



***What's Inside:***

- FFRG Board
- What's Growing
- Garden Tours
- Plant Sale
- Annual Member Listing





## Greetings, Friends!

**I**s it possible that we are halfway through winter, or (as I like to think of it) halfway to spring? Watching for any signs of spring, I noticed

some green sprouts pushing through the soil where garlic was planted last October. I have been assured by a friend (and Master Gardner) not to worry as garlic can begin to show signs of growth when winter temperatures are unusually warm.

During this winter season, our Friends organization is beginning to plan educational lectures and classes that we are able to present through the generosity of the John and Doris Andrews Educational Endowment. We are looking into requests for a class on flower arranging and a repeat session on "Cooking with Herbs." Stay tuned for upcoming classes and dates.

Looking forward to our summer activities, plans are underway for our monthly "On the Terrace at 5!" and annual Summer Garden Party. As usual, the Garden Party is scheduled for the last Friday in July. Save the date—July 26 this year.

For those of you who enjoy a brisk walk on a snowy day, this is the perfect time to experience the "busyness" of the Park in a new way. Before venturing out, do some research on the identification of animal tracks and you may be surprised to see who is wandering in the fresh snow. Although individual tracks may be hard to identify, animals move in unique patterns and following these patterns may help to focus in on identification. For many visitors, the ultimate experience is to quietly observe a gathering of deer. As summed up in an article written by Dee Calvasina in 'Mountain Home Magazine,' you may be fortunate to have the magical experience of a "close encounter with the herd kind!"

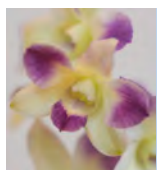
Think spring!  
*Denise Stewart*

### The Friends of Fellows Riverside Gardens

**Newsletter Editorial Team:** *Jim Houck, Denise Stewart, Janet Yaniglos, Mary Ann Navarro, Sarah Lowry and Kathleen Krantz*

**Cover and inside photos:** Scott Lanz

**To get in touch with Friends:** *email us at [info@friendsoffellows.org](mailto:info@friendsoffellows.org)*



*To become a member of Friends of Fellows Riverside Gardens, visit [www.friendsoffellows.org](http://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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### Friends Staff

Operations Manager: Kathleen Krantz

# A Heartfelt Farewell

by Denise Stewart

The board of Friends of Fellows Riverside Gardens wishes to express our gratitude to nine dedicated board members who completed their terms in 2023. The list is particularly extensive due to multiple members graciously agreeing to extend their terms during the pandemic:

**Deby Clark** has been an active board member serving on the Garden Party Committee where, among her many contributions, she generously shared her floral talents. She also served as Chair for our “On the Terrace at 5!” events and has been an active participant on the Garden Tours Committee.

**Andy Detesco**, serving as our Vice President and member of the Executive Committee, has been active on the Finance Committee, Board Development Committee, and MetroParks Advisory Committee. He also shared his talents as our insurance advisor and member of the Garden Party Committee.

**Sallie Dutton** actively served on our Finance Committee, Advocacy and Education Committee, and Garden Party Committee. She was a loyal and committed board member whose insight and perseverance kept us focused on Friends history and mission. Her community collaboration and unwavering support of our Friends organization helped strengthen and sustain our organization.

**Emily Huggins** served on the Executive Committee as Treasurer and as a member of the Finance Committee and MetroParks Advisory Committee. She also served on the Garden Party Committee and initiated a special fundraiser for this project.

Atty. **Carl James** served on the Finance Committee and Garden Party Committee. His patient advice and wise counsel expertly assisted our Friends organization both in clarification of important issues facing Friends and in dealing with new challenges.

We are grateful to Atty. **Scott Lanz** for his service as a board member and the historical perspective he was able to provide to Friends. His legal expertise was especially appreciated in the interpretation of Friends guiding documents and addressing important matters facing our organization. In addition, he served on the Marketing Committee and Newsletter Committee. His talents as a photographer and contributions to the newsletter were and continue to be extraordinary.

**Marcus Masters** served on the Garden Party Committee, assisting with planning and in supporting details for this fundraiser. His dedication to this project was especially appreciated.

During his term as a board member, **Bill Mullane** shared his expertise as an artist, educator, and civic leader serving on the Advocacy and Education Committee, the MetroParks Advisory Committee and the Newsletter Committee. His experience and creative leadership have been an asset to the board.

While serving as a board member, **Chris Soller** was a contributing member of the Garden Party Committee and took on the enormous task of serving as Chair. His experience as Park Superintendent of Fire Island National Seashore was a great resource supporting Friends’ role in maintaining and providing improvements to Fellows Riverside Gardens.

We appreciate the commitment and dedication of these board members, devoting their time and talents to make our Friends organization a strong, independent nonprofit organization. For all of your contributions and years of service, we thank you!



# Spring 2024 – Garden Spotlight: Appreciating the Poetry of Patience

by Sarah Lowry

**T**hough the days are consistently growing longer, the time between celebrating the new year and searching for signs of new life are, arguably, the most grueling even with the benefit of the shortest month.

There's a saying that "Winter is the poetry of patience." Poetry, often symbolic and sometimes quite cryptic, requires patience and persistence of its readers, but it can create powerful, beautiful environments and experiences that are otherwise difficult to put into words. Similarly, winter demands our patience and persistence and can create powerful, beautiful environments and experiences that are not possible during other times of the year. Though it can be frustrating, there is a definite connection between winter and wonder.

Even without a blanket, or even a dusting, of snow, the world looks different in winter. It's calmer, colder, slower, simpler. Some look forward to savoring the silence and the slowed pace. Others anxiously count the seconds of increased sunlight as soon as we observe the winter solstice.

Since the new year, many have been pinpointing or practicing resolutions and intentions often focused on personal growth. Eating healthier. Exercising more. Behaving more kindly to others—and ourselves. Finding new hobbies. We've been sliding into a kind of growth mindset even though the world around us is very much still still, unmoving, asleep.

## Patience can be a challenge

Practicing patience in the waning days of winter can become a significant challenge. Even for those who enjoy it, winter carries with it a kind of tension between standing still and finding movement, between resting and regenerating. This tension is especially difficult when we've created rituals focused on planning for what's next, heightening the anticipation of what is yet to come.

But, there's another saying, "good things come to those who wait." And practicing patience in waning-winter is always rewarded with welcoming the waxing signs of spring.

However, for spring to do its thing, we need the cold, damp, darkness of winter to soak and chill us to our cores. This is especially true for many of the plants and flowers we associate as symbols of spring's rebirth and renewal.

For animals, such a process of slowing down and allowing ourselves to submit to winter's whims is commonly called hibernation – "a state of minimal activity and metabolic depression and seasonal lower-body temperatures undergone by some animal species." While people don't adhere to this exact definition of hibernation, we certainly do find ourselves slowing down for one reason or another.

This process for plants is called stratification, which is a horticultural term describing the cold, moist period that occurs over winter when seeds are dormant until conditions become more ideal for germination in the spring when warmth and

light return. Stratification is especially important for perennial plants that follow seasonal cycles, returning to grow and blossom year after year.

We need winter to slow us down so we can practice patience and to better appreciate the bounty and blessings of spring—to give us time to recharge for the journey and joys of the new year.

## Spring bulbs are doing their thing in winter

Fellows Riverside Gardens is a perfect place to practice patience and rejoice in spring's rejuvenating jubilee. Hundreds of brilliant white snowdrops and vibrant violet crocuses will start the waves of spring's colorful chorus: orange and yellow daffodils, red and purple tulips, pink apple blossoms, and green shoots of all shapes, shades, and sizes. All of these spring beauties need the harsh touch of winter: The ideal timeline and temperature range for most spring-blooming bulbs is 10-14 weeks at 35 to 45°F. When these bulbs are exposed to cold temperatures, it initiates a chemical conversation that tells the bulb to "turn on" flower formation and signals root growth to begin.

And before we know it, spring will be in full bloom with all the familiar sights, sounds, smells, and activities that come back every year like long-time friends returning home to visit.

The much anticipated and beloved Friends of Fellows Riverside Gardens Plant Sale will also be returning this year to once again help us get into the swing of spring.

During the weeks of waning winter while we are growing in our want of spring, practice patience. The warmth of springtime's sun is coming, illuminating all the bright, brilliance of new life. And with it, hopefully a deeper appreciation of the subtle, essential, poetry of winter.

## Winter events despite the chill

While winter's chill is still with us, there are some indoor ways to stay in touch with the outside world. Visit the Davis Center to see "A Brush with Nature," a watercolor exhibit featuring works from members of the Mahoning Valley Watercolor Society located in the Weller Gallery. The education department at Mill Creek Metroparks is hosting "Winter Talks," a lecture series running through February, which are located at the Ford Nature Center. Topics include: Stories of Mill Creek Park, The History & Geology of Lanterman's Mill, Backyard Birds & the Upcoming Backyard Bird Count, the History of the Mahoning River, Frozen Ecosystems, Forest Therapy: Reconnecting with Nature, Winter Wanders & Writing, and Winter Sky Talk.

And stay tuned for information about upcoming events and speakers supported through the Andrews Horticulture Education Program, which will likely be hosted at the Davis Center.



# A Dazzling Holiday Tour

by Janet Yaniglos

**D**ecember's garden tour sold out quickly, with the tour planning committee increasing the bus size to accommodate the largest group of travelers yet – 54 passengers – on a Friends day trip.

The “Holiday Highlights” tour was a beautiful opportunity to visit gardens off-season: Cleveland Botanic Garden's “Frost” exhibit, and the “Deck the Hall” holiday show at Stan Hywet Hall & Gardens in Akron. An early stop in Medina to take in Castel Noel's nostalgic displays of Christmas movie props and window displays from Lord & Taylor was a one-of-a-kind bonus.

Add in the elegance and teapots of Miss Molly's Tea Room for brunch, and a grand Italian dinner at D'Agnese's at White Pond – it's easy to understand how charmed and full of Christmas spirit the travelers were!

The evening glow of more than a million lights at Stan Hywet capped off the enchantment. As the 34<sup>th</sup> Friends-sponsored Garden trip since 2008, “Holiday Highlights” underscored Friends' intent to provide easy, friendly travel and guided discovery of gardens and horticultural settings across Ohio and beyond.

Stay tuned for plans for our next adventures.





# Welcome Back Friends 2024 Plant Sales

By Kathleen Krantz

The FFRG Plant Sale Committee is happy to announce that plans are underway for three plant sales this season. Chairperson Deb Metzger along with Monica Parkhurst, Pam Baytos, Janet Yaniglos, Mary Yee and Nancy Phillipson have begun the process of choosing and nurturing a large variety of plants. The Friends Plant Sales are a way to share the joy of gardening and growing with the community.

We will kick off with the 34<sup>th</sup> Annual Spring Plant Saturday, May 11 and Sunday, May 12 at Fellows Riverside Gardens on the DeYor Terrace from 10 a.m. - 3 p.m. both days.

This year's inventory will include versatile vegetables like tomatoes, cucumbers and peppers. For added flavor, texture, and nutrients, shoppers will also find microgreens. There will be many varieties of herbs for sale, so customers can ensure their favorite flavors for summer dinners and cookouts. All plants are non-GMO varieties.

Home gardeners will also find a large variety of annuals and perennials to create your own hanging baskets and beautify



your garden beds. In addition, master gardener volunteers will be on hand to answer all your gardening questions. We will also have some plants in decorative pots chosen by our Shop Buyer Jeanne Simeone to give as gifts to your favorite mom or for your own patio or deck.

In the early Fall (dates TBD) we will again have our popular mum and bulb sales. Dates will be announced in next newsletter, in email blasts to our members, on our website and posted on Facebook.

We would like to acknowledge and thank Joe Tucker, Garden Supervisor, and Marcy Dubec, Gardener, and all of our dedicated volunteers as these sales would not be possible without their dedication, partnership and support.

Cash and credit cards will be accepted at all sales. Members of Friends of Fellows receive a 10% discount on plant sales items purchased as well as any purchases at the Shop at the Gardens.

## The Friends Plant Sale and How it Grew

By Janet Yaniglos

The Annual Plant Sale at Fellows Riverside Gardens has long been a welcome sign of spring. The early Sales were held on the North Terrace overlooking the city. Gordon Vujevic chaired the first Sale in 1990; Judy Fleming, the second. The primary purpose of the early Sales was to draw visitors to the Gardens, though fundraising by Friends was also crucial.

The Sale grew in popularity each year, and so did its offerings – an amazing array of perennials, flowering bushes and small trees, roses and herbs and dahlias and every color of annual. Aquatic plants were sold one year, Dawn Redwoods another. Shoppers were attracted not just to the abundance and variety of plants; they also came for the gardening wisdom of the volunteers who staffed the Sale, mostly graduates of the Gardens' Master Gardener program. The Gardens staff also pitched in with advice and support.

Sara Scudier, chair for more than two decades, recalls that the Sale spanned 3 days once the new Davis Center and parking lot were completed in 2001, providing ample space for tents, tables, shopping carts and parking. Held in early May, the Sale would sometimes experience surprise snows,

rainstorms, and even hailstones! Spring sunshine and good shopping weather would always return, though.

Volunteers specialized in types of plants, becoming expert in cultivar trends and nursery sources. Late winter in the greenhouses (built with the financial support of Friends plant sales), a small crew would plant trays of tomato and pepper and other vegetable seeds, tending to them for weeks as they grew sturdy and ready for home garden planting.

Another team of volunteers would start seeds for annual vines in March – cardinal climber and cypress vine for hummingbirds, hyacinth bean and cup-and-saucer vines for dramatic color, climbing sweet peas and nasturtium for their scent. Sunflowers became a favorite greenhouse-grown plant.

COVID caused a pause and then a careful return, with chair Deb Metzger guiding a series of smaller sales that end with bulbs and volunteer-grown mums sold in the fall.

A multitude of flowers, helpful volunteers, and eager plant lovers – what a combination! It has made possible more than 30 years of fundraising for the Gardens by Friends. Thanks to all!



# Seasonal Change Underway at Shop in the Gardens

By Kathleen Krantz

As the Shop begins the transformation from holly and snowmen to tulips and bunnies, we would like to thank our wonderful customers for choosing Shop in the Gardens for special gifts for family and friends and decorating their homes. We especially appreciate the comments from our guests who share that they travel each year to visit the Shop for its array of high quality and unique items as well as the feeling of being in holiday wonderland.

A nearly life size Santa found a new home - congratulations to raffle winner and special patron Judith Hatchner. We hope you and jolly old St. Nick enjoy many years greeting family and friends.



Winner Judith Hatchner and Santa

We are also very grateful for our staff and volunteers for their many hours of dedication and support. We took time out on a wintry Monday to enjoy a lunch and fellowship hosted at the home of our Shop Manager.



Shop Staff and volunteers

Have you ever wondered who is responsible for choosing our merchandise and designing the innovative displays in the shop? That would be our Shop Manager/Buyer Jeanne Simeone, who just returned from her bi-annual buying trip in Atlanta and is in process of creating "Spring" in the Shop. Friends of Fellows Riverside Gardens members mark your calendars for Spring Open House days from Tuesday, March

19 through Sunday, March 24 – and as a member receive 20% off selected spring merchandise. Stop in before then to get a preview of the new items and we look forward to greeting you.



Shop Buyer/Manager Jean Simeone



Spring in the Shop



Spring in the Shop



# Thank You to our Members!

*Your contributions allow Fellows Riverside Gardens to flourish and keep the dream of Elizabeth Fellows alive...a beautiful free spot for all to enjoy.*

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Will Fullenweider  
Donald and Sallie Lepore  
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Bonnie Macomber  
Peggy Madeline  
Maria Magiassos  
Joyce Mahan  
Debra Maietta  
Bev Mansfield  
Marie Martin  
Anna Masi  
Talva Maslach  
Debbie Masters  
Suzan Masters  
Irene Matlak  
Cathy McCartney  
Catherine McClain  
Donna McCollum  
Doris Jean McComb  
Rose McCormick  
Trudy McDonald  
Patricia McFadden  
Christina McGonigle  
Cheryl McIntyre  
Cheryl McKeown  
Beverly McMahon  
Susan McMann  
Joyce McNab  
John and Jeanne McNally  
Susie McNally  
Janie McNamara  
Bill Meehan  
Mandi Melidona  
Charlotte Melvin  
Mary Merritt  
Deborah Metzger  
Connie Migliozi  
Mrs. Beverly Mike-Nard  
Diane T. Miklos  
Patti Milano  
Anita Miller  
Rochelle Miller  
Christine Milley  
Betty Mirich  
Noreen Moderalli  
Linda Mohn  
Susan Monaco  
Kathy Monteleone  
Linda Mook  
Sherry Mook  
Susan Moorer  
Mary Jo Morcos  
Dana Morris  
Mary Morrone  
Mary Mulligan  
Lorraine Murphy  
Rebecca Murray  
Alicia Muzina  
Sue-Weber Nape  
Erica Napolitano  
Cleo Nastopoulos  
Rebecca Natale  
Ginny Neville  
Bonnie Nichols

Donna Nolfi  
Barbara Novicky  
Carol O'Neill  
Grimilda Ocasio  
Mark and Barbara Oles  
Aida Pacheco  
Melissa Papini  
Monica Parkhurst  
Rachel Parlink  
Carol Partelano  
Linda Passarelli  
Kathleen Patrone  
Heidi Patton  
Garry Peacock  
Karen Peacock  
Dina Petracci  
Michele Philbin  
Cynthia Pieton  
Mona Pocatko  
Len and Ruth Pogacnik  
Judith Ponzio  
Peggy Potts  
Annamarie Quaranta  
Fran Rafaiani  
Yasmin Rashid  
Francis Reardon  
Charlene and David Reed  
Rick Reeder  
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Debra Sammarone  
Mr. William Sano  
Lois Sattler

Linda Saul  
Richard Scarsella  
Janet Schueller  
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Louetta Ann Stertzbach  
Barbara Stewart  
Sheila Stickel  
Linda Stickelmeyer  
Monica Stilson  
Anne Stocking  
Ann Stratford  
Sue Stricklin  
JoAnne Stringer  
Dr. Sharon Stringer  
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Doreen Svarny  
Ms. Mildred Terihay  
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Jane Thomas  
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Beverly Wagner  
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Debra Walker  
Marlyn Wallace  
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Marilyn Weaver  
Betty Weddle  
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Kathleen Wetzl  
Sally and Orlando White  
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Gordon and Nancy Wilber  
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Mary Woloschak  
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Barbara Wright  
Karen Wydick  
Susan Yarab  
Mary York  
Shari Yuhas  
Bernadette Zets  
Jennifer Zocolo  
Allison Zwicker

*Note: We make every attempt to be as accurate as possible. This listing is for donations received from January 1, 2023 to February 2, 2024. Please send email to [info@friendsoffellows.org](mailto:info@friendsoffellows.org) with any questions, corrections or clarifications.*

## Friends Presents \$95K Gift to MetroParks from Davis Endowment by Jim Houck

A group of Friends board members attended the Mill Creek MetroParks board of commissioners meeting in December to present a check for just over \$95,000.

The funds are from the D.D. and Velma Davis Education and Visitor Center Permanent Endowment Trust Agreement. In a typical year, the income generated from the fund is paid to Friends for the purpose of defraying the expense, providing maintenance, and funding improvements to the Davis Center facility.

Past practice has been for the MetroParks to request these endowment funds to cover costs of distinct needs outside of the operating budget or to fund special projects meant to improve the facility.

Last year, for example, funds were used to pay for canopies and outdoor furniture to improve the café terrace.

This year's request from the MetroParks was for Davis Education and Visitor Center maintenance and repairs.

**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:**

David and Madelon Sabine • William R Powell Family Trust

**In Memory of Richard Shale given by:**  
Cecelia Lewis and Danbury Neighbors



### MEMBER SPOTLIGHT:

## Gene Pusateri *by Mary Ann Navarro*



**G**ene Pusateri has been a member of the Friends of Fellows Riverside Gardens Board since 2019. He and his wife reside in Liberty and have three adult children.

He grew up in the 1960s on Cohasset Drive in Youngstown, and attended South High School. He went on to graduate from the University of Kentucky and Kent State College of Podiatric Medicine. After residency, he returned to the Mahoning Valley and started his practice on Midlothian Boulevard in 1975, where he remained for 44 years.

The Mahoning Valley is his home. He has a vested interest in its people and institutions. Over his life he has seen many local changes, but the Park has continually been a source of solace – its crown jewel, he says.

As a young boy he wandered the trails, and as an adult spends countless hours hiking and biking, stealing away at the lunch hour, after work and on weekends. Fellows Riverside Garden has Inter-generational significance and especially to his family. His mother enjoyed the accessible and beautiful walkways. His son worked summers in the Gardens, and now they are able to take their grandchildren to special events.

The Pusteris have been supporters and patrons of the Gardens for many years and now they feel grateful to help future generations enjoy this special place.

During these changing times, he hopes to be a liaison between the Park commissioners, who preserve and enhance the natural beauty of Mill Creek MetroParks, and the Friends Board who so passionately cares about the Gardens.

This area, available to the community without an entrance fee, is a focal point of beauty and solace for so many people, Gene says.

## Welcome New Faces to Fellows Riverside Gardens *By Kathleen Krantz*



**Jesusita Luther** is a graduate of Youngstown State University with a degree in Biology. She shared that her love of horticulture and desire for “hands on” experience led her to look at the opportunity to work at the Gardens. She has expanded her knowledge of growing plants and how to treat or avoid diseases that impact the growing cycles. “I learn something new every day.”

**Skip Scisinger** recently returned to this area from Texas where he spent a number of years as a groundkeeper at various RV parks across the state. Skip has a special interest in trees. He loves the out-doors and working with his co-workers at the Gardens.

Please say hello to Jesusita and Skip when you see them in the Gardens during your next visit.





**Note:** For more information on any of these events or classes or to register online please go to [www.millcreekmetroparks.org](http://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 am– 5 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.

### A Brush With Nature

Fellows Riverside Gardens:  
Weller Gallery 01/26–3/31 |  
Tuesday – Sunday, 10:00 am – 5:00 pm  
Mill Creek MetroParks is delighted to welcome The Mahoning Valley Watercolor Society to the Weller Gallery. This free exhibit will feature 31 local artists who create with watercolor. The MVWS was founded in 1982 by eleven area artists with a goal to encourage local watercolor painters. The Society provides watercolorists with a place to share work, to learn more about watercolor techniques, and to receive information regarding watercolor-related events in the community. The MVWS artist group includes beginners, as well as professional artists, who teach and show their work internationally.

### Around the Park

Fellows Riverside Gardens: Weller Gallery  
04/06 - 07/07 | Tuesday – Sunday,  
10:00 am – 5:00 pm  
The exhibit will feature soft pastels on sandpaper by artist Thomas Sewickley. Free

## SPECIAL EVENTS

### Farm Animal Baby Shower

MetroParks Farm  
05/04 | 11:00 am – 3:00 pm  
Welcome new arrivals to the barns and see who might still be expecting at Mill Creek MetroParks Farm. Mill Creek MetroParks merchandise, tractor-wagon rides, cones with feed for animal feedings, and concession trailers and drinks will be available for purchase. Credit cards are accepted, cash only for tractor wagon rides and animal feeding. Animal Barn entrance is free. Parking is free on-site with additional parking available across the street at the Canfield Fairgrounds.

## HEALTHY LIVING

### Yoga Basics Course

Fellows Riverside Gardens: Radius Room  
03/10 - 04/28 | Sundays, 9:15-10:30 am  
Pre-registration required before March 31. 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 ext.230. \$96-8 week course.

### Yoga in the Gardens

Fellows Riverside Gardens: Radius Room  
Now through 12/19/24 | Tuesdays & Thursdays, 9:30-11:00 am  
Elevate your yoga practice and discover a healthier you with Marina. All levels are welcome to join. Don't forget to bring your mat and a small blanket for ultimate comfort during the session. Invest in yourself for just \$15 per class. Let's find balance together! To secure your spot, register and pay online or call 330.740.7116 ext. 230. Walk-ins are also welcome! NO CLASSES ON JULY 4TH, NOVEMBER 28.

### Outdoor Yoga Basics Course

Fellows Riverside Gardens: Radius Room  
05/05 – 06/23 | Sundays, 9:15 am -10:30 am  
Pre-registration required before May 26. Release physical and mental tensions while gradually improving strength & flexibility. Gentle but thorough classes guided outdoors amid the splendor of the gardens by experienced instructor Karres Cvetkovich. register online or call 330.740.7116 ext230. 8- week course \$96.00

### T'ai Chi Basics for Beginners Course

Fellows Riverside Gardens: Radius Room  
03/14 - 05/16 | Thursdays, Noon -1:00 pm  
Pre-registration required before March 14. Learn this classic art of energy balancing while developing coordination, flexibility, and leg strength. Designed for beginners, this course includes warm-ups, breathing exercises and the first steps of a classic T'ai Chi form. Learn to flow through your day feeling centered and attuned! Register online or call 330.740.7116 ext.230. course \$120

### T'ai Chi Step One in the Gardens

Fellows Riverside Gardens: Radius Room  
Now through 12/18/24 | Wednesdays, Noon -1:00 pm  
Ease stress, improve health, and increase vitality. Join Marie Lew in warm-ups, breathing exercises, instruction of selected movements and narrated practice of a classic Chen T'ai Chi form. Register online or call 330.740.7116 ext.230. Walk-ins welcome. \$12/class

## HORTICULTURE / NATURE

### Park Wanderings

Fellows Riverside Gardens: Outdoor Concourse  
03/29 | 9:00 am -10:00 am  
Park founder Volney Rogers described himself as a wanderer as he explored what would become Mill Creek Park. Join Educator Miss Lynn for our own wanderings as we visit a different Park location each month. This month let's wander about Fellows Riverside Gardens to look for early blooming flowers. Dress for the weather. Easy 0.5-mile walk. Register/pay by 3/27, online or call 330.740.7107 x 129. No walk-ins. No pets. \$5

### Park Wanderings

Fellows Riverside Gardens: Trolley  
04/19 | 9:00 am -10:00 am  
Join Educator Miss Lynn for Park Wanderings, a leisurely stroll at different Park locations. This month let's wander on the Cohasset

Express Trolley to Daffodil Meadow. Meet at Fellows Riverside Gardens. Limited seating. Dress for the weather as the trolley has no heat. Register/pay by 4/17, online or call 330.740.7107 x 129. No walk-ins. No pets. \$5

### The Backyard Conservation Lecture Series - the Why & Where of Native Plants

MetroParks Farm: McMahon Hall  
03/20 | 6:00 pm - 7:00 pm  
Join Gary Davenport, Project Coordinator for the Mahoning County Land Bank, and Zack Felger, Outreach & Education Specialist for the Mahoning County Soil and Water Conservation District, in an informative seminar exploring the wonders of the Ohio River watershed's native plants! Throughout this lecture series, participants will discover the benefits of native plants for both people and wildlife featuring insight from diverse guest speakers and experts in the fields of native plants and environmental restoration. Gain insights on cultivating native plants on your property, explore their diverse applications, and learn about grassroots backyard conservation efforts. Participants will receive complimentary milkweed seeds to start your own native plant garden. Embrace this opportunity to celebrate native plants and engage in environmental stewardship with us! Register/pay by 3/18, online or call 330.740.7107 x 129. \$5

### The Backyard Conservation Lecture Series - Strategies for Site Prep & Planting Methods

MetroParks Farm: McMahon Hall  
04/17 | 6:00 pm – 7:00 pm  
Join Gary Davenport, Project Coordinator for the Mahoning County Land Bank, and Zack Felger, Outreach & Education Specialist for the Mahoning County Soil and Water Conservation District, in an informative seminar exploring the wonders of the Ohio River watershed's native plants! Throughout this lecture series, participants will discover the benefits of native plants for both people and wildlife featuring insight from diverse guest speakers and experts in the fields of native plants and environmental restoration. Gain insights on cultivating native plants on your property, explore their diverse applications, and learn about grassroots backyard conservation efforts. Participants will receive complimentary milkweed seeds to start your own native plant garden. Embrace this opportunity to celebrate native plants and engage in environmental stewardship with us! Register/pay by 4/15, online or call 330.740.7107 x 129. \$5

### Birding the Sanctuary

Mill Creek Wildlife Sanctuary  
03/23 | 8:00 am - 9:30 am  
04/20 | 8:00 am - 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 by 03/21, or Register at by 4/18 online or call 330.740.7107 x 129. Free

### Daffodil Day Trolley Tour

Fellows Riverside Gardens: Trolley  
04/20 | 11 am- Noon & 12:30 pm -1:30 pm  
Take the trolley to Daffodil Meadow as we celebrate Spring and the daffodils. Trolley boards at Fellows Riverside Gardens. Register/ pay by 4/18, online or call 330.740.7107 x

129. Adults: \$10 R; \$12 NR; Seniors/Youth: \$7 R, \$9 NR

### Recreational Hikes

Fellows Riverside Gardens  
04/24 | 9:00 am -10:00 am  
Meet at Fellows Riverside Gardens. Easy 2-4 miles. Volunteer led hikes focusing on exercising in the outdoors. Call WRA for details 330-740-7114.

## KIDS & FAMILIES

### Forest Babies

Ford Nature Center; Education Building  
Classroom A  
03/13 | 10:00 am -11:00 am  
04/17 | 10:00 am -11:00 am  
Join Park staff for Forest Babies, a program for your youngest ones, ages 1-3 years old. We will explore the trails at Ford Nature Center and create a simple nature craft. Please be sure you and your little one are dressed for the weather as this program will include outdoor nature time. Register both you and your child by 3/11 or by 4/15, online or call 330-740-7107 x 129. No pets. Free.

### Sprout Club - Super Spiders!

Ford Nature Center; Education Building  
Classroom A  
03/21 | 1:00 pm – 2:00 pm  
Ages 3-5; plus adult. Join Sprout Club for fun and hands-on activities learning all about spiders. Meet at Ford Nature Center, 840 Old Furnace Rd. Register/pay by 3/19, online or call 330.740.7107 x 129. \$7

### Sprout Club - Busy as a Beaver

Ford Nature Center; Education Building  
Classroom A  
04/18 | 1:00 pm – 2:00 pm  
Ages 3-5; plus adult. Join Sprout Club for fun and hands-on activities learning all about beavers. Meet at Ford Nature Center, 840 Old Furnace Rd. Register/pay by 4/16, online or call 330.740.7107 x 129. \$7

### Little Tree Huggers' Club

Ford Nature Center  
03/23 | 10:00 am - Noon  
Ford Nature Center; Education Building Classroom B  
04/27 | 10:00 am - Noon  
Ages 6-9 with an adult. Participants will learn about nature, explore award-winning literature, and create a mixed-media canvas art project to take home. Wear old clothes that can get some paint on them. This is a two-hour program and is not developmentally appropriate for children younger than 6. One adult per registered child due to space constraints. Meet at Ford Nature Center - Classroom B. Registration required. Register/pay by 3/21 or by 4/25, online or call 330-740-7107 x 129. No walk ins. \$15 per child; adults are free.

### Critter Tales -- Rabbits

Ford Nature Center  
03/27 | 11:00 am-Noon  
Ages 3-6, plus adult. Come and learn all about rabbits with a Park Educator. Story time and hands-on activities are part of the fun. Register/ pay online by 3/25 or call 330.740.7107 ext. 129. \$7





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](mailto:info@friendsoffellows.org)

Visit: [FriendsOfFellows.org](http://FriendsOfFellows.org)

[millcreekmetroparks.org](http://millcreekmetroparks.org)

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*Save The Date:*

**SHOP IN THE GARDENS**

**SPRING OPEN HOUSE**

Tuesday, March 19 – Sunday, March 4

**34TH ANNUAL SPRING PLANT SALE:**

DeYor Terrace, Saturday, May 11 – Sunday, May 12

**Annual Summer Garden Party:**

Friday, July 26th

**IN THE WORKS: watch for email blast and Facebook and Website Posts**

- Horticulture Programs and Classes
- Garden Bus Tours
- On the Terrace at 5!