



www.millcreekmetroparks.org

Mill Creek MetroParks
PO Box 596
Canfield, OH 44406
330.702.3000

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/Sled Hill	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 FEBRUARY 2015

Programs & Events

www.millcreekmetroparks.org



FEBRUARY'S SPECIAL EVENTS

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



Garden Seminar: *Heritage Gardening for the 21st Century*

Fellows Riverside Gardens • 2/21 • 9 am - 4 pm

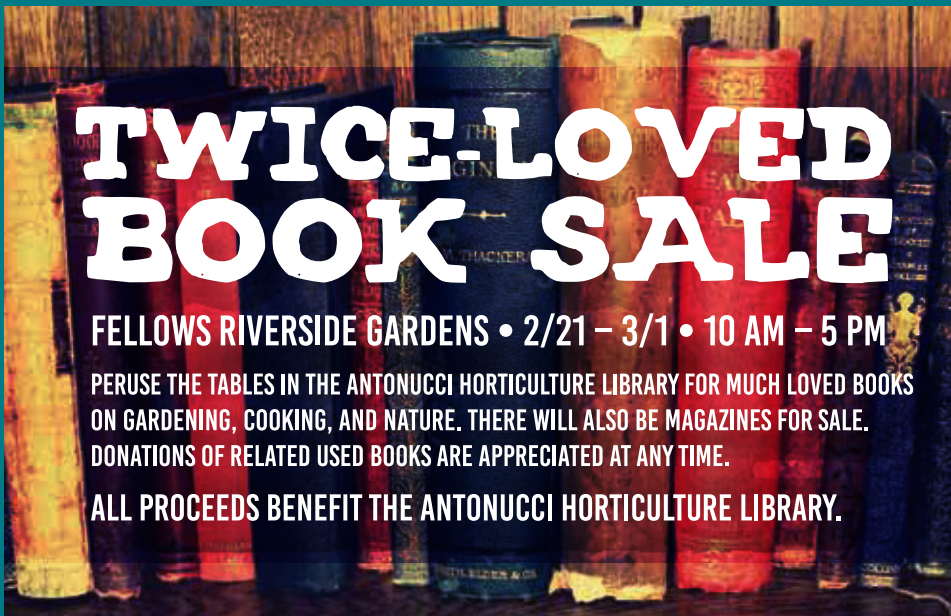
During the 10th annual winter seminar, discover some of the most successful, sustainable, and simple plants from the 18th through early 20th centuries. These tough and adaptable plants represent the foundation of our gardens today. Speakers will look at historic gardening methods that can be applied to our current gardens. Join us in exploring the rich heritage of the garden and what it can mean to us. The books of our speakers will be available for purchase at the seminar. Presented by the Men's Garden Club of Youngstown and Mill Creek MetroParks. For more information and to register: www.mgcy.org/Pages/WinterSeminar.aspx \$45; \$55 after February 8



NATURE PHOTOGRAPHY EXHIBIT

Ford Nature Center
February 21 - March 15

View the amazing talents of
amateur photographers



TWICE-LOVED BOOK SALE

FELLOWS RIVERSIDE GARDENS • 2/21 - 3/1 • 10 AM - 5 PM

PERUSE THE TABLES IN THE ANTONUCCI HORTICULTURE LIBRARY FOR MUCH LOVED BOOKS ON GARDENING, COOKING, AND NATURE. THERE WILL ALSO BE MAGAZINES FOR SALE. DONATIONS OF RELATED USED BOOKS ARE APPRECIATED AT ANY TIME.

ALL PROCEEDS BENEFIT THE ANTONUCCI HORTICULTURE LIBRARY.

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



WINTERTIME TEA: *Southern & Charm*

Be enchanted by the charms of the South during this annual fundraiser for the Antonucci Horticulture Library. Enjoy scrumptious treats, entertainment, tea and good conversations. Hats will be admired, but not required. Call FRG to register. \$35

Fellows Riverside Gardens • March 1 • 2 - 4 pm

CUISINE

NOURISHING SOUP FEST ♦♦
Fellows Riverside Gardens
2/15 | 2:30 – 4:30 pm
Demonstration and tasting. Learn how to prepare Provencal vegetable soup favoring organic ingredients, artisan bread, aromatic pesto, and a sweet souvenir. Learn how to prepare soup in one hour to enjoy all week with Karres Cvetkovich. Register/pay by 2/13. \$30; FFRG \$26

ACADEMY AWARDS DINNER ♦♦
Fellows Riverside Gardens
2/17 | 6:30 – 8:30 pm
Chef David Armstrong will prepare a meal that is worthy of Hollywood elite while featuring some noteworthy plants. Register/pay by 2/15. \$42; FFRG \$36

UPCOMING HORTICULTURE

MASTER GARDENER VOLUNTEER TRAINING PROGRAM ♦♦
Fellows Riverside Gardens
3/5 – 10/29 | 9 am - Noon
Presented through lectures, garden lab sessions, and volunteer experience. Registration is open to any gardener. March 5 through October 29 on most Thursdays either from 9 – 11:30 am or on lab days from 9 am – Noon. Please inquire at the FRG Information Desk. \$125 R; \$150 NR

KIDS & TEENS

BACKYARD BIRDS ♦♦G
Ford Nature Center
2/5 | 10 – 11 am or **2/7** | Noon – 1 pm
Ages 2-3. Who's tweeting out that window? Discover which birds stick around for the coldest season of the year. Register/pay 2 days in advance. \$5 R; \$7 NR. Add'l fee after deadline.

ENORMOUS ELEPHANTS ♦♦G
Pioneer Pavilion
2/6 or **2/7** | 10 – 11 am
Ages 3-6. Discover the largest living land mammal in the world through a story and hands-on activities. Register/pay 2 days in advance at FNC. \$5 R; \$7 NR. Add'l fee after deadline.

ALL ABOUT HEARTS ♦♦G
Fellows Riverside Gardens
2/19 | 1 – 2 pm
Ages 3-5. Enjoy a heart-felt story, a heart ornament craft, and a heart healthy snack. \$5

HORTICULTURE

CELEBRATING YOUR ORCHID'S FIRST BIRTHDAY ♦♦
Fellows Riverside Gardens
2/5 | 6:30 – 8:30 pm
Becoming an orchid owner may seem daunting, but this class will ease your fears and help you get your orchid to its first birthday and beyond. Dave Miller of the Greater Akron Orchid Society will share ways to keep your orchid growing well. \$10

OPEN STUDIO—GARDEN DESIGN
Fellows Riverside Gardens
2/7 | 10 am - Noon
Planning your ornamental garden? Want some help on a garden design challenge? Bring design problems or questions you may have and a staff member can offer suggestions. Basic sketching tools provided or bring your own.

ORCHID WALK-ABOUT
Fellows Riverside Gardens
2/7 | 10:30 – 11:30 am
Join one of our experts on an orchid walk highlighting the main varieties of orchids displayed throughout the Davis Center.

ORCHID CLINIC
Fellows Riverside Gardens
2/18 | 2 – 4 pm
Stop by with your questions for our orchid experts, Dave Miller and Jackie Land. Bring any problem orchids you may have and they will help you get them back on track. Orchid bark mix and orchid pots will be available for sale for a nominal fee.

BOTANICAL MORNINGS ♦♦
Fellows Riverside Gardens
2/20 | 9 – 10 am
Appreciate the structural beauty of the Gardens during this wintertime stroll with Lynn Zocolo. Look for Witch Hazels and perhaps some early blooming bulbs. \$5

GARDENING BASICS: Botany for Beginners ♦♦
Fellows Riverside Gardens
2/25 | 9:30 – 11 am
Have you ever been stumped by a botanical name? Are you confused by the differences between a xylem and a phloem? If you answered yes to either question, then perhaps a refresher in botany with Mandy Smith is just what you need. \$8

PROGRAM KEY

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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

FAMILY FUN

LOVE ROCKS PROJECT
Fellows Riverside Gardens
2/14 | 11 am – 2 pm
You may have found a Love Rock tucked away in the Family Garden or perhaps someone has gifted you a Love Rock. Stop by this Love Rock gathering to learn the story of how the rocks came to be and create your own to give to others. Donations are appreciated and all proceeds will benefit the Family Garden.

CABIN FEVER FEST ♦
Wick Recreation Area
2/21 | Noon – 2 pm
Burn off the winter blues with us at Cabin Fever Fest, presented by the MetroParks Police and Recreation Departments. Activities include a chili cook-off, outdoor games and activities, sled riding and more. Participate in the snow sculpting competition (weather permitting) and do fun winter crafts. Sample chili and vote for your favorite for a small donation. \$10 fee to enter the chili cook-off. Call FNC for chili cook-off registration, rules, or general event details.

HIKES & WALKS

Interpretive Hikes – Slower paced with stops
HAPPY BELATED BIRTHDAY, WILLIAM MCKINLEY!
Ford Nature Center
2/1 | 1:30 – 4 pm
William McKinley, our 25th president, a Niles native and investor in the Bears Den Quarry, was born January 29, 1843. After watching a historic portrayal by Mike Wilson, we'll hike to the quarry and back. Moderate, 3 mi.

SOUPER BOWL II ♦
Pioneer Pavilion
2/8 | 2 – 4:30 pm
Look for signs of wildlife and see if the falls are frozen on this hike around Lake Cohasset. Warm up afterwards with some homemade soup; please bring a bowl and spoon. Register at FNC by 2/6. Moderate, 3 mi.

HUNGER MOON
Lanterman's Mill parking lot
2/13 | 7 – 8 pm
Though both the date and the weather outside may be frightful, a winter hike can be delightful. Learn why Native Americans gave this month's moon such a strange name. Moderate, 2 mi. Call FNC for details.

LILY POND IN WINTER
Ford Nature Center
2/15 | 2 – 4 pm
The Lily Pond has plenty of visitors during the warmer months, but it's a lonely place when it's cold. Explore nature in and around the pond in winter. Moderate, 2 mi.

Recreational Hikes – Faster paced
VOLUNTEER-LED RECREATIONAL HIKES
2/11 | 9 am - Meet at Golf Course overflow parking lot on West Golf Drive. Easy, 1 or 3 mi.
2/25 | 9 am - Meet at MetroParks Bikeway Kirk Road Trailhead. Moderate, 2-4 mi.



ENTERTAINMENT

STRUTHERS WINTER CONCERT SERIES
Yellow Creek Lodge
2/12 | 7 – 8:30 pm
Enjoy an evening of music with Rex Taneri.



HEALTHY LIVING

YOGA IN THE GARDENS ♦
Fellows Riverside Gardens
2/3, 2/5, 2/10, 2/12, 2/17, 2/19, 2/24, 2/26
9:30 - 11 am or 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
2/4, 2/11, 2/18, 2/25 | Noon – 1 pm
Warm-ups, breathing exercises and movements will ease stress, improve health, and increase vitality. \$10/class

THE COMFORTS OF WINTER ♦♦
Fellows Riverside Gardens
2/7 | 11 am – 1 pm
Enjoy light comfort foods at this winter brunch while journaling about winter memories. Join Michelle O'Brien during the cold of winter to spend time in the warmth of good company, good food, and reflecting on good memories. Bring a notebook and writing tools of your choice. Register/pay by 2/5. \$30; FFRG \$26

CREATING SACRED SPACE ♦♦
Fellows Riverside Gardens
2/22 | 10:30 am – 12:45 pm
If space seems lacking in your cluttered mind and cluttered life, give yourself the perfect antidote to the chaos of unrelenting busyness - a tranquil break. Karres Cvetkovich teaches you how to return to the present moment to connect with and make room for the new you to emerge. Bring a notebook, mat, pillow, and small blanket for guided relaxation. Chairs are available. Register/pay by 2/20. \$26; FFRG \$22

RESTORATIVE YOGA ♦♦
Fellows Riverside Gardens
2/28 | 9 – 10:30 am
Begin the morning with quiet time restoring the body and nourishing the mind with restorative yoga and journaling with Michelle O'Brien. Each class will explore a specific topic to reflect on as you allow yourself to open to the process of relaxation and mindfulness. Please bring several blankets, a pillow, and notebook. Register/pay by 2/26. \$20

EXPRESS YOURSELF

HEARTS & CHOCOLATE ♦♦
Fellows Riverside Gardens
2/12 | 5:30 – 7:30 pm
Nothing says Valentine's Day like hearts and chocolate. Enjoy an evening of creativity while painting an intuitive art masterpiece and learning about the wonders of chocolate (Theobroma cacao) plus delicious samples. Lori Mowad and Mandy Smith will be your guides. Register/pay by 2/10. \$20; FFRG \$18

EXHIBITS

BITS AND PIECES OF OUR HISTORY
Fellows Riverside Gardens – Melnick Museum
Through December 2015 | 10 am – 5 pm
Bits and Pieces of Our History takes a look at the very early years of Mill Creek Park.

IT'S ALL ABOUT COLOR
Fellows Riverside Gardens – Weller Gallery
1/23 – 3/1 | 10 am – 5 pm
These lovely works from the Bonfoey Gallery in Cleveland are all about the colors of the seasons.

THIS & THAT

SALSA DANCE CLASS ♦
Pioneer Pavilion
2/3, 2/10, 2/17, 2/24 | 6 – 7 pm
Swing your hips and enjoy the Latin rhythms as you learn to salsa. No partner? No problem! It is a paired dance, but everyone learns together. Beginners welcome and encouraged. Led by dance expert Lynda McPhail and A Time to Dance. Call FNC for details. \$5/class

RUMBA DANCE CLASS ♦
Pioneer Pavilion
2/3, 2/10, 2/17, 2/24 | 7 – 8 pm
Come out and enjoy learning this easy to follow slow dance. No partner? No problem! It is a paired dance, but everyone learns together. Beginners welcome and encouraged. Led by dance expert Lynda McPhail and A Time to Dance. Call FNC for details. \$5/class

METROMUTTS: Puppy Love
Lily Pond
2/15 | 11 am
Take a brisk walk with your favorite Valentine (your canine companion!) as we explore the winter beauty of the Lily Pond. Meet at Birch Hill Cabin afterward for hot drinks, cookies and treats by the fireplace. Share the love and bring an item to donate to local animal shelters. Call FNC for details.

CONTRA DANCE AT PIONEER PAVILION ♦
Pioneer Pavilion
2/21 | 7 – 10 pm
Join in the fun of a Contra Dance on the ballroom floor at historic Pioneer Pavilion. This unique folk dance form from the British Isles can be enjoyed by beginners and veterans alike. Dancers are instructed for each dance. Call FNC for details. \$7

CUMBERLAND ISLAND NATIONAL SEASHORE
Fellows Riverside Gardens
2/22 | 2 – 3:30 pm
Join Eric Broviak for a talk and presentation about this island paradise with pristine beaches and stunning natural wonders. Call FNC for details.

METROMUTTS: Hot Dog Hike ♦
Ford Nature Center
2/28 | 11 am
Join us for a winter hike around the Ford Nature Center and get warm by the campfire with hot dogs and hot chocolate. Moderate rating, 2 mi. MetroMutts members free, not-yet-members \$3. Register by 2/26



FOR THE BIRDS

COFFEE WITH THE BIRDS ♦
Ford Nature Center
2/14 | 9:30 – 11 am
As part of the 18th annual Great Backyard Bird Count, join Ohio Certified Volunteer Naturalist Nancy Brundage to watch birds while sipping coffee (or tea). Please bring your favorite mug. Limited space; call to register. Chose one session: 9:30 – 10:15 am or 10:15 – 11 am.

BLUEBIRD BOX WORKSHOP ♦♦
MetroParks Farm
2/14 | 1 – 3 pm
Learn about Eastern Bluebirds and make a nest box to help their population. Afterward, hike to the bluebird trail along the MetroParks Bikeway. \$15 R; 18 NR per nest box. Register/pay at Ford Nature Center by 2/8

AUDUBON SOCIETY/MAHONING VALLEY: NAS Priority Species & Habitats
MetroParks Farm
2/24 | 7 – 8 pm
Mandy Smith will present a program about the National Audubon Society's priority species and habitats. Mandy previously worked for Audubon Maryland–DC.