

**The Bernards Township Committee,
the Recreation, Parks & Pathways Advisory Committee
and the Department of Parks & Recreation
invite you to join in the celebration and dedication of**

Sons of Liberty Farm

Saturday, April 24th

11:00 AM



All residents are cordially invited to attend and participate.

Located on Allen Road, the Sons of Liberty Farm is one of many open space properties Bernards Township has preserved for passive recreation.

The property features wood chipped trails, a pond with access for fishing (no license required) and an informational kiosk complete with a written history and photos of both the Sons of Liberty Farm and English Family Woods properties.

The English Family Woods, formerly known as the English Woodlot, is located across the street from the Sons of Liberty Farm.

In 2009, Bernards Township acquired a development/conservation easement on the English Family Woods which restricts further development of the property. This open space property is available for passive recreation including walking, jogging, cross-country skiing, hiking, wildlife viewing, bird watching and other nature viewing and any other activities that will cause minimum impact to the natural environment and generally contribute to public education about natural resources.

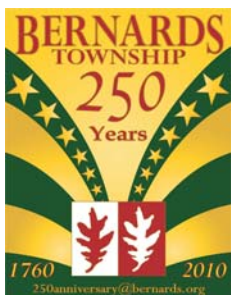


The Bernards Township Shade Tree Commission will be also be dedicating a Liberty Elm Tree planted on the property in celebration of Arbor Day.

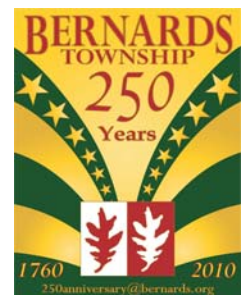
Immediately following the dedication join Mayor Scott Spitzer on a "Health Hike" as part of the Mayor's Wellness Campaign. The Health Hike will include a walk on both the Sons of Liberty Farm as well as the English Family Woods.

This dedication is part of Bernards Township's 250th Anniversary Celebration.

*Due to limited parking,
residents are encouraged to walk or bike if able.
There is no charge for the event.*



*Bernards Township Department of Parks & Recreation
908-204-3003 www.bernards.org*



**MAYOR SCOTT SPITZER ANNOUNCES “HEALTH HIKE” FITNESS EVENT
FOR THE BERNARDS TOWNSHIP MAYOR’S WELLNESS CAMPAIGN**

April 15, 2010

FOR IMMEDIATE RELEASE – APRIL 15, 2010

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Contact Person: Denise Szabo

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Bernards Township Mayor’s Wellness Campaign Invites Residents to Join Mayor Scott Spitzer in a free Health Hike at the Sons of Liberty Farm and English Family Woods

The Mayor’s Wellness Campaign is offering a “Health Hike” with Mayor Scott Spitzer on Saturday, April 24, 2010 at the Sons of Liberty Farm immediately following the dedication of a new Liberty Elm by the Bernards Township Shade Tree Commission to celebrate Arbor Day. All residents are cordially invited to attend and participate. There is no charge for the event. The Health Hike will include a walk on both the Sons of Liberty Farm as well as the English Family Woods. Long pants and shirts are recommended.

The Sons of Liberty Farm is the newest Bernards Township park and is located on Allen Road. The English Family Woods, formerly known as the English Woodlot, is located across the street from the Sons of Liberty Farm. Last year, Bernards Township acquired development rights to the English Family Woods, as well as rights for residents to visit and use the property for passive recreational purposes.

Mayor Spitzer said, “Our Wellness Campaign has to date included a Zumba Class, a Yoga Class and a Tai-Chi Class in several different venues in town. These events have been quite successful and well received by Township residents who participated. The Health Hike will provide healthy exercise,

and at the same time an opportunity to visit and enjoy our latest additions to green space in our Township. I invite residents to participate in the Arbor Day ceremony with our Shade Tree Commission planting a Liberty Elm at the Sons of Liberty Farm and then to join me on the Health Hike.”

The Mayor’s Wellness Campaign is an initiative to promote active living and healthier lifestyles for the men, women and children of Bernards Township. Various fitness and exercise events with Bernards township Committee members are being held during the year. More information on the Mayor’s Wellness Campaign, including information on the significant health benefits of exercise, is available on the township’s website www.bernards.org

The Mayor’s Wellness Campaign is a state-wide program initiative through the New Jersey Healthcare Quality Institute in partnership with the New Jersey League of Municipalities.

Contact Township Clerk Denise Szabo at (908) 204-3014 for further information on this event.