summer Appeal is soon coming to an end. Tremendous thanks to all those who have supported our mission of preserving and protecting Sandy Hook's natural and cultural resources. There are still a few days left – please donate today. Every bit counts!

Please Support the Summer Appeal
Today

Dear Friends of
Sandy Hook,

This week we had a moment to visit the Observation Deck where new split rail fencing funded by The Sandy Hook Foundation has been installed to help guide visitors along the path. While there, NPS Rangers

Tracy and Melissa were on the deck with their spotting scope trained on an osprey nest with two fledglings preparing for flight.

NPS rangers at Sandy Hook are knowledgeable and have so much information to share with the public. There are many free, interesting and informative programs happening each week here on the Hook. Please take advantage of them and plan your next trip!

The Staff and Board of Trustees of the Sandy Hook Foundation

Below: Loading in new fencing supplies



All Summer Long ...

Mondays – Birding on the Deck

Visit a ranger on top of the Sandy Hook Observation Deck at Lot M now through – August 30. A scope will be set up from 9am – 11am to view and learn how to



identify osprey, egrets, and songbirds. No reservation required.

Tuesdays and Thursdays – Canoe Cruise

Take a two-mile morning paddle to explore Sandy Hook Bay from an ideal vantage point – on the water! Rangers guide you on a two-and-a-half hour tour of bayside waters and Skeleton Hill Island. You must register two people per canoe at www.recreation.gov or by calling 877-444-6777. As a popular program, canoeing fills up fast!

9:15am – 12noon, Meet at Nike Missile Site – Parking Lot, Hartshorne Drive

Wednesdays – Fort Hancock History Tours

Now through August 25, take a ranger-led stroll around Fort Hancock with stops at the Fort Hancock Museum, Sandy Hook Lighthouse, Mortar Battery, Battery Potter, Rodman Gun, and Officer's Row. Reservations required by calling (732) 872-5970

5pm – 7pm, meet on the grounds of the Fort Hancock Post Museum, Building 28

Saturdays – Yoga on the Beach

Join us now through August 28 for this free program funded by The Sandy Hook Foundation. The class is a peaceful yet traditional Vinyasa yoga practice on the beach. Open to everyone and all levels, the focus will be on flowing through basic poses and maintaining poses with proper alignment. Bring a large beach blanket and wear light, comfortable workout attire and be sure to have water. No reservation required but donations to The Sandy Hook Foundation are welcome!

8am – 9am, Beach Area E, Center Beach Chute

Meet Jen Cox Supervisory Park Ranger, Sandy Hook

Jen Cox is no stranger to hard work. Working nonstop jobs through her teens and early twenties, a year spent exploring and backpacking around Europe, and being one of nine children, all gave Jen the insights and background required to engage the population of visitors who come to Sandy Hook each year, especially those looking for meaningful ways to connect with the park's cultural and natural resources.



As a young adult Jen received her Bachelor of Science degree from the University of Maine, Orono, where she majored in Parks and Recreation. Jen knew she wanted to become a park ranger! Luckily for Gateway National Recreation Area, she landed in New York, where for 13 years she spent time between the Staten Island and Jamaica Bay Units. In 2011, she moved down to the beautiful Sandy Hook Unit and has been a ranger here ever since. In her role as Supervisory Park Ranger, Jen is in charge of 4 permanent staff, 8 summer seasonals, and the Volunteer in the Parks (VIP) program.

Within the NPS, the term “interpretation” takes on a broad meaning. “Interpretation is about communicating and translating big ideas, concepts, and stories that provide opportunities for our audiences to make intellectual and emotional connections and meanings to the park's cultural and natural resources. Our goal as interpretive park rangers is to provoke and inspire our visitors to care about the park resources, which will result in our visitors caring for the park's resources,” says

Did You Know? New Bypass Lane Open for Summer Season Pass Holders

On weekends this summer, Sandy Hook season pass holders can now use a new bypass lane from 8:30am – 11:30am. Stay to the LEFT to take advantage of this season pass holder perk!



Your Business ... at the Beach

The Sandy Hook Foundation is partnering with the National Park Service to host corporate beach cleanups for interested companies.

Gather together with colleagues and forward your community engagement goals, while providing a much needed service in our National Park. This fee-based program fosters team building and pollution awareness during your day at Sandy Hook. This day of service will include a ranger-led introduction and information

Cox.

During her youth, Jen and her family would spend lots of time outdoors near the water for family outings. Still carrying those fond memories, she understands the value of introducing Sandy Hook's vast resources to its youngest visitors. If you ask Jen what her favorite Sandy Hook programs are, she would answer "all of them!" but she feels that programs like The Junior Ranger (ages 7 – 12) and Junior Junior Ranger (ages 3 – 6) are areas where the park can have the most impact. "Children and young adults are curious and open, and they want to engage and explore. When children are eager and curious to learn their enthusiasm cross-pollinates to their parents or guardians. The junior ranger programs provide children and their families an opportunity to explore both the natural and cultural history of their community and their relationship to Gateway NRA." She adds that these learning opportunities can be formal or informal, and she always tries to incorporate audience-centered engagement techniques so the visitor can contribute and share what they know too, resulting in two-way communication around shared ideas and interests.

Jen works with her staff to continue to be creative. This includes a shift to more engagement in an increasingly virtual world. To that end, new and informative programming can be found on Gateway National Recreation Area's social channels including Facebook, Instagram and Twitter.

Finally, Jen reminds our readers to not forget that Sandy Hook has so many beautiful cultural resources at the northern end of the park, which can be explored with a ranger during programs like the weekly Fort Hancock walking history tour, every Wednesday evening from 5 – 7pm. Call 732-872-5970 for your family's reservation, and come on out and meet a park ranger this summer! Jen and her staff are waiting for you.

Bicycles for Rent

Bicycles are available for rent on Sandy Hook, by SAHO Bike Rentals. An everyday operation from 9 am – 5 pm located on the grounds outside the Post Theater. Call 732-737-4387 or visit sandyhookbeachrentals.com to confirm weather-dependent rental details.

With summer also comes the addition of food trucks at lots B, C, D, E, G, and I. Please see the [2021 FOOD VENDORS MAP](#) for detailed information. Also don't forget McFly's permanent food operation in Fort Hancock across from the lighthouse!

session, materials and supplies, and snacks or a boxed lunch depending on engagement level.

Please email info@sandyhookfoundationnj.org or call (732) 291-7733 to learn more. To make a corporate contribution to The Sandy Hook Foundation's Summer Appeal please [click here](#).



JULY Park Programs on Sandy Hook

July is chock full of options and experiences for you and your family on Sandy Hook this

month!

July 1 – Junior Ranger Marine Invader (7 – 10 yrs. old)

Help rangers find, catch, identify and track non-native/invasive Asian Shore Crab and explore its potential impact on native crab species. Parents or guardians are required to stay with their children for program duration.

Reservations required by calling 732-872-5970.

10am – 11:30am, Horseshoe Cove

July 8 – Junior Ranger Yoga (7 – 12 yrs. old)

Say thank you to the sun and the day for being so good to us. The group will stretch and imitate the natural world around us. Wear loose fitting clothing and bring a yoga mat or towel and water. Parents or guardians are required to stay with their children for program duration. Reservations required by calling 732-872-5970.

9am – 10am, Guardian Park

July 16 – Fort Hancock Bike Tour

Join a ranger on a bicycle tour highlighting everything from batteries to beaches! Bring a helmet. Reservations required by calling 732-872-5970. Free, 3 miles. 5pm – 7pm, Theater Parking Lot, Across from the Post Chapel

July 19 – Facebook Live: Archaeology in the Park

Why is archaeology important? The Park Archaeologist helps to ensure sites are not disturbed by visitors, erosion and other forces. Archaeology records include artifacts, ecofact/biofacts, architecture and cultural landscapes. Learn how these records are used to understand the past, as well as the community and culture of Sandy Hook.

11am – 12noon, [Gateway NRA Facebook Page](#)

July 23 – Night Hike, Full Buck Moon

At this time of year male deer, bucks, begin to grow new antlers. This night hike will be a walk along the beach, always an interesting adventure. Bring a flashlight, bug repellent, and wear shoes that can get wet. Reservations required by calling 732-872-5970. 1 mile 7:30pm – 9pm, Parking Lot E, Beach Plaza

July 27 – Junior Ranger Spy and Osprey



Independence Day is our nation's federal holiday commemorating the Declaration of Independence of the United States on July 4, 1776. The Continental Congress declared that the 13 American colonies were no longer subject (and subordinate) to the monarch of Britain, King George III, and were now united, free, and independent states. Celebrate July 4th at Sandy Hook and collectively celebrate our freedom!

The Sandy Hook Foundation is the Official Friends Group of the National Park Service at Sandy Hook, a designated 501(c)(3) nonprofit organization. We rely on your support and every donation is meaningful. Please, consider your contribution today.



The Sandy Hook Foundation has achieved the Platinum Seal of Transparency from Guidestar, the highest level of transparency. Guidestar's mission is to revolutionize philanthropy by providing information that advances transparency, enables users to make better decisions, and encourages charitable giving. Please consider your support of SHF today!

Please Donate Today

The osprey is a bird of prey that can be found throughout the world. Learn about their physical characteristics and habitats and behaviors. Parents or guardians are required to stay with their children for program duration. Reservations required by calling 732-872-5970.

10am - 11:30am, Fort Hancock Museum, Building 28

Children completing Junior Ranger Programs will receive a Junior Ranger Badge and Pin.

Photo above and at left by Stanley Kosinski



Protect the Plover

The designated beach nesting areas at North Beach, North Gunnison, and South Fee at Sandy Hook are closed to visitors until further notice. Plovers have hatched in these areas. These beach closures help ensure another successful breeding season at Sandy Hook! Please do your part to protect these threatened shore birds who call Sandy Hook home. To learn more, please view an educational video sponsored by SHF, called *Preserving the Piping Plover: A Natural Partnership for Survival* [here](#).



Dolphins seen regularly at Sandy Hook; Photo courtesy of Stanley Kosinski



Contact Us!

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