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Greetings, Friends!

Although the first day of spring is officially March 20, it seems spring has been tiptoeing in for several weeks. And despite some of us applauding a mild winter, unfortunately our early spring bulbs do not share in this celebration. With the month of February being reported as the second warmest February on record, we carefully watch the weather for that last winter snow storm and wait to see the impact on our tulips and daffodils.

February is typically 'seed catalog' month, which provides motivation and inspiration for the upcoming gardening season. Visits to a local nursery to buy seed packets – or just to get a sniff of greenhouses coming to life – energizes gardeners to begin to think about waking up the garden. Friends of Fellows Riverside Gardens has scheduled a series of educational programs and gardening workshops, supported by the John and Doris Andrews Memorial Educational Endowment, which are designed to trigger the curiosity of gardeners, as well as to provide a place for gardeners to connect and share information.

To welcome our members and guests back to the Gardens, our spring Open House in the Shop in the Gardens is scheduled for March 21-26. Stop by for a special Mother's Day gift or just to peruse our new spring merchandise where the focus is on brighter colors, floral accents and spring holiday decorations. Our first outdoor event of the season, "On the Terrace at 5!" is scheduled for May 16. This is a great way to enjoy the view from the garden terrace while listening to live music and sampling wine and special selections from the Garden Cafe'. Plans are also underway for our annual summer Garden Party. Stay tuned for details!

We live in a world that Elizabeth Fellows probably could not have imagined when she bequeathed her property to create a free public garden, and the benefits this garden would provide for our community. Not only are these gardens a place of beauty and respite, but they have also provided an opportunity for learning and a sense of well-being, a great resource during the pandemic. According to Carly McCord, Assistant Professor at the Texas A&M College of Medicine, with the change in weather and increased sunlight, "spring fever is a real thing." She notes people may feel more energy or a renewed sense of self in the spring. As we approach this season anxious to get outdoors, some lyrics of a certain Beatles song come to mind that might help put things into perspective:

"Doing the garden, digging the weeds. Who could ask for more?"

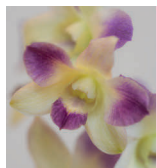
Join us in the Gardens to celebrate spring! *Denise Stewart*

The Friends of Fellows Riverside Gardens

Newsletter Editorial Team: Jim Houck, Kathleen Krantz, Scott Lanz, Denise Stewart, Janet Yaniglos, Mary Ann Navarro, Sarah Lowry, Bill Mullane

Cover and inside photos: Scott Lanz

Friends Office: Contact Friends of Fellows Riverside Gardens : info@friendsoffellows.org



To become a member of Friends of Fellows Riverside Gardens, visit www.friendsoffellows.org.

FRIENDS OF FELLOWS RIVERSIDE GARDENS

Since 1988, the Friends have been dedicated to the promotion, improvement and preservation of Fellows Riverside Gardens, a free public garden, through advocacy and fundraising. As a non-profit 501(c)3 organization, the Friends are independent of the Gardens and Mill Creek MetroParks, yet work in steady collaboration with them to sponsor events and programs and to fund large-scale garden projects.

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New Staff Gardner Cherishes Being Among The Trees *by Scott Lantz*

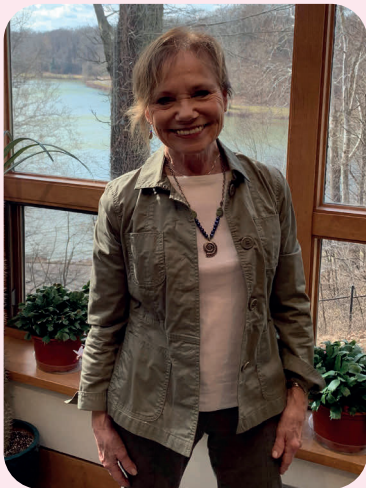
Meet Luke Manary, the newest addition to the staff at Fellows Riverside Gardens. Luke started with the MetroParks as a full-time gardener this January. He previously worked for Davey Tree as a certified utility line clearing arborist, where he gained experience working with trees.

While Luke likes “being outdoors among the trees,” his horticultural interests extend to all aspects of gardens and gardening, both in his own garden and now as a member of the Fellows family. He just likes “helping things grow,” and is really looking forward to experiencing spring at Fellows and helping things grow in his new job.

Luke is married and lives in Warren with his wife and two dogs. In his spare time, Luke tends to his own garden which contains “pollinator friendly and non-invasive” plants. Luke loves to talk to people about plants and gardening, so if you see him while visiting Fellows, don’t hesitate to ask him questions about the plants growing in the Gardens.



Member Spotlight: Meet Linda Mohn *by Kathleen Krantz*



Friends of Fellows Riverside Gardens wouldn’t be able to accomplish as much as it does without just that – FRIENDS! In each issue of our newsletter, we take a moment to sit down with volunteers and fellow members to learn more about what motivates them to be keepers of our community gem.

Linda Mohn has had a love affair with Mill Creek MetroParks and Fellows Riverside Gardens for over 50 years. During our conversation she reminisced about marrying her husband, Keith, on a rainy day in the Kidston Pavilion... how she enjoyed taking walks along Lake Newport and fishing with her two young children in Lake Glacier ... how she and Keith took great pride in showing family and friends their favorite places in the MetroParks ... and how she now cherishes making memories there with her 5 grandchildren and 2 great grandchildren.

Linda’s professional career accomplishments at Youngstown State University span 35 years. Her education includes a BS in Arts Management and a Master’s degree in Higher Education Counseling. She was the MBA Coordinator as well as a part-time English instructor where she often incorporated learning experiences at well-known locations in the Park. The Birch Hill Pavilion was a favorite spot for her and her students. In addition to her academic duties, Linda has been a job coach for Compass Community Counseling

and a grant writer for Opera Western Reserve.

Linda has traveled extensively, enjoying different culture and peoples across the globe. Her favorite travel memories are of Brazil and Thailand. “It’s the people who make traveling so special.”

Linda has devoted many years to volunteering. She is a 20-year Fellows Riverside Gardens Master Gardener, a 15-year garden guide and an 8-year volunteer at the children’s veggie gardens. She’s also involved in other community and church-related activities.

As busy as Linda is, she finds time to garden in her recently acquired “she shed” where she enjoys experimenting with different gardening techniques and trying new vegetables and flowers. She admires all forms of art and enjoys dabbling in oils and watercolors. In her words, “there is something meditative about painting.”

Linda’s dedication to learning, her horticulture experience, and diverse interests enhance the experience of all those with whom she interacts.

In loving memory of her late husband, Linda and her family are sponsoring a lecture Tuesday, May 2 at 11 a.m. in the D.D. and Velma Davis Educational Center Rossi Auditorium (more information on this lecture in this issue). Linda shared that Keith loved the beauty of nature and was an avid gardener, “most at tune with himself when working in his yard amongst the trees and flowers, always striving to keep the animals in check and away from munching on his favorite hostas and azaleas.”

Linda and her family join hundreds of members just like you, whose passion for nature, the Valley and our prized grounds motivate their membership in Friends of Fellows Riverside Gardens. They want to ensure that current and future generations can come to learn and enjoy the beauty of the Gardens. We thank them!

Garden Spotlight: Remember to Stop and Smell the Flowers

By Sarah Lowry

With the exception of the night before Christmas, few predictable events inspire such anxious anticipation than the promise of spring. Each year, without even noticing we're doing it, we start making mental lists of all the signs: longer days, rising temperatures, new birdsongs, and peaks of green. The earth is waking up all around us, and so, too, are we.

The pace of life begins to speed up as we hurry to shake off the tired, heaviness of the winter months. There's more to do, more people to see, and more places to be. Though our pace accelerates, driven by the excited seasonal cycle that signals rebirth and renewal, it is important to remember those first few days of almost spring where we were aching and crawling towards the equinox — absorbing and observing how much is changing around us day by day.

Fellows Riverside Gardens provides us with space—physically and mentally—to slow down. To breathe. To stop and smell the flowers. Recognizing these natural cycles in ourselves and the world around us is important for our physical and mental wellbeing. And, re-establishing a connection to nature offers resilience and healing when our lives fall out of balance.

The connection between nature and healing

Lillian Quaranta, a retired teacher of English and Latin from Austintown Fitch High School and long-time volunteer with Mill Creek Park and the OSU Extension Master Gardener program, saw the connection between natural cycles, nature, and healing as clearly as a bright yellow daffodil on a bright April day while doing research as a part of her Master Gardener education.

After reading a study published by the University of Alabama at Birmingham, Ms. Quaranta was struck by research that demonstrated post-surgery breast-

cancer survivors healing significantly more quickly after participating in a program that brought horticulturalists and master gardeners together to work with the patients on building and sustaining a garden.

Recounting her life-long personal connection to nature, Ms. Quaranta shared that she always has had a feeling of wellbeing when walking in Mill Creek Park and the Gardens. As her research continued throughout her Master Gardener graining, she learned that there was, in fact, a name for that feeling: horticultural therapy, which she described as the medical and scientific facts that

prove that a walk in the park is truly healthy and not just recreational.

She found a way to blend her passion for nature and her experience as an educator to develop a series of classes that provide paths for people—of all ages—to find their way back to nature. The classes are recommended to be taken in succession as the seeds from the first

continue to be nurtured and grow with more knowledge and experience.

Find your way back to nature in 4 courses

The four courses and brief descriptions are provided below and will be offered as spring-summer 2023 educational programming at the Davis Center in the Gardens:

1. Connections between Nature

and Humanity: This class focuses on bringing back memories and past experiences participants have had with and within nature. This kind of intentional reflection helps to rekindle the fire of curiosity and exploration of the natural world and creates a foundation of knowledge and experience to build on throughout the remaining classes.

2. Walking with Thoreau: While she was a teaching English at Austintown Fitch, Ms. Quaranta





came up with the concept for this class while preparing to teach Thoreau as a part of her students' coursework. However, rather than just talk about Walden and other critical works, she wanted to make the experience real. So, her students met in the library at Fellows and after some brief instruction, Ms. Quaranta instructed her students to go out into the gardens, alone, and using their five senses, write and reflect what they observed or experienced. After they completed this exercise, the students returned to report/share their experiences with their peers. If the students so desired, Ms. Quaranta offered to collect their reflections and create a compilation of their work. Ms. Quaranta has also offered a version of this course to her fellow OSU Master Gardeners.

3. Health by Nature: This course creates or clarifies the connection between nature and science. Ms. Quaranta will provide examples of medical and scientific research that demonstrate how spending time in nature results in measurable health benefits like lowering cortisol and reducing stress or depression. For instance, one study she discusses shows how outdoor activities that connect people to soil, like gardening or landscaping, can increase endorphins and improve mental health.

4. Global Green: This fourth and final class in the series broadens the field of vision to look at the

importance of re-establishing connections with nature and all things green at a broad, global scale. Many communities, from countries to cities, are recognizing and realizing the importance of investing in projects that prioritize the health and wellbeing of people and the planet. For example, Ms. Quaranta shared that Singapore has made a commitment to become a "global green city" and has been making significant investments in greening the built environment to create space for quiet, contemplation and a more well-balanced ecosystem to benefit living things from plants to people.

Fellows Riverside Gardens is the perfect place to host a series of classes like this—located just outside of the center of the city of Youngstown, the Gardens has provided a much-needed, well-used, and well-loved green space for residents and visitors alike for decades. Opportunities like the classes carefully crafted by Ms. Quaranta help to remind us to take time to stop and smell the flowers, and that simple act can have significant benefits to our individual and collective health and prosperity.

If you are interested in signing up for one or all of these classes, please refer to the FFRG lecture and event article in this issue of the newsletter for registration information and class dates.

We would like to acknowledge and thank the following for their donations and or memorials the past three months to support Friends of Fellows Riverside Gardens:

James and Coralie Centofanti Charitable Foundation

C. Scott and Arlene Lanz

Jim Mondok

Bonnie Nichols

In Memory of Janet Barger Peterson by:

Janie Lamar

Stephanie Anderson

Marilyn Roderick MD

Patty Quinn

Judy Armeni

Sharman McNamer

Jason and Janeen Turk Charitable Foundation

In Memory of Ellen Handel by:

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In Memory of Carolyn Stoneburner by:

Fran Klingensmith

In Memory of Gary G Giba by:

Wm and Carol Fire-Caban

Beverly J Saadey

George and Cathy Lutza



Friends-Sponsored Garden Advocacy and Educational Events in 2023

by Kathleen Krantz

Friends of Fellows Riverside Gardens' Board is proud to sponsor and support various educational programs and activities for Friends members and the local community.

We are working on a variety of topics and activities, and here are just a few that we have "on the books."

Make and Take Air Plant Class – March 16 – 10:30 a.m. and 1:30 p.m. in the Rossi auditorium. Get crafty with low maintenance plant life where you create your air plant container environment and learn how to care for them. Please call the Shop in the Gardens for cost/payment and to register for this event.

Botanical Card Class – April 26 at 10:30 a.m. and 1:30 p.m. in the Kidston classroom. Join local artist Peg Zeleznik to make a card and a bookmark from dried flowers and learn how to dry your own blooms. Come in to the Shop in the Gardens or call them during regular business hours to register for this hands-on class. Limit of 15 participants per session. Cost is \$12 for Members and \$15 for Non-Members.



Spring Lecture – Tuesday May 2 at 11 a.m. in the Rossi auditorium. Please join us for a FREE lecture on a topic that frustrates and challenges most home gardeners: "Strategies and advice for keeping deer and other pests from your backyard buffet." We are happy to host speaker Mark A. Miller, PhD, who is the Education and Exhibits Director at the Pittsburgh Botanic Garden. After the lecture, weather permitting, participants are welcome to walk with Dr. Miller exploring vegetation at Fellows Riverside Gardens. No registration is required.

Find Your Way Back to Nature – a series of four classes led by instructor and OSU master gardener Lillian Quaranta. All classes will be held in the Kidston classroom in the Davis Center starting at 11 am. Recommended to take all classes in succession, but join us for any that pique your interest. Limit of 15 participants per class. Come in to the Shop in the Gardens or call them during business hours to register.

Cost is \$5 for Members and \$8 for Non-Members per session.

Class 1: Connections between Nature and Humanity - Wednesday, May 17

Class 2: Walking with Thoreau - Thursday, June 1

Class 3: Health by Nature - Wednesday, June 14

Class 4: Global Green - Thursday, June 29

Fall Lectures – September 28. Join us for two FREE lectures given by Dan Long, Vice President, International Clematis Society and owner of Brushwood Nursery in Athens, Ga. At 11:30 a.m., Mr. Long will speak on "Growing and caring for clematis and other climbers" and at 5 p.m. he'll present "Attracting bees and other pollinators to your backyard." Both of these lectures are FREE and no registration is required.

Stay up to date by following us on Facebook and visit our website to learn about events and classes being planned this year.

Note: For more information on any of these events or classes or to register online please go to www.millcreekmetroparks.org or call 330-740-7116 and speak to a receptionist.

Please note – Registration is required for many of the classes in this listing – check the specific event for drop-in class availability.

EXHIBITS

Mill Creek MetroParks History

Ongoing | Tuesday – Sunday,
10:00 am– 5:00 pm
Location: Fellows Riverside Gardens

The Melnick Museum offers the visitor a peek into the unique history of Mill Creek MetroParks. Look back and discover how Volney Rogers garnered property and how that land has grown into Mill Creek MetroParks. Learn about the generosity of Elizabeth Fellows that was the beginning of Fellows Riverside Gardens. And take time to learn about the early days of McGuffey and his boyhood homestead located in Coitsville and now known as the McGuffey Wildlife Preserve.

Moments in Time by Dr. W. Gordon

End date 03/26 | Tuesday- Sunday,
10:00 am – 5:00 pm
Location: Fellows Riverside Gardens,
Weller Gallery

Dr. W. Gordon says “Moments in time is about the world of man and his influences. It is not always perfect in a technical sense. Fancy frames and vivid colors are nonessential. Predominately, natural light and minimal equipment capture the subject. It is important to have a strong image, one that captures the subject and tells a story. Great photographers use their minds and their hearts, as well as the proper equipment.”

Real and Imagined

04/02 – 07/02 | 10:00 am – 5:00 pm
Tuesday- Sunday
Location: Fellows Riverside Gardens,
Weller Gallery

“Nature: Real and Imagined” is a printmaking exhibition by Malorie Martin that explores the true-to-life forms of plants, in contrast to their artistic rendering. Using cyanotype, a photo-chemical printmaking process, the artist captures the silhouette of different flora on paper and fabric. On top of these cyanotype backgrounds, she then block prints hand carved images of the same plants. These works seek to highlight the differences between what we see and what we create when working from nature, in a bright and whimsical way.

HEALTHY LIVING

Yoga in the Gardens

Tuesday mornings
9:30 am– 11:00 am
Location: Fellows Riverside Gardens:
Radius Room

Join Marina Perdos for a blend of energizing yoga styles that will help

you keep a healthy outlook. All levels are welcome. Bring a mat and a small blanket. Register / pay by 2 days prior to the session, online or call 330.740.7116 x 230. Walk -ins welcome. \$15/class

T'ai Chi Step One in the Gardens

Wednesdays Noon – 1:00 pm
Location: Fellows Riverside Gardens –
Radius Room

Ease stress, improve health, and increase vitality. Join Marie Lew in warm-ups, breathing exercise, instructions of selected movements and narrated practice of a classic Chen T'ai Chi form. Register / pay by 2 days prior to the session online or call Fellows Riverside Gardens at 330-740-7116 x230. for details. Walk-in's welcome. \$12/class

Yoga Basics Course

Sunday
Fellows Riverside Gardens:
Radius Program Classroom
04/30–6/18 | 9:15-10:30 am

Release physical and mental tensions while gradually improving strength & flexibility. Gentle but thorough classes guided by experienced instructor Karres Cvetkovich. register online or call 330.740.7116 ext230. \$96-8 week course. Note: This class meets outdoors in the gazebo, amid the splendor of the gardens weather permitting.

HORTICULTURE

Botanical Mornings

Fellows Riverside Gardens:
Outdoor Concourse
03/31 | 9-10 am

Discover the progress of the seasons at Fellows Riverside Gardens. Then enjoy a complimentary cup of coffee or tea in Kravitz's Garden Café. Register / pay by 3/29, online or call 330.740.7116. \$5

KIDS & FAMILIES

Critter Tales -- Beaver

Fellows Riverside Gardens:
Kidston Classroom
3/28 | 11 am-Noon

Ages 3-6, plus adult. Come explore the wildlife of Ohio with a park educator as we learn about the animals that live in the park. Story time and hands-on activities are part of the fun. Register/pay online by 3/26 or call 330.740.7116. No walk-ins. \$7

Sprout Club - Earth Day Spring Walk

Fellows Riverside Gardens:
Kidston Classroom 4/20 | 1pm -2 pm
Ages 3-5; plus adult. Join Sprout Club for fun and hands-on activities learning all about Earth Day, includes a walk in

the Gardens. Meet in Kidston Classroom at Fellows Riverside Gardens. Pre-registration required. Register / pay by 4/18, online or call 330.740.7116. \$7

HIKES, WALKS & BIRDING

Birding the Sanctuary

Nature Preserves:
Mill Creek Wildlife Sanctuary
04/22, 05/27, 06/17 | 8-9:30 am

Enjoy birding with Jeff Harvey on this early morning hike at Mill Creek Wildlife Sanctuary. Space limited. Boots required. Moderate. 1.25 mi. Register at Fellows Riverside Gardens, 330.740.7116 by 4/20. Free

Birding McGuffey Wildlife Preserve

Nature Preserves:
McGuffey Wildlife Preserve
04/29 | 8-10 am

Join a park educator for a morning of birding. Meet at McGuffey Wildlife Preserve on McGuffey Road. Dress for the weather; boots are recommended. Registration required. Register online by 03/23 or call 330.740.7116. No walk-ins. No pets. Free.

April Full Moon Hike

Mill Creek Park:
Pioneer Pavilion
04/05 | 7:45-9:15 pm

Join park educators for a hike under the full moon. Dress for the weather and be prepared for a moderate-difficult 2-mile hike on the East Cohasset Hike & Bike Trail. Meet at Pioneer Pavilion parking lot. Registration required. Register/pay online by 4/3 or call 330.740.7116. No walk-ins. No pets. \$3.

EXPRESS YOURSELF

PICTUREsque Hike

Mill Creek Park:
Volney Rogers Parking Lot
03/26 | 5:30-7:30 pm

Ages 16+UP. Learn how to take the most PICTUREsque photos. This month's theme will be Golden Hour Landscape photos. Bring a camera or cell phone. Dress for the weather and wear hiking boots. Moderate/difficult two-mile hike. Meet at Volney Rogers Field on East Glacier Drive. Registration required. Register online by 3/24 or call 330.740.7116. No walk-ins. No Pets. Free.

THIS AND THAT

Outdoor Adventure Education - Session 1

Mill Creek Park: Bears Den Cabin

4/8 | 10 am-Noon

Ages 12+. Join a park educator for a fun educational session on Outdoor Adventures. This session will cover Survival Skills. Meet at Bears Den Cabin on New Cross Drive. Registration required. Register/pay online by 4/6 or call 330.740.7116. No walk-ins. No pets. \$7

Outdoor Adventure Education - Session 2

Mill Creek Park:
Pioneer Pavilion
4/15 | 10 am-Noon

This session will cover Intro to Camping/ Backpacking Skills. Meet at the Pioneer Pavilion on Old Furnace Road. Registration required. Register/pay online by 4/13 or call 330.740.7116. No walk ins. No pets. \$7

Outdoor Adventure Education - Session 3

Mill Creek Park: Pioneer Pavilion
4/22 | 10 am-Noon
\$ 7.00 Fee; Pre-registration required before April 20

This session will cover Plant and Animal Identification. Meet at Pioneer Pavilion on Old Furnace Road. Registration required. Register/pay online by 4/20 or call 330.740.7116. No walk ins. No pets. \$7

Outdoor Adventure Education - Session 4

Mill Creek Park: Bears Den Cabin
4/29 | 10 am-Noon

This session will cover Knot Tying and Rock Climbing knowledge. Meet at Bears Den Cabin on New Cross Drive. Registration required. Register/pay online by 4/27 or call 330.740.7116. No walk ins. No pets. \$7

iNaturalist BioBlitz

Nature Preserves:
McGuffey Wildlife Preserve
4/29 | 11 am-1 pm

Get involved in citizen-science at this BioBlitz event! We will be using the iNaturalist app to record and inventory species found in McGuffey Wildlife Preserve, including plants, bugs, amphibians, and possibly more! Bring a smartphone with the iNaturalist app downloaded and account created. We will go over the basics of iNaturalist and then hike the preserve looking for species to record. Dress for the weather; waterproof boots are recommended. Online registration required by 03/23 or call 330.740.7116. No pets. No walk-ins. Free.



of Fellows Riverside Gardens

123 McKinley Avenue • Youngstown, OH 44509

Mill Creek MetroParks - Fellows Riverside Gardens

Free and open daily, dawn until dusk

D.D. and Velma Davis Education & Visitor Center

Information Desk 330.740.7116

Tuesday - Sunday, 10 am - 5 pm

Closed: Mondays

Closed: Thanksgiving, Christmas & New Year's Day

Shop in the Gardens

Tuesday - Saturday, 10 am - 5 pm

Sunday - Noon - 5 pm

Garden Café

Tuesday - Sunday, 10 am - 4 pm

General inquiries about Fellows Riverside Gardens

email: info@friendsoffellows.org

Visit: FriendsOfFellows.org

millcreekmetroparks.org

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Save The Date:

Make and Take Air Plant Class – March 16 (registration/payment required)

Shop in the Gardens Spring Open House Week – March 21 – March 26

Botanical Card Making – April 26th (registration/ payment required)

Spring Lecture – May 2 at 11 a.m.: “Strategies and advice for keeping deer and other pests from your backyard buffet.” Free – no registration required

On the Terrace at 5! – May 16 at 5 p.m.

Find You Way back to Nature Series (see newsletter article for details). – May 17, June 1, June 15 and June 29.

Fall Lectures – September 28 at 11:30 a.m.: “Growing and caring for clematis and other climbers” and at 5 p.m.: “Attracting bees and other pollinators to your backyard.”

For more information, please email us at info@friendsoffellows.org or call or stop by the Shop in the Gardens during normal business hours.