



www.millcreekmetroparks.org

Mill Creek MetroParks
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Dennis Miller, Executive Director

BOARD OF PARK COMMISSIONERS

Louis Schiavoni, President
Robert J. Durick
Jay Macejko
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John M. Ragan

MPO = MetroParks Office	330.702.3000
FNC = Ford Nature Center	330.740.7107
FRG = Fellows Riverside Gardens	330.740.7116
GC = Golf Course/Pro Shop	330.740.7112
MPF = MetroParks Farm	330.533.7572
REC = Recreation	330.740.7107
WRA = Wick Recreation Area/Par 3	330.740.7114
YCP = Yellow Creek Park	330.755.7275
Lanterman's Mill	330.740.7115
MetroParks Police	330.744.3848
Natural Areas & Preserves	330.702.3000



Mill Creek MetroParks

SEPTEMBER 2014

Programs & Events

www.millcreekmetroparks.org



GREEN CATHEDRAL
September 14

SEPTEMBER SPECIAL EVENTS

Take a look inside the MetroParks Calendar for a wide variety of programs.

A poster for the 2nd Annual Green Cathedral 2014. The top half has a black background with the title in green and white. Below the title, it lists the activities: Half Marathon, 5K Run/Walk, and Kids Fun Run. The date is Sunday, September 14, 2014. The bottom half has a white background with logos for Max-Freeze, 21 WFMJ, and CW. A photo of runners is on the right side.

2nd ANNUAL
GREEN CATHEDRAL 2014

Proceeds benefit the
Wick Recreation
Children's Play Area

Half Marathon · 5K Run/Walk · Kids Fun Run
SUNDAY, SEPTEMBER 14, 2014

Presented by: **Max-Freeze**

Sponsored by: **21 WFMJ** and **CW**

Registration forms, course maps, and additional information available
at millcreekmetroparks.org or register online at gopherarun.com

A poster for Sunset at the Farm. The top half shows a photo of a horse-drawn wagon in a field. The title is in large, stylized orange and yellow letters. The bottom half has a red background with white text.

Sunset AT THE Farm

MetroParks Farm | September 20 | 5 – 8 pm

Celebrate autumn at the Farm. Free family activities include
campfire music, marshmallow roasting, games & corn maze,
wagon rides, train display, cider and apple butter making
demos and samples. Pony rides and face painting available
for a small fee.

A poster for The Farmer & The Chef. The background is a wood-grain texture. The title is in a large, white, serif font. Below the title, it describes the event as local food and fun, with chefs and farmers creating a sumptuous array of freshly prepared cuisine from locally grown vegetables, fruit, meat, and dairy products. The date is September 13 at MetroParks Farm. Logos for 21 WFMJ and CW are at the bottom left.

THE FARMER
& THE CHEF

LOCAL FOOD, LOCAL FUN!

Chefs and farmers will work
together to create a
sumptuous array of freshly
prepared cuisine from locally
grown vegetables, fruit, meat
and dairy products.

SPONSORED BY **21 WFMJ** and **CW**

METROPARKS FARM SEPTEMBER 13

A poster for the Bridal Fair. The background is dark with white text and decorative swirls. The title is in a large, white, cursive font. Below the title, it lists the location as Fellows Riverside Gardens and the date as September 7 from Noon to 4 pm. It also mentions it is presented by Komara Jewelers and sponsored by WFMJ/WBCB. The bottom part describes the event as a meet area for bridal vendors and a wedding fashion show.

Bridal Fair

Fellows Riverside Gardens
September 7 | Noon – 4 pm

Presented by Komara Jewelers • Sponsored by WFMJ/WBCB

Meet area bridal vendors and discover ideas for your ceremony
and reception. Register for door prizes and be a guest at the
3 pm Wedding Fashion Show.

A poster for Explorer's Garden: Plants from Afar. The background is a close-up of a red rose. The title is in a large, white, serif font. Below the title, it lists the location as Fellows Riverside Gardens and the date as September 18 from 7:30 to 8:30 pm. It also mentions the speaker is Dan Hinkley and the cost is \$25 for non-members and \$20 for members.

Explorer's Garden: Plants from Afar

Fellows Riverside Gardens | September 18 | 7:30 – 8:30 pm

Author, educator, and world traveler Dan Hinkley
will bring his experience and knowledge of plant
collecting to Fellows Riverside Gardens.

Call Fellows Riverside Gardens to register. \$25; FFRG member \$20

If you would like to receive our monthly
calendar by email, sign up for our mailing list at
MillCreekMetroParks.org

KIDS & TEENS

SLOW AS A SNAIL \$ ♦ G

Ford Nature Center
9/4 | 10 - 11 am or 9/6 | 11 am - Noon
Ages 2-3. Learn about these “belly footed” animals through a story, craft, and hike. Register/pay 2 days in advance. \$5 R; \$7 NR. Add'l fee after deadline.

SILLY SQUIRRELS \$ ♦ G

Ford Nature Center
9/12 or 9/13 | 10 – 11 am
Ages 3-6. Discover the life of squirrels through hands on activities and exploration. Register/pay 2 days in advance. \$5 R; \$7 NR. Add'l fee after deadline.

FAERIE GARDENS \$ ♦

Fellows Riverside Gardens
9/20 | 10 – 11:30 am or Noon – 1:30 pm
Ages 6-17. Be inspired to create a miniature garden that any faerie would be unable to resist. \$12

DOODLEBUGS: Marble Fish Painting \$ ♦

Ford Nature Center
9/23 | 4:30 – 5:30 pm
Ages 5-7. Create a personal fish painting as you learn about the artist Jackson Pollock and warm & cool colors. Register/pay by 9/21. \$5 R; \$6 NR

GARDEN GNOMES \$ ♦ G

Fellows Riverside Gardens
9/25 | 1 – 2 pm
Ages 3-5. Explore the Gardens in search of these delightful creatures. \$5

CREATIVE CREEKERS: Animal Portraits \$ ♦

Ford Nature Center
9/26 | 4:30 – 5:30 pm
Ages 8-12. Explore visual texture as you create feather, fur, and scales. Learn how to blend oil pastels and work from a reference photo. Register/ pay by 9/24. \$5 R \$6 NR

STROLLER WALK: The Gardens G

Fellows Riverside Gardens
9/27 | 10 – 10:45 am
Connect with the outdoors on a guided walk through the Gardens.

TROLLEY TOURS

TROLLEY TOURS \$ ♦

Boards at Ford Nature Center
9/2, 9/11, 9/16, 9/21, 9/28, 9/30
2 – 3:30 pm, 4:30 – 6 pm
Explore, experience & enjoy a grand, guided 1 ½ hour tour of Mill Creek MetroParks. Register/pay at FNC. Adults: \$5 R, \$7 NR; 12 & under or 60+: \$3 R, \$5 NR

PICNIC IN THE PARK \$ ♦

Boards at Ford Nature Center
9/25 | 1 - 4 pm
Enjoy an excursion in MCMP with stops to explore park landmarks and a very special stop for a picnic with sandwiches from Gordy's Specialty Market. Register/pay by 9/23 at FNC. Adults: \$15 R, \$17 NR; 12 & under or 60+: \$12 R, \$15 NR.

VISIT LINCOLN PARK \$ ♦

Boards at Ford Nature Center
9/18 | 10 – 11:30 am or 12:30 – 2 pm
Travel through Mill Creek Park en route to this beautiful Youngstown park, home to Council Rock, legendary site of an 18th century Native American gathering. Register/pay at FNC by 9/16. Adults: \$5 R, \$7 NR; 12 & under or 60+: \$3 R, \$5 NR



EXHIBITS

ONE GOURD ABOVE

Fellows Riverside Gardens, Weller Gallery
Through 10/19 | 10 am – 5 pm
The lowly gourd is lifted to new heights by the artwork of John and Karen Martin.

YOUNGSTOWN STEEL

Fellows Riverside Gardens, Outdoor Gallery
Through Fall 2014 | 10 am – 5 pm
The steel sculptures in this exhibit by artist Tony Armeni celebrate Youngstown's spirit of invention.

GATHERED

Fellows Riverside Gardens, Outdoor Gallery
Fall 2014 | 10 am – 5 pm
Gathered is a site specific outdoor exhibit led by landscape artist Gary Smith.

THROUGH THE LENS

Fellows Riverside Gardens, Melnick Museum
Through December 2014 | 10 am – 5 pm
The exhibit displays a rare collection of glass negatives and acetate film negatives produced by two local photographers which chronicle scenes of Mill Creek Park from 1907 - 1926.

PROGRAM KEY

- \$ Fee charged for this program
- ♦ Registration Required
- G Guardian/adult must accompany child
- R = Mahoning County Resident
- NR = Non-Resident
- FFRG = Friends of Fellows Riverside Gardens

HORTICULTURE

GARDENING BASICS: Design Theory II \$ ♦

Fellows Riverside Gardens
9/23 | 1:30 – 3 pm
After a review of some basic elements of design, learn about some famous gardens and what makes them “work” as pieces of art. \$20; FFRG member \$16

PLANT PARTS & PATTERNS: Leaves \$ ♦

Fellows Riverside Gardens
9/24 | 11 am – 12:30 pm
Enjoy a mid-morning stroll through the Gardens as you learn the basics of botany, patterns of plant families, and what makes plants special. \$16; FFRG member \$12

ABOUT ORCHIDS LECTURE SERIES: Miniature Orchids and Terrariums \$ ♦

Fellows Riverside Gardens
9/25 | 6:30 – 8 pm
Join this lecture to take a look at some of the small orchids that are perfect to grow at home. \$10; FFRG member \$8



KAYAKING

Naturalist & volunteer-escorted trips, age and experience restrictions apply. Register/ pay at FNC 2 days before program.
\$12/person R; \$15/person NR; second person in tandem ½ price. Additional fees apply after deadline.

HARVEST MOON KAYAK \$ ♦

East Newport Boat Launch
9/6 | 6:30 – 8:30 pm

FIRST FALL KAYAK \$ ♦

East Newport Boat Launch
9/27 | 1 – 3 pm



THIS & THAT

BOOK DISCUSSION: Teaching the Trees – Lessons from the Forest

Old Log Cabin
9/6 | 10 – 11:30 am
Join our discussion after reading this collection of essays by Joan Maloof highlighting the relationships between trees and ecosystems. Call FNC for details.

FORAY INTO FUNGI

Lanterman's Mill
9/6 | 1 – 3 pm
Explore the world of fungi with local mycologist Walt Sturgeon. *Note: collection in the park is prohibited.* Easy, 1 mi. Call FNC for details.

METROMUTTS: Keeping Harmony in a Household with Kids & Dogs \$ ♦

Birch Hill Cabin
9/7 | 10 am
Learn how to maintain a balanced household. Please leave your dogs at home for this workshop. Register at FNC. Members free; nonmembers \$5

REMEMBERING IDORA PARK \$ ♦

Pioneer Pavilion
9/12 | 7:30 pm
Idora Park closed its gates for the final time in September 1984. Rick Shale, author of Idora Park: The Last Ride of Summer will present a slide program about our beloved amusement park. Register at FNC by 9/11.

METROMUTTS: Hike into Fall

Golf Course overflow parking lot
9/28 | 10 am
Join us as we celebrate fall with our canine companions as we hike the East Golf Hike and Bike Trail. Easy, 2 mi. Call FNC for details.

CYCLES AND ANTHOCYANINS

MetroParks Farm
9/28 | 1 – 3 pm
Explore the colors of fall with a guided bike ride. Moderate, 6 mi. Helmet required. Call FNC for details.

UPCOMING EVENT

AUTUMN TREKKERS ♦

October – November
This unique hike & bike incentive program allows you to explore the MetroParks at your own pace and earn incentive prizes along the journey. Registration forms and details available soon.

EXPRESS YOURSELF

A LOOSE KNIT GROUP

Fellows Riverside Gardens
9/5, 9/19 | 10 am – Noon
Knitters welcome to create blankets for organizations that give to those in need.

END OF SUMMER ARRANGEMENT \$ ♦

Fellows Riverside Gardens
9/9 | 6:30 – 8:30 pm
Remember the “hot” colors of summer by designing a fresh floral arrangement. \$39; FFRG member \$30

FUSED GLASS PENDANTS \$ ♦

Fellows Riverside Gardens
9/16 | 5:30 – 7 pm
Create two fused glass pendants. Will be fired and ready for pick up in 4 weeks. \$39; FFRG member \$30

LEAF BOWL \$ ♦

Fellows Riverside Gardens
9/30 | 5:30 – 8 pm
Construct a clay bowl embossed with leaf patterns. \$39; FFRG member \$30

FOR THE BIRDS

BIRDING THE SANCTUARY ♦

Mill Creek Wildlife Sanctuary
9/20 | 8 – 9:30 am
Jeff Harvey of Wild Birds Unlimited will lead this walk. Bring binoculars & boots. Register at FNC by 9/19.

AUDUBON SOCIETY / MAHONING VALLEY

MetroParks Farm
9/23 | 7 – 8 pm
Jim McCormac of Ohio Department of Natural Resources' Division of Wildlife will speak about birding Ohio's north coast and the new Lake Erie Birding Trail. Call FNC for details.

HIKES & WALKS

Interpretive Hikes – Slower paced with stops

WHO LIVES IN BEAR CREEK? ♦

Meet at Ford Nature Center
9/7 | 2 – 4 pm
Like an aquatic biologist, sample “macroinvertebrates,” and rate the creek's cleanliness. Wear appropriate shoes for walking in water. Register at FNC by 9/6. Moderate, 1 mi.

IDORA: 30 Years Later

Lanterman's Mill parking lot
9/14 | 2 – 3:30 pm
Idora Park closed its gates for the final time in September 1984. Share your memories as we walk the perimeter of what was our beloved amusement park. Easy, 1 mi. Call FNC for details.

END OF SUMMER

MetroParks Farm
9/21 | 2 – 3:30 pm
On the final day of astronomical summer, explore the farm and environs with special emphasis on the longhorn cattle. Moderate, 1.5 or 2.5 mi. Call FNC for details.

Recreational Hikes – Faster paced

VOLUNTEER-LED RECREATIONAL HIKES

Call FNC for details.
9/10 | 9 am – Meet at FNC. Moderate, 2 or 4 mi.
9/16 | 6 pm – Meet at overflow parking lot on W. Golf Dr. Easy, 1 or 3 mi.
9/24 | 9 am – Meet at MetroParks Bikeway Trailhead at Kirk Rd. Easy, 2 or 4 mi.
9/30 | 6 pm – Meet at MetroParks Bikeway Trailhead at MPF. Easy, 2 or 4 mi.



FAMILY FUN

FAMILY GARDEN FRIDAYS: Alice in Wonderland

Fellows Riverside Gardens
Through 10/17 | 11 am – 1 pm
Each Friday, take part in fun drop-in activities in the Family Garden. Watch as the garden grows with characters from Alice in Wonderland and Wonderland-like plants.

GUIDED TRACTOR WAGON RIDE

MetroParks Farm
9/7 | 1 – 4 pm
Learn about the animals, visit the barns, and see the crops. Rides every half hour. Donations accepted. Craft fee \$1

OLD-FASHIONED FALL FUN AT LANTERMAN'S MILL \$

Lanterman's Mill
9/13 | 11 am – 2 pm
Bring the family for some fall fun at the Mill. Try out activities & games from the 1800's. Regular Mill admission applies. \$2 craft fee. Call FNC for details.

PINT SIZE PUMPKIN PICKING WAGON TOUR \$

MetroParks Farm
9/28 | 1 – 4 pm
Guided tractor and wagon ride will stop at the pumpkin patch so you can pick your own pumpkin. Supplies will be on hand to decorate your pumpkin. \$1 wagon ride/\$4 wagon ride with pumpkin

HEALTHY LIVING

YOGA IN THE GARDENS \$

Fellows Riverside Gardens
9/2, 9/4, 9/9, 9/11, 9/16, 9/23, 9/25, 9/30
9:30 - 11 am & 5:30 - 7 pm
Enjoy yoga that will help you keep a healthy outlook. Bring a mat and small blanket. \$10/class

T'AI CHI STEP ONE IN THE GARDENS \$

Fellows Riverside Gardens
9/3, 9/10, 9/24 | Noon – 1 pm
Warm-ups, breathing exercises and movements will ease stress, improve health, and increase vitality. \$10/class

PILATES BASICS \$

Fellows Riverside Gardens
9/3, 9/10, 9/24 | 6:30 – 7:30 pm
Work on toning, shaping, core strength, and alignment. Bring a mat and water. \$10/class

T'AI CHI BASICS COURSE \$

Fellows Riverside Gardens
9/4, 9/11, 9/25, 10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13 | Noon – 1 pm
Starting at square one, we will explore the stances and movements of a classic T'ai Chi form. \$100; 10% discount (\$90) if registered by 9/1

YOGA BASICS \$

Fellows Riverside Gardens
9/7, 9/14, 9/21, 9/28 | 9 – 10:30 am
Learn the basics and release mental and physical tensions. Bring a mat and small blanket. \$10/class

RESTORATION & JOURNALING \$ ♦

Fellows Riverside Gardens
9/27 | 9:30 – 11:30 am
Reflect and restore using gentle movement, breathing practices, and journaling with Michelle O'Brien. Call FRG to register. \$24; FFRG member \$20

CUISINE

FOOD FOR THOUGHT \$ ♦

Fellows Riverside Gardens
9/10 | 6 – 7:30 pm
Explore the benefits of a whole foods, plant-based diet with Samie Winick as she shares her favorite resources and recipes for a healthier planet and a healthier you. \$16; FFRG member \$12

HERBAL TEA TIME \$ ♦

Fellows Riverside Gardens
9/23 | 6:30 – 8:30 pm
Join Pam Baytos to discuss herbal teas, infusions, and decoctions. Learn how to brew, prepare herbs, and what plants to grow for specialty use gardens. We'll mix a few “tea blends” then enjoy a cup of tea along with scones and herbal butter in your take home tea cup and saucer. \$16; FFRG member \$12

VINAIGRETTE EXTRAORDINAIRE \$ ♦

Fellows Riverside Gardens
9/28 | 2:30 – 4:30 pm
The dressing makes the salad - and the vinegars, special oils, herbs and toppings you will learn about and sample will elevate your salad experience to a whole new level. \$28; FFRG member \$24