



Friends of Sterling Forest Schedule of Events May 2022



THE FRIENDS OF STERLING FOREST (F.S.F.) is a non-profit 501(c)(3) organization established to protect and preserve the great legacy of natural resources and historical treasures within Sterling Forest State Park. Our events are open to the public and free of charge; donations, however, are gratefully accepted to assist us in fulfilling our mission.

**ADVANCE REGISTRATION IS MANDATORY FOR ALL PROGRAMS.
PLEASE CALL THE PARK 845-351-5907 TO REGISTER.**

All events will meet at the Senator Frank R. Lautenberg Visitor Center unless otherwise noted.

Friends of Sterling Forest Monthly Meeting **Sunday, May 1** **12 Noon**
The Friends of Sterling Forest Executive Board will meet at the Visitor Center to discuss current and upcoming F.S.F. projects, activities, and events. All F.S.F. members and guests are welcome to attend.

Hike: Spring Photo Walk **Sunday, May 1** **1:00 PM**
Join Friends of Sterling Forest member, Margo Moss, as we photograph the wonderful signs of spring with any camera or phone. We will emphasize the techniques of composition while we capture nature. We will meet like-minded people and make memories. Bring water and wear proper footwear.

Mid-week Hike: Spring Photo Walk **Thursday, May 5** **11:00AM**
Repeat of May 1, 2022

Lecture: Iona Island **Sunday, May 15** **1:00PM**
First came the Native Americans - then the Dutch - then the British troops - then the entrepreneurs - then the U.S. Navy - and finally the Palisades Interstate Park Commission. Iona Island has a curious and varied history! Join local historian and Iona authority, Doc Bayne, for a fascinating PowerPoint presentation.

Hike: Iona Island **Sunday, May 22** **1:00PM**
Closed to the public except for special occasions such as this, Iona Island has, for thousands of years, been a source of inspiration and intrigue for the many people who have lived or worked there. Explore the island's fascinating and varied history with Iona-expert, Doc Bayne. Please bring water and a lunch or snack. Be sure to wear comfortable shoes for this leisurely paced, approximately 3-hour excursion. **Meet at Iona Island in the parking lot by the railroad tracks.** (Iona Island is just off 9W, about one mile south of the Bear Mountain Inn.)

*The trails can be steep and rocky, so please wear sturdy hiking shoes. **Our hikes will include stops along the way to interpret natural and historic features.** Hunting is allowed in portions of Sterling Forest State Park, we suggest wearing hunter orange or bright colors other than white during the hunting season.*
For more information you can email us at friendsofsterlingforest@gmail.com