



the *Fresh Air* fund

FIELD TRIP GUIDE

Since its founding in 1877, The Fresh Air Fund, a not-for-profit youth development organization, has provided free summer experiences outdoors to more than 1.8 million children from New York City's underserved communities. Young people also participate in year-round leadership, career exploration and educational programs. For more information, visit www.FreshAir.org.

Questions?

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SHARPE RESERVATION



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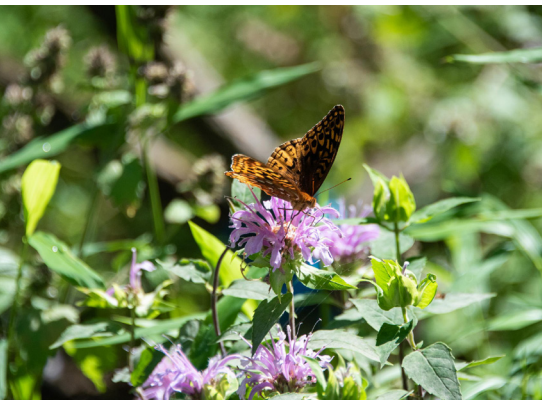


The History and Mission of Sharpe Reservation's Environmental Center

Sharpe Reservation, located in the historic town of Fishkill in Dutchess County, is just 70 miles north of New York City. It originated in 1949 with the donation to The Fresh Air Fund of 1,000 acres of prime woodland by Dr. and Mrs. William Sharpe.

The Reservation now encompasses approximately 2,070 acres of forest, fields, streams, and lakes. Within the preserve are 15 miles of marked trails with scenic views of the Hudson Valley. During the summer, Fresh Air Fund camps have exclusive use of Sharpe Reservation, and in the three other seasons, Sharpe Environmental Center welcomes school groups and others to rent the facilities for residential and day trips.

The Sharpe Environmental Center, owned and operated by The Fresh Air Fund, provides students with the opportunity to explore the natural world, combining experiential education with environmental education. Sharpe educators include full-time staff, naturalists, retired schoolteachers, and interns. Classes cover a wide range of topics including natural sciences, the environment, regional history, and outdoor adventures. Here, hands-on learning engages students and teachers alike. The natural world offers discovery, delight, surprises, and many teachable moments every day.





A Breath of Fresh Air!

Whether you are making this trip to reinforce classroom lessons, build group collaboration and problem-solving skills, expose the students to new adventures, or just to get outside, Sharpe Environmental Center can offer:

DISCOVERY

- As widely recognized by education experts, children retain information best when they are actively involved in the learning process.
- Outdoor education – hiking, scooping pond water, building shelters in the woods, turning over rocks – engages them in doing and learning as they do.
- Out of their usual environment, children can think differently about themselves and often, act differently toward one another.

A BOOST

- A growing body of evidence shows that spending time in nature increases physical and emotional health. One of the main benefits is stress reduction.
- Chemicals released by trees in the forest also give the immune system a boost.
- According to Yale's College of eco-psychology, just 120 minutes in nature lowers cortisol, drops heart rates, improves focus for students with ADHD, and reduces feelings of isolation.

EXCELLENCE

- We collaborate with teachers to ensure student learning aligns with the curriculum at the school site as well as State and National Learning Standards.
- Each of our educators brings a unique expertise to our program offerings. Whether it's experience in an environmental field, farming, or training in adventure programming, they share a passion for the outdoors, for learning, and for teaching.



Know Before You Go: Educators & Chaperones

SAFETY

- For residential trips, a Sharpe staff member is on call 24 hours a day in case of emergency.
 - Sharpe Reservation does not provide nurses.
 - Please report any injuries to the on-call Sharpe staff person.
- Please advise parents of any emergency contact number(s) for you or your staff.
- Each chaperone should know which participants in their group need inhalers or epi-pens.
 - For any student with asthma, their pump should be with the group at all times.
 - For students with bee sting allergies, their epi-pens should be with the group at all times.
- Sharpe can accommodate participants with dietary restrictions and allergies. We request dietary restrictions be turned in at least 72 hours before the trip.
 - We do not serve any nuts, but our food comes from third-party vendors. Please let us know if any students have nut allergies. (Additional information on Page 5: Dining Hall Instructions.)

SUPERVISION & RESPONSIBILITY

- The user group assumes full responsibility for all participants for the duration of the trip.
- Students must be supervised at all times – including during free time and cabin time – and must always be where an adult can see or hear them.
 - Because adult chaperones know the students best, adults from the school community are responsible for all discipline. Sharpe instructors are responsible only for the facilitation of Sharpe program activities.
 - Each activity group must have an adult from the school. Sharpe instructors cannot leave the main complex with a group unless that adult is present.
- Each chaperone should have a roster of students in their group including accurate head count taken upon arrival.
- Security is provided by our full-time staff and a security company. Entrance to the property will be permitted only to people who are listed on authorized entry forms.

FACILITATION

- Participants should be split into Activity Groups – the groups in which students will travel to activities – of between 12 to 18 participants.
- Please check with the Sharpe Program Office for additional guidance on group size depending on the ages of your students and the chosen activities).
- Participants should also be split into Cabin Groups – the groups that will stay in cabins together.
- We recommend going over the Packing List (p. 4), Dining Hall Procedures (p. 5) and Rules (p. 6), with your students before your visit.
 - Whenever possible, please let students know what activities have been chosen for the trip. Students do better when their expectations are as close to reality as possible (for example, we do not have a zipline)!

KNOW BEFORE YOU GO: EVERYONE

(Feel free to share this page with your students!)

The majority of activities are outside, rain or shine – bring what you need to stay warm, dry, and comfortable. We recommend bringing a duffle bag or other bag that is easy to carry, as cabins may be up to a five-minute walk from the main area. (Wheeled suitcases do not work well as the ground may be uneven.)

Tip: Before your trip, check the weather for Fishkill, NY. We are at a high elevation, and it is often colder here than surrounding areas.

PACKING LIST

Essentials

- Sleeping bag
- Pillow (we do not provide pillows, even if your group is renting linens)
- Pajamas
- Towel and washcloth
- Toiletries: toothbrush, toothpaste
- Underwear and socks - bring extra socks!
- Shirts and Pants
- Sneakers or hiking boots (shoes will get muddy and dirty)
 - (Please do NOT wear crocs, sandals, or anything else uncomfortable)
- Rain gear
- Jacket
- Clothes for layering - long sleeved shirts, sweatshirts, etc.
- Reusable water bottle

Depending on the season:

- Sun hat and sunscreen
- Hat / Gloves / Scarf
- Thermals or base layers
- Snow pants
- Winter boots

Things We Recommend Leaving at Home:

- Money
- Handheld gaming units
- Jewelry
- Snacks (no food allowed in cabins)
- Expensive clothing and shoes (it can get muddy here, and we don't want things to get ruined)



DINING HALL PROCEDURES

(Please review with your students before your trip!)

The dining hall routine is important to the success of any program.

Each table seats 8 people. Please make sure to fill the tables to capacity. Meals are served family-style and food is portioned out by table; filling each table ensures that each person gets the right amount of food. Whenever possible, make sure there is an adult at each table. We ask that groups wipe off tables and sweep the floor after each meal.

SERVERS

- Each table should have one "server" for each meal.
- Servers come early to the dining hall to set up the table.
- Servers get the food, including seconds, and clear the table.
- Only the server is allowed to walk around during set up and clean up; everyone else should stay seated.
- Clean-up is done family-style, at the table. Please do not allow students to bring up plates individually.

Dietary Restrictions:

- We request dietary restrictions be turned in at least 72 hours before the trip.
- Once the main meal has been served, participants with dietary restrictions and food allergies should go to the kitchen with their plates to get their food.
- **Note:** We do not serve any nuts, but our food comes from third-party vendors.

Coffee & Tea:

- Coffee and tea are provided at all meals for groups with food service, and are for adults only.

Salad and Breakfast Bar:

- We recommend calling participants up by table for the salad and breakfast bar.
- Whenever possible, there should be an adult monitoring student use of the salad bar (there is NOT an unlimited supply of certain popular items like croutons and granola).



RULES DURING YOUR VISIT

WATERFRONT & FISHING

- Waterfront: If boating or swimming is a part of your program, a lifeguard must be present at all times.
 - If you are providing your own lifeguard, a copy of their certification must be provided two weeks before the trip.
- Catch-and-release fishing is permitted in our pond and lakes when supervised by a teacher or chaperone. Fishing equipment should not be kept in the cabins.

GENERAL

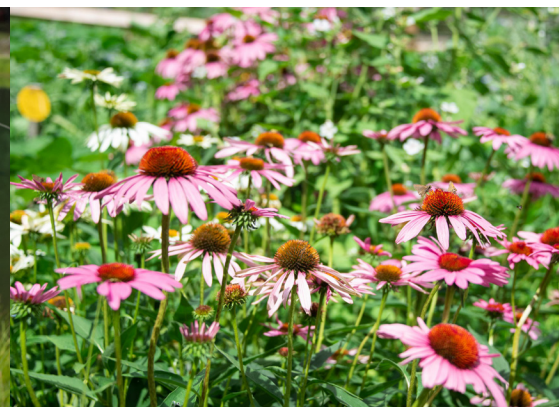
- The Fresh Air Fund is not responsible for lost or damaged personal items. Sharpe does not have an official lost and found. You may want to assign one of your adults to oversee that for your group.
- Food is not allowed in cabins, as it draws bugs and other local wildlife indoors.

FACILITIES

- Please report any issues with facilities (heat, lights, toilets, etc.) to Sharpe staff as soon as the problem is noticed.

PROHIBITED ITEMS

- Any and all types of the following are prohibited on Sharpe Reservation property:
 - Flammable liquids or materials
 - Power tools and hand tools
 - Explosives
 - Firearms and ammunition
 - Weapons
 - Alcoholic beverages and other controlled substances.





Checklist Before You Leave

PLEASE CHECK CABINS TO MAKE SURE:

- All personal items are removed.
- Cabins are in good condition.
- All lights, water, and heat are off.
- All windows and exterior doors are closed.

FOR GROUPS WITH RENTAL LINENS:

- Please bring all linens down to the main complex on the morning of your departure.
- Please separate blankets and sheets.

PLEASE CHECK MAIN COMPLEX TO MAKE SURE:

- All personal items are removed.
- All chairs are stacked.
- Tables have been wiped clean. Doors and windows are closed.
- Any program supplies you brought have been removed.

Please report any damage or facility issues to a Sharpe staff member.

CONTACT INFO

To make a reservation or for questions about programming:
Tim Stanley – Director • tstanley@freshair.org

Questions about paperwork:
Jennifer O'Leary – Office Manager • joleary@freshair.org

Residential Sample Schedule
of Students / Grade
Camp Mariah

10:30	Arrival / Move into cabins	8:00 – 9:00	Breakfast	8:00 – 9:00	Breakfast
11:30	Orientation	9:00 – 10:30	Activity 1	9:00 – 10:30	Activity 5
11:45 – 12:45	Lunch	10:45-12:15	Activity 2	10:30 – 12:00	Activity 6
1:00 – 4:30	Teams Course	12:15 – 1:15	Lunch	12:00 – 1:00	Lunch
4:30 – 5:30	Supervised Free Time	1:15 – 2:45	Activity 3	1:00	Departure
5:30 – 6:30	Dinner	3:00 – 4:30	Activity 4		
6:30		4:30 – 5:30	Supervised Free Time		
		5:30 – 6:30	Dinner		
		6:30	School Led Evening Programming		
			Please bring ALL luggage to the dining hall before breakfast on Sunday.		

Activity	Instructor	Activity 1	Activity 2	Activity 3	Activity 4	Activity 5	Activity 6		
High Ropes	Lindsay / Cam / Julia	A	A	D	D	High Ropes	G		
		B	B	E	E		H		
		C	C	F	F				
Fishing	Brian	D	E	G	A	Fishing	Brian	B	C
Orienteering	Jane	E	D	A	G	Orienteering	Lou	C	B
Hike	Lou	F	G	B	C	Hike	Jane	D/A	E
Planetarium	Jill	G	F	C	B	Planetarium	Jill	E	D/A
Floater	Pat	H	H	H	H	Floater	Pat	F	F

Sharpe Reservation

the *Fresh Air* fund
serving children since 1877

SHARPE RESERVATION

436 Van Wyck Lake Road
Fishkill, NY 12524
(845) 897-4320
www.freshair.org

Michael Clarke, Director of Sharpe Reservation
Timothy Stanley, Assistant Director

SCALE 1:10,000

CONTOUR INTERVAL 5 meters (16.4 feet)

Blue Meridian Lines are drawn to Magnetic North - no compass adjustment for declination is necessary.

Points of Interest

- Operations Center and Gate
- Adels Pond - Katherine A. Park Wildlife Refuge
- Maintenance Center
- Nutrition Center
- Farm
- Staff Lodge
- Gustafson Planetarium
- Jeremiah Milbank and Margaret Milbank Bogart Nature Center
- Former home site of Dr. William Sharpe

Overnight areas and Shelters

- Woodlands
- Fairness Rock and Perkins Min. Shelter
- Crazy Horse Shelters
- Tree Top
- Winkler O'Neill Ridge
- Northwest

Camp Anita - Bliss - Coler

- Mary Louise Lodge
- Great Lodge
- Program Building
- Camp ABC Dining Hall
- Camp ABC Office
- Arts and Crafts
- Precious Center

Camp Tommy

- Camp Tommy Dining Hall
- Camp Tommy Office
- Pioneer Lodge
- Activity Center

Camp Hayden - Marks Memorial

- Camp Hayden Old Dining Hall
- Hayden Activities Center
- Henry Kaufman Lodge
- Coler Lodge
- Dance Hall
- Camp Hayden Marks Dining Hall
- Hayden Marks Office

Camp Hidden Valley

- Fredrick M. Goodwin, Grace E. Harding and Janet Peck Moore - Cooks Quarters
- Walter Brooks Hall - Dining Hall
- Warburg Building - Camp Office
- Dominick Center - Arts and Crafts
- Swimming Pools
- Mabel Pew Myrin Staff House
- A-Frame Staff House
- The Blavatski Family and Warner Music Group Center for Music

Camp Mariah

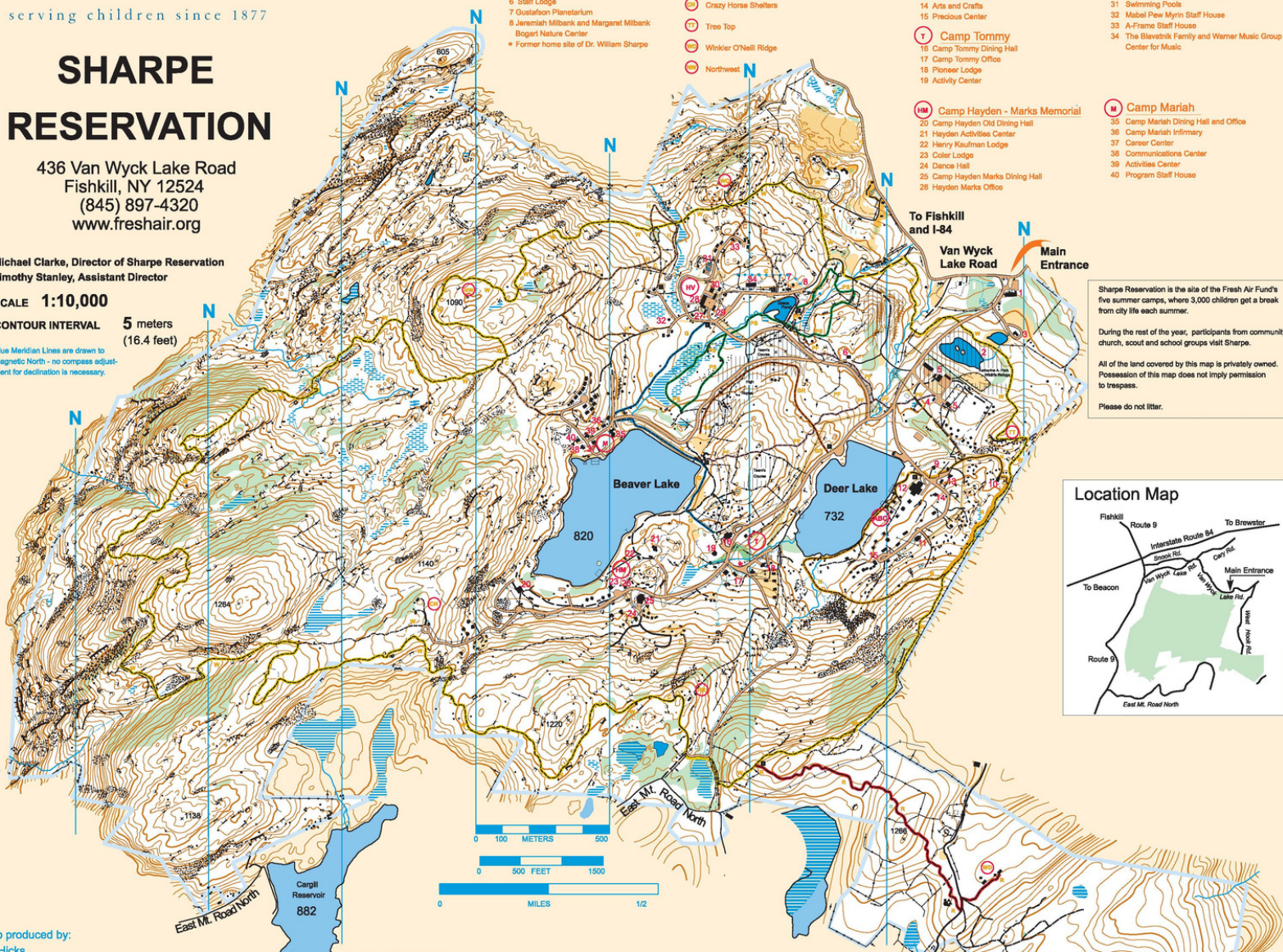
- Camp Mariah Dining Hall and Office
- Camp Mariah Infirmary
- Career Center
- Communications Center
- Activities Center
- Program Staff House

Sharpe Reservation is the site of the Fresh Air Fund's five summer camps, where 3,000 children get a break from city life each summer.

During the rest of the year, participants from community, church, scout and school groups visit Sharpe.

All of the land covered by this map is privately owned. Possession of this map does not imply permission to trespass.

Please do not litter.



LEGEND

Trail Head Symbol	Trail Color	Trail Code	Trail	Distance (miles)
BR	Brown	BR	Boat House Ridge	.5
W	Green	W	Wilderness	8.0
G	Yellow	G	Geology	.7
H	Red	H	Historical	1.2
PS	Blue	PS	Pond Stream	1.1
C	Black	C	Connectors	.9
R	Orange	R	Woodlands	.9
N	Purple	N	Susan Marley Newhouse Nature Trail	1.3
PF	Light Blue	PF	Beaver Lake to Farm	.9
PF	Light Blue	PF	Beaver Lake to Planetarium	.8
PF	Light Blue	PF	Farm to Planetarium	.6

Contour line	5 meter interval	Index contour	5 meter interval	Power line	605	Spot elevation in feet	Open field
Fence	High fence - do not cross	Form line	Kool, Small knoll	Stone wall, Ruined wall	Lake, Pond, Pool	Stream with foot-ridge	Semi-open area
Depression	Future buildings	Small depression	Future buildings	Building	Water tanks and wells	Intermittent stream	Open land with trees
Paved road	Boulder, Large boulder	Dirt road with gate	Cirrus	Impassable ditch	Stony ground	Spring, Well, hole	Open runnable woods
Jeep trail	Boulder field	Foot trail	Impassable ditch	Stony ground	Boulder cluster	Water tanks and wells	Woods - thick vegetation
Small foot trail	Boulder cluster	Indistinct trail	Impassable ditch	Stony ground	Boulder cluster	Water tanks and wells	Paved area
Indistinct trail	Boulder cluster	Indistinct trail	Impassable ditch	Stony ground	Boulder cluster	Water tanks and wells	Gravel area
			Impassable ditch	Stony ground	Boulder cluster	Water tanks and wells	Restricted area - use by permission only
			Impassable ditch	Stony ground	Boulder cluster	Water tanks and wells	Use by permission only
			Impassable ditch	Stony ground	Boulder cluster	Water tanks and wells	Single evergreen tree
			Impassable ditch	Stony ground	Boulder cluster	Water tanks and wells	Sharpe Reservation Boundary (see Postcard)

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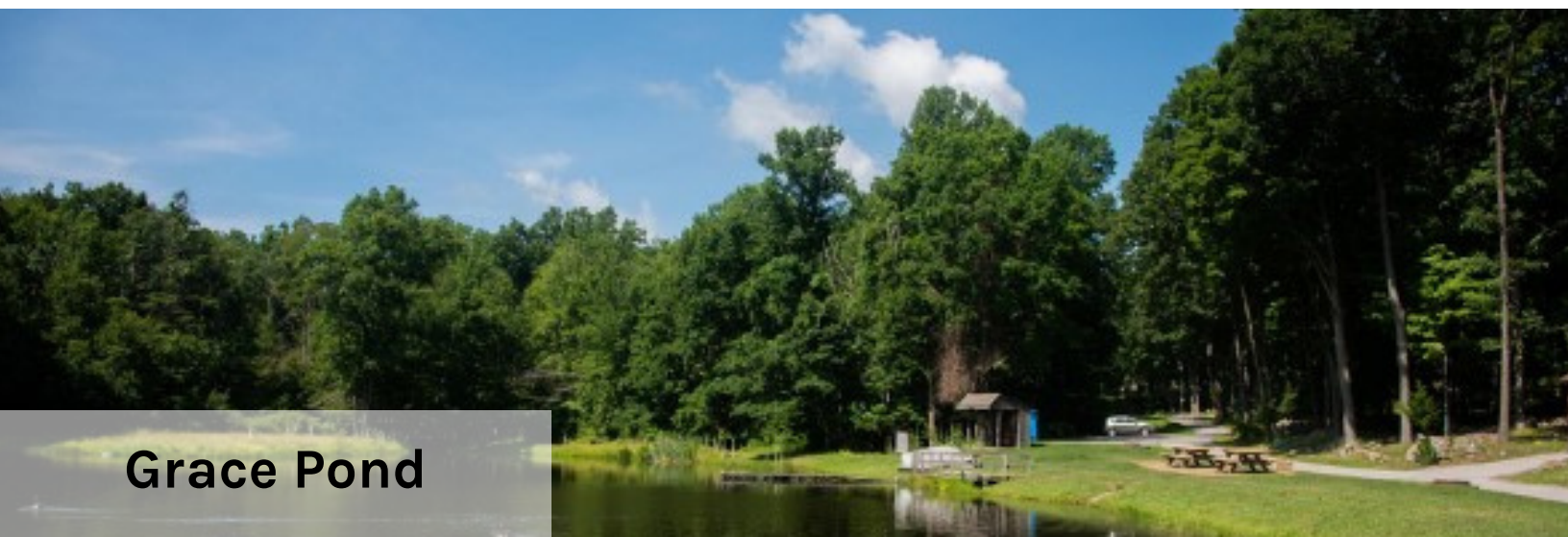
The Facilities



Camp Hidden Valley

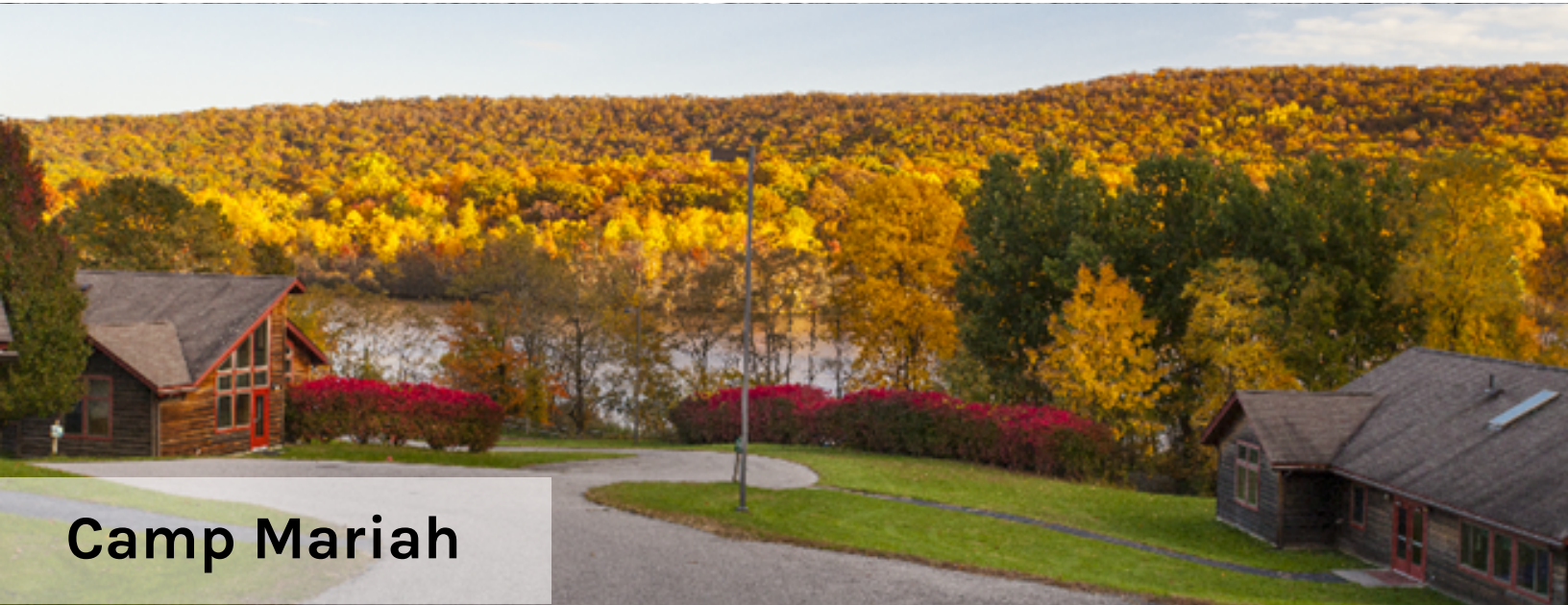


Hidden Valley Cabins



Grace Pond

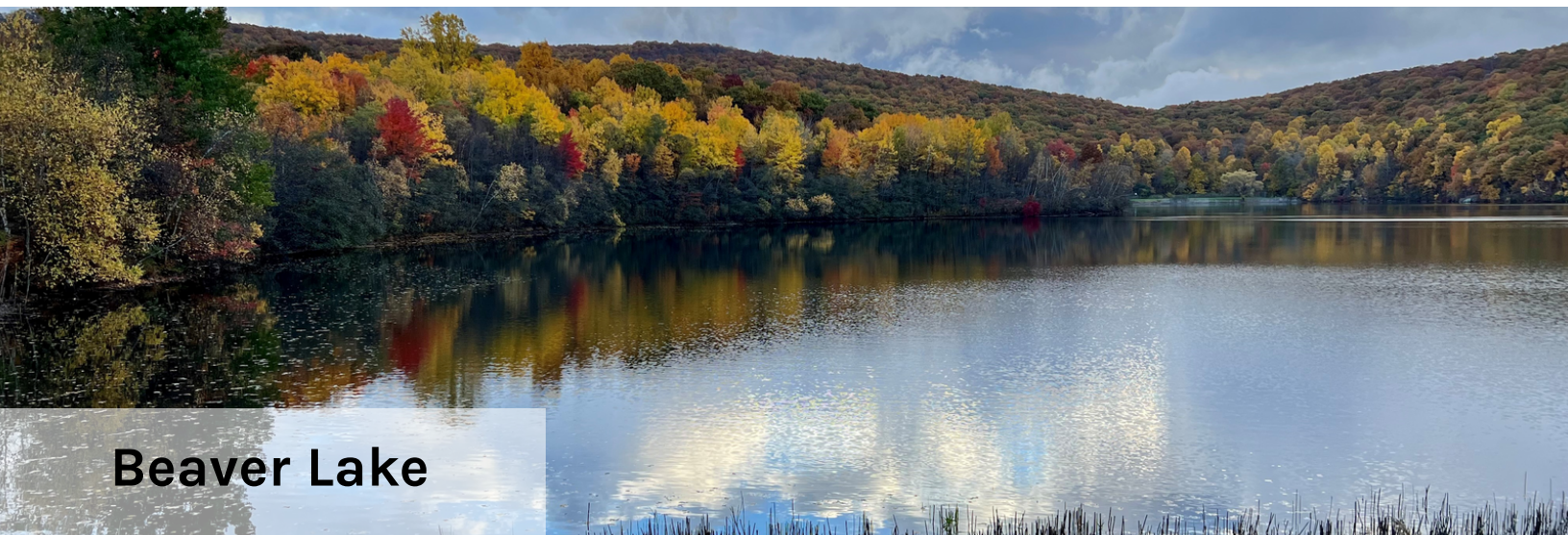
The Facilities



Camp Mariah



Camp Mariah Cabins



Beaver Lake

The Facilities



Camp Tommy



Camp Hayden Marks



Camp ABC

The Facilities



The Planetarium



The Sugar Shack



High Ropes