

PARKWAYS

YOUR GUIDE TO FIVE RIVERS METROPARKS

How Conservation Makes Our Environment – And You – Healthier

Outdoor Places
To Connect
With Nature

CONSERVATION: A
GUIDE TO CHOOSING
NATIVE PLANTS
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EDUCATION: HOW TO
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RECREATION: USING
OUTDOOR REC TO
BUILD BODY AND BRAIN
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FIVE RIVERS
METROPARKS



EXPLAINING THIS ISSUE OF PARKWAYS

Nearly everything has changed since the pandemic began – and the same is true with your *ParkWays* magazine.

While many places have reopened and life has begun to feel more normal, the COVID-19 pandemic is still with us.

Your Five Rivers MetroParks continues to make every decision in response to COVID-19 with the health and safety of visitors, volunteers and employees top of mind. MetroParks also continues to follow the directives and requirements from the Ohio

Department of Health, Public Health – Dayton & Montgomery County, and Centers for Disease Control and Prevention (CDC).

At the time this magazine was sent to the printer in mid-August, the CDC was strongly recommending that everyone, regardless of vaccination status, wear a face covering indoors when social distancing of at least six feet cannot be maintained. Surges in new infections and variants of the

virus create uncertainty about what will be safe to do this fall and winter. Therefore, this issue of *ParkWays* magazine does not include program and event listings.

Yet there's plenty to do in your MetroParks during every season, and you can find programs and events online at metroparks.org or by calling (937) 275-PARK (7275).

FOR THE LATEST ON METROPARKS' PANDEMIC RESPONSE: METROPARKS.ORG/COVID

All the information in ParkWays magazine was accurate when it was printed in mid-August but is subject to change due to precautions related to COVID-19.

MORE WAYS TO BE IN THE KNOW

Learn about updates as they're announced, access virtual programs and discover resources that help you connect with nature.

FOLLOW METROPARKS ON SOCIAL MEDIA

-  Facebook: facebook.com/fiveriversmetroparks
-  Twitter: twitter.com/metroparkstweet
-  Instagram: [@metroparks](https://www.instagram.com/metroparks)
-  YouTube: youtube.com/FiveRiversMetroParks

OTHER WAYS TO KEEP IN TOUCH

- Visit MetroParks' Nature Is Open blog: metroparks.org/natureisopen
- Sign up for Five Rivers MetroParks' email newsletters: metroparks.org/newsletter
- Download MetroParks' mobile app, powered by OuterSpatial: metroparks.org/mobile
- Call (937) 275-PARK (7275)

COVID-19 Outdoor Guidelines Help keep your parks & trails OPEN



WEAR FACE COVERINGS INDOORS

Wear outdoors if social distancing isn't possible.



DO YOUR PART: STAY 6 FEET APART
Alert others and step aside to pass.



AVOID CROWDS

Explore less frequently used parks and trails. Visit solo or in a small group.



OUR MISSION Five Rivers MetroParks is dedicated to protecting the region's natural heritage and providing outdoor experiences that inspire a personal connection with nature.



ALERTS AND CLOSURES

Weather conditions and construction can affect hiking trails, bikeways and access to certain park entrances. All construction information, including detours, and any weather-related notices, are posted online at metroparks.org/alerts.



LOST ITEMS

If you lost something valuable in a MetroPark, contact the Rangers to identify and retrieve your belongings. Contact Alan Starnes at (937) 567-4265 for details.



HOW TO CONTACT A RANGER

Inform the Montgomery County Sheriff's Office dispatcher you are in a MetroParks facility. A MetroParks law enforcement Ranger will be notified and respond to the situation as soon as possible.
EMERGENCY CONTACT: 9-1-1
NON-EMERGENCY: (937) 225-HELP (4357)



Becky Benná
Executive Director/CEO

DEAR METROPARKS FRIENDS,

It's hard to believe it's already fall! Autumn is a great time to be outdoors, enjoying the transition into the cooler seasonal changes.

This issue of *ParkWays* focuses on your Five Rivers MetroParks' conservation mission to protect the region's natural heritage. Indeed, MetroParks protects more than 16,000 acres of land – 90% of it in its natural state – which makes it easy for MetroParks to also provide outdoor experiences that inspire a personal connection to nature.

In the following pages, you will learn all about conservation – what it means, why it's important, the types of habitat MetroParks protects and the locations in your MetroParks where you can see the results of conservation efforts.

Your MetroParks' conservation work includes adhering to

the agency's Natural Areas Management Guide, which identifies and focuses on management and protection of natural areas, as well as ensuring the future health of plant and wildlife diversity. All of this helps preserve clean water and air while providing beautiful places where people can simply be outdoors.

This issue also includes many activities you can do independently or in a small group. Outdoor hobbies, such as birdwatching, are a great way to take care of your physical and mental health. Readers will discover the best locations to birdwatch, find Top 5 lists to guide your MetroParks adventures, information on Heart Healthy Trails and much more. This issue also features MetroParks news, such as future plans for Wesleyan MetroPark; info about locations that are reopening, including the 2nd Street Market; and how your MetroParks is reengaging volunteers.

Life is better outdoors, and the benefits of spending time in nature are numerous, including better sleep and a boost of vitamin D. Additionally, taking a break in nature enhances cognitive abilities, such as memory and problem solving, and can reduce the risk of obesity, heart disease and other chronic conditions.

As our nation, state and community continue to emerge and recover from the effects of the pandemic, your MetroParks sincerely hopes nature continues to provide quiet places for reflection, as well as opportunities for you, your family and friends to enjoy a healthy, active lifestyle.

Best Regards,

DOWNLOAD OUTERSPATIAL
to access the
Five Rivers MetroParks
MOBILE APP

Your mobile guide to parks and trails, powered by OuterSpatial.

- Navigate on the trails
- Discover new places
- Locate park amenities

Learn more and download here:
METROPARKS.ORG/MOBILE

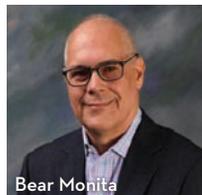
METROPARKS COMMISSIONERS



Karen L. Davis



Jessica Saunders



Bear Monita



Five Rivers MetroParks is a CAPRA-accredited park agency.

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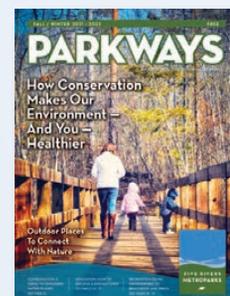
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THANK YOU, SUPPORTERS

Donors, sponsors and other supporters help MetroParks meet its mission

ON THE COVER

MetroParks' trail specialist Mike Cooper photographed his family enjoying the outdoors on the boardwalk at Germantown MetroPark.



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FIVE RIVERS METROPARKS

ACTIVITIES & AMENITIES BY PARK

	Aullwood Garden	Carriage Hill	Cox Arboretum	Deeds Point	Eastwood	Englewood	Germantown	Hills & Dales	Huffman	Possum Creek	Island	RiverScape	Sugarcreek	Sunrise	Taylorville	Twin Creek	Wegerzyn Gardens	Wesleyan
Hiking/Walking 	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Cycling 			•	•	•			•	•	•	•		•	•		•	•	
Mountain Biking 								•										
Paddling 	•	•		•	•	•		•	•	•	•		•	•	•	•		
Whitewater 				•							•							
Horseback Riding 		•			•				•			•			•			
Disc Golf 					•													
Fishing* 	•	•		•	•	•		•	•	•	•		•	•	•	•	•	
Nature Play 					•		•		•			•				•	•	
Playground 				•			•			•							•	
Camping 					•	•			•							•		
Sledding 					•	•							•					
Boating [∞] 				•	•													
Fossil Hunting 	•	•			•	•		•				•		•	•	•	•	
Ice Rink 											•							
Community Garden Plots 									•							•		
Shelters 		•		•	•	•	•	•	•	•		•		•	•	•	•	
Picnic Areas 	•	•	•		•	•	•	•	•	•	•		•	•	•	•	•	

+ Visit metroparks.org/fishing to learn where you can fish without an Ohio license.

∞ Visit metroparks.org/boating for details on rules for boating locations.

PARK HOURS

April 1-Oct. 31
8 AM to 10 PM

Nov. 1-March 31:
8 AM to 8 PM

*Closed Christmas
and New Year's Day*

Your Five Rivers MetroParks includes trails for all users:

- 78 miles of hiking trails and a 27-mile backpacking trail
- 25 miles of equestrian trails
- 9-plus miles of mountain biking trails
- trails accessible to those with mobility challenges

The Dayton region also is home to 270 miles of water trails and the nation's largest paved trail network, where you can experience more than 350 miles of connected trails.

PARK AMENITIES & MAP

FIVE RIVERS METROPARKS PARK SYSTEM MAP

ONLINE: METROPARKS.ORG/MAP

Five Rivers MetroParks operates 30 locations. Founded in 1963 to serve the greater Dayton area, MetroParks protects more than 16,000 acres of open space and provides year-round recreation, education and conservation opportunities. Facilities are available to the public free of charge – made possible by Montgomery County citizen support of a property tax levy.



Interactive map also available in the

Five Rivers MetroParks MOBILE APP

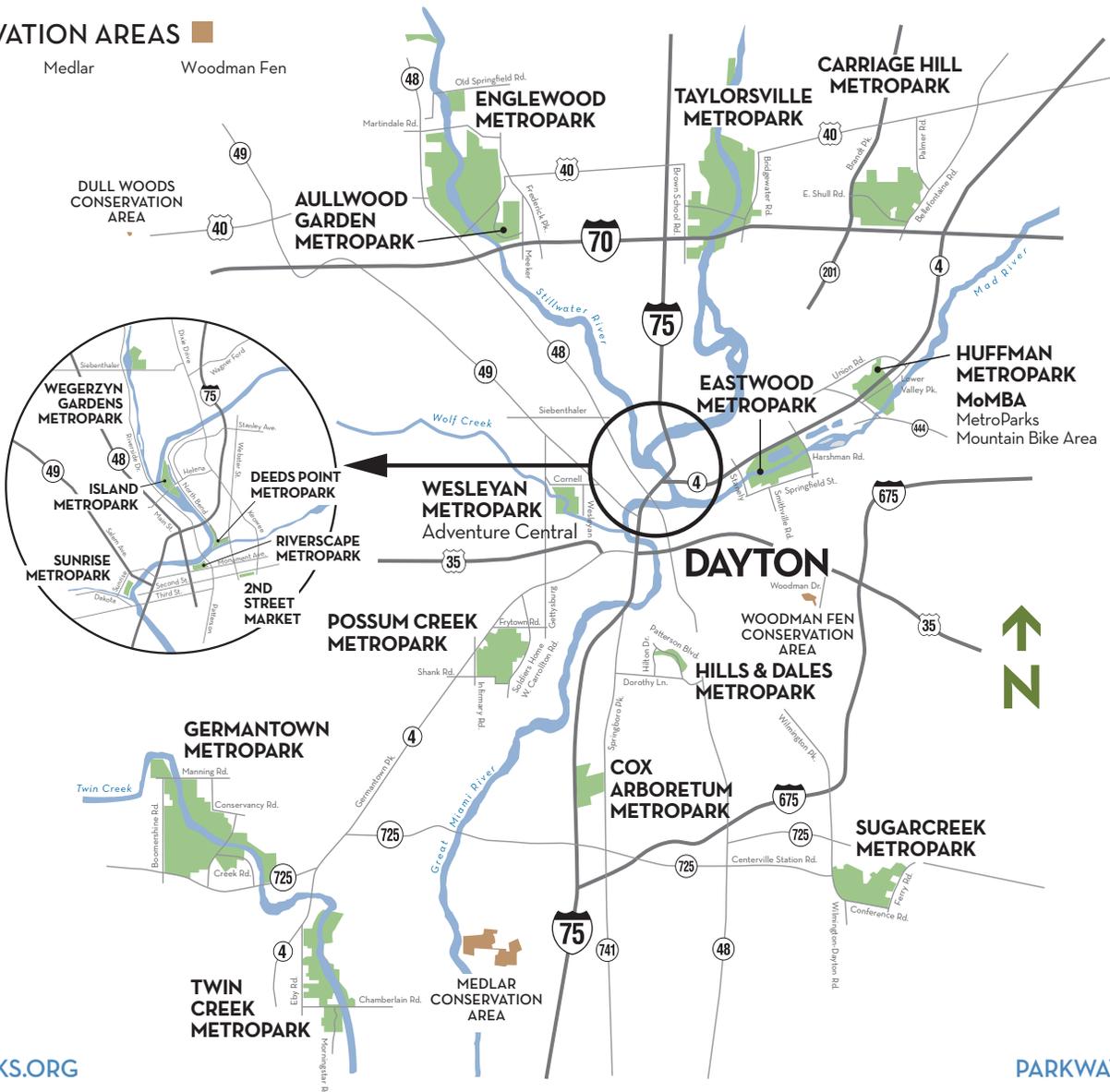
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METROPARKS

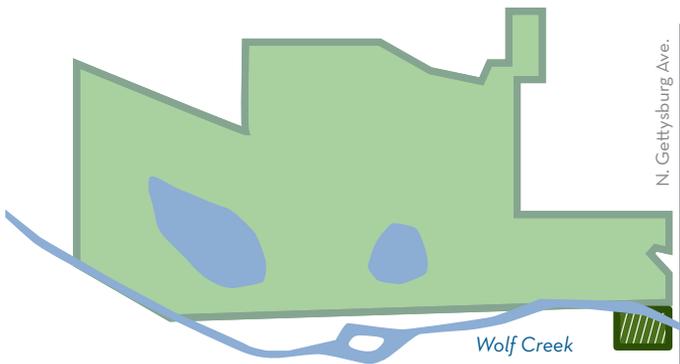
2nd Street Market	Deeds Point	Hills & Dales	RiverScape	Twin Creek
Aullwood Garden	Eastwood	Huffman	Sugarcreek	Wegerzyn Gardens
Carriage Hill	Englewood	Island	Sunrise	Wesleyan
Cox Arboretum	Germantown	Possum Creek	Taylorville	

CONSERVATION AREAS

Dull Woods	Medlar	Woodman Fen
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GREENSPACES IN WEST DAYTON TO BE EXPANDED, IMPROVED



Long-term plans are being implemented that will increase Dayton residents' access to nature along the Wolf Creek corridor and at Wesleyan MetroPark, 1441 Wesleyan Rd.

These efforts are part of the Dayton Riverfront Plan, which harnesses the 12 miles of greater downtown Dayton river corridor as a catalyst for community vitality, economic development and more. The vision for the Wolf Creek corridor includes:

1. creating a more than 3-mile stretch of greenspace along both sides of the waterway from the Great Miami River to Wesleyan MetroPark that includes parks, trails and picnic areas;
2. extending the Wolf Creek Paved Trail; and
3. expanding and improving Wesleyan MetroPark.

"The Wolf Creek is such an attractive, meandering waterway that's so easy to access and enjoy," said Carrie Scarff, chief of projects and planning for Five Rivers MetroParks. "We want to give the residents of west Dayton neighborhoods the opportunity to take advantage of this little gem in their midst by providing quality park space, beautiful places to gather, and paved trails to walk and ride."

1. Five Rivers MetroParks is working with its partners at the city of Dayton, CityWide Development Corporation and the Miami Conservancy District to assemble the new greenspace. Once land is assembled, partners will make Wolf Creek and the surrounding greenspaces easier to access by connecting them with paths from neighborhoods.

2. Design for the next phase of the Wolf Creek Trail also is underway. The existing paved trail ends at the east side of Wesleyan MetroPark and then picks up again near Trotwood, extending to the Preble County line. Five Rivers MetroParks has received a federal grant to help close this gap and create a new section of trail, which will start at Wesleyan MetroPark,



continue under North Gettysburg Avenue and run through the new west section of the park. The trail will continue along Wolf Creek and terminate in the city of Dayton's Hickorydale Park. In addition, along the stretch closer to downtown, the city of Dayton is moving the paved Wolf Creek Trail off city streets and along the waterway so users can enjoy it in a more natural, comfortable setting. Initial design is underway for this trail, with construction anticipated to begin in 2025.

3. Plans also are being made to expand and improve Wesleyan MetroPark. During the past several years, Five Rivers MetroParks has obtained a variety of properties that have nearly doubled the size of the 62-acre Wesleyan MetroPark. This includes 50 acres on the west side of Gettysburg Avenue that MetroParks acquired thanks to generous donations from the Calvary Missionary Baptist Church and owners of a charter school on Little Richmond Road, as well as properties that

connect the existing Wesleyan MetroPark with the 50-acre property. In addition, MetroParks received a grant to support the acquisition of properties that will extend Wesleyan up Wolf Creek for nearly half a mile.

Already, MetroParks has removed extensive trash, debris and dilapidated buildings from the new land. Staff also planted native seeds to restore natural habitats and reduce maintenance costs.

This new land provides many new opportunities for the community. To ensure those meet residents' needs, Five Rivers MetroParks is working on a new master plan for Wesleyan MetroPark. The plan will examine:

- ways to connect the existing park to the east with the new land and to the west along Wolf Creek;
- the possibility of creating a new park entrance at the intersection of Cornell Drive and North Gettysburg Avenue;
- how the new land to the west will be developed to include trails, fishing access, picnic shelters and nature play areas for kids;
- improving the eastern part of Wesleyan MetroPark with additional picnic shelters, better vehicular access and parking;
- improvements to Adventure Central, a partnership between Five Rivers MetroParks, The Ohio State University Extension and 4-H Youth Development that provides nature-based after-school and summer programming (read more on page 22); and
- a new system of trail loops that will provide access to the park's amenities and a place to walk, enjoy nature and exercise.

Five Rivers MetroParks is gathering feedback for the Wesleyan MetroPark master plan and will hold public input meetings this fall so the community can help plan the future of this greenspace.

"The future of the Wolf Creek Corridor has some exciting and beautiful opportunities to enhance this corridor, as outlined in the Dayton Riverfront Plan," Scarff said. "What's even more exciting is that significant progress is being made toward implementing the plan. If you haven't been to Wesleyan MetroPark or taken a walk along the Wolf Creek Trail recently, it's worth your time to take a look."

LEARN MORE AND TAKE ACTION:

- Wesleyan MetroPark: metroparks.org/wesleyan
- Dayton Riverfront Plan: daytonriverfrontplan.org
- Provide your input for the future of Wesleyan MetroPark: Email info@metroparks.org or call (937) 275-PARK (7275).



HELP PLAN THE FUTURE OF SUGARCREEK & TAYLORSVILLE METROPARKS

As the next step in implementing its 10-year comprehensive master plan, Five Rivers MetroParks is developing site plans for each of its parks and facilities. Attend anytime during open house hours this fall and share your thoughts with staff members about Sugarcreek and Taylorsville MetroParks. To see the progress of these and all other MetroParks master plans, visit metroparks.org/plan.

Two sessions will be held on each day, one from 11:30 AM to 1:30 PM and a second from 6 to 8 PM. Stop in any time during the open houses.

- **Thursday, Nov. 4:** Sugarcreek MetroPark operations building, 7636 Wilmington-Dayton Road
- **Tuesday, Dec. 14:** Taylorsville MetroPark operations building, 8300 Brown School Road

HOW

CONSERVATION

MAKES OUR ENVIRONMENT – *and you – Healthier*

Because your Five Rivers MetroParks protects our region’s natural heritage, Montgomery County has numerous places where you can connect with nature – which improves your physical and mental health.

A recent 107-acre expansion of Germantown MetroPark is an example of a conservation project that provides new, enriching ways to explore the outdoors.

Once farmland, MetroParks staff and volunteers have transformed the property at 6401 Boomershine Road in just the past five years. This land now includes new trails – the first in a MetroPark in several years – that traverse through several habitats, including a pollinator prairie, wetland and woodlands. Hikers can experience our region’s rich biodiversity on these trails, which include a Heart Healthy

Trail (see page 21) and an extension of the Twin Valley Backpacking Trail.

The core of Five Rivers MetroParks’ mission is conservation: the preservation, protection or restoration of the natural environment, natural ecosystems, vegetation and wildlife. This mission makes MetroParks distinct from many parks and recreation agencies nationwide. Your MetroParks doesn’t own or manage swimming pools or basketball courts, but it does maintain more than 16,000 acres of land – 90 percent of it preserved as natural area, protected to support biodiversity.

Indeed, the very purpose of your Five Rivers MetroParks is to protect natural areas, parks and river corridors – and to promote the conservation and use of these lands and

BEST WILDLIFE TO SPOT *this fall & winter*



MONARCHS
Migrating in the fall, monarch butterflies use prairies as “gas stations” to refuel on their way to Mexico for the winter.



FLYING FRIENDS
With fewer (or no) leaves on trees, and with many species migrating, the cooler seasons are great times to spot a variety of birds. (See pages 14-15.)



ANIMAL TRACKS
Some animals, such as bats and groundhogs, hibernate in the winter while others migrate. Some wildlife, however, grow thick coats, change their diets or find cover from predators in the snow, remaining at least somewhat active during winter. See what animal tracks you can find after a fresh snow, and visit ohiodnr.gov to help identify them.



waterways for the ongoing benefit of everyone in our region. MetroParks uses best practices in the science of conservation to manage land and waterways to ensure there's habitat for a variety of wildlife – and places for people to enjoy nature, too. In addition, MetroParks serves as a community-based land steward, working with volunteers, partner organizations, property owners, schools and universities, and countless others toward the long-term protection of nature.

MetroParks has established land protection goals. When the agency considers acquiring land to protect, three criteria are prioritized:

- Conservation: Does it protect natural features and create high-quality habitats?
- Parks and facilities: Will it complete and/or improve connections and trail alignments?
- Park users: Does it help address underserved areas of Montgomery County?

Together, MetroParks' conservation leadership provides the land that's home to your 18 clean, safe MetroParks and 11 conservation areas. It means most Montgomery County residents live just minutes from a MetroParks location and improves the quality of life for people throughout our region. And it means people of all ages and abilities can gain the health benefits of spending time outdoors, such as stress reduction, strengthened immunity and a reduction in chronic illness.

FIVE RIVERS METROPARKS' LAND PROTECTION GOALS:

- Protect significant natural areas, particularly adjacent to existing MetroParks and river corridors
- Protect and connect significant tracts of forest
- Link forests and park lands along river corridors
- Establish buffer areas where needed to maintain open space and protect watersheds

For more about Five Rivers MetroParks' conservation efforts, visit metroparks.org/conservation.



HIDE & SEEK

When winter temps drop dangerously low, such mammals as skunks, raccoons and chipmunks may go into a temporary hibernation. They seek shelter in trees, logs, beneath rocks or underground, where they sleep until the weather breaks and you might find them out and about again.



LARGE MAMMALS

Foxes and other predators have to hunt throughout winter and have a well-developed sense of hearing or smell to be able to hunt for prey beneath the snow. Deer grow a winter coat with longer hair, which is hollow to provide insulation against the cold.



SMALL MAMMALS

Mice, meadow voles, squirrels and rabbits remain active throughout the winter. They change their diets and make nests or burrows to keep warm and hide from predators.



HABITAT SEARCH



WATERWAY

DEFINITION: MetroParks employs conservation techniques on land surrounding bodies of water – including rivers, creeks, lakes and ponds – that helps protect our region’s waterways.

FIND IT: Numerous MetroParks are located along Montgomery County’s rivers and creeks: the Great Miami, Stillwater and Mad rivers and Wolf and Twin creeks. MetroParks where you can find lakes and ponds include Eastwood, Possum Creek and Germantown MetroParks.

WILDLIFE: panfish, bass, crayfish, dragonflies, damselflies (rivers and creeks), osprey, bald eagles, painted and slider turtles (lakes and ponds)

MetroParks’ conservation efforts not only protect our region’s natural heritage, they improve biodiversity, which encompasses the enormous variety of life on Earth. Biodiversity refers to every living thing, including plants, bacteria, fungi, animals – and humans. Our air, water and food all rely on biodiversity.

Protecting habitats – the natural home or environment of animals, plants and other living things – is critical to ensuring healthy biodiversity. The 16,000-plus acres of land your Five Rivers MetroParks protects includes a variety of habitats, which MetroParks’ parks and conservation team manages to ensure they’re as healthy as possible.

This also gives you an opportunity to visit and experience a variety of natural settings. This fall and winter, challenge yourself, family and friends to see how many habitats you can find in your MetroParks and other greenspaces. Below is a list to guide and get you started on your adventures, although most of these habitats can be found in multiple MetroParks locations.



VERNAL POOL

DEFINITION: These seasonal wetlands are covered by shallow water for variable periods from winter to spring, but they’re usually completely dry for most of the summer and fall.

FIND IT: Sugarcreek MetroPark, orange trail at Possum Creek MetroPark and Pumpkin Ash forest at Englewood MetroPark



WILDLIFE: spotted salamanders, fairy shrimp, spring peepers (frogs)



GRASSLAND

DEFINITION: Prairies and meadows are native grasslands that include hundreds of species of grasses and wildflowers, but few or no trees and other woody plants.

FIND IT: Possum Creek, Cox Arboretum, Sugarcreek and Englewood MetroParks

WILDLIFE: butterflies, groundhogs, grassland birds



MATURE WOODLAND

DEFINITION: This rich forest area is characterized by a variety of tree and shrub species. Trees are typically larger with many decaying logs on the forest floor.

FIND IT: Twin Creek, Germantown and Taylorsville MetroParks



WILDLIFE: great horned owls, barred owls, bobcats and bats (nocturnal)



EDGE THICKET

DEFINITION: Two or more habitats meet in edge thickets to create another unique habitat, such as the area where a forest transitions to grassland.

FIND IT: Medlar Conservation Area

WILDLIFE: red-tailed hawks, indigo buntings, numerous bird species, eastern cottontails



WETLAND

DEFINITION: Wetlands saturated by surface or groundwater at a frequency and duration that supports plants typically adapted for life in saturated soil conditions.



FIND IT: boardwalks at Carriage Hill and Hills & Dales MetroParks

WILDLIFE: blue herons, muskrats, mallards, wood ducks



SWAMP FOREST

DEFINITION: This habitat is often inundated with floodwater from nearby rivers and streams or covered by very slowly moving or standing water.

FIND IT: Wegerzyn Gardens MetroPark and Dull Woods Conservation Area

WILDLIFE: raptors, deer, beavers, fairy shrimp



FEN

DEFINITION: This rare groundwater-fed wetland contains thick deposits of peat and supports many rare plants.

FIND IT: Woodman Fen Conservation Area

WILDLIFE: fireflies, wood ducks



Falling for NATIVE PLANTS

Don't put away your gardening tools as the weather begins to cool: Native trees and shrubs thrive when planted in the fall since they've adapted to our climate. Many of the trees' natural changes, such as losing their leaves in autumn, ensure they enter dormancy before the coldest weather arrives and stay dormant until spring.

Additionally, fall planting can lead to excellent root growth because soil is still warm, and trees are no longer using energy on leaf, flower and seed production. Weeds and weather won't be as much of a challenge, either.

WHY: Native plants are adapted to the environment in which they grow, making them perfect food and shelter for local wildlife. Many native plants also are important to

pollinators – animals and insects that cause plants to create fruit or seed – which is critical for both animals and people. Additionally, native plants help clean and filter water and air.

From a landscaping perspective, native plants are a beautiful addition to your greenspace and can save you time and money.

“Native plants aren't care-free, but once they are established and get through the first few years, they require minimal care,” said Meredith Cobb, MetroParks conservation manager.

WHAT: Native trees, shrubs and perennial flowers are great options for fall planting. However, hold off until next spring or summer to plant native grasses, when they'll be more successful.

Local nurseries usually have fall sales on native trees, shrubs and perennials to reduce their inventory. Flowering native perennials that put on a better show

in summer may already have sold out or been cut back to overwinter, while blooming varieties will be on display but probably not on sale. Native perennials (forbs) with beautiful fall color include:

- Amsonia (Blue star)
- Heuchera Americana
- Cimicifuga
- Senna

Native trees with beautiful fall color include:

- Serviceberry (Amelanchier)
- Blackgum (Nyssa sylvatica)
- Dogwood (Cornus)
- Maples (Acer)
- Sassafras (Sassafras albidum)

Other attractive native trees and shrubs include pawpaw, buckeye, eastern redbud and oaks.

WHEN: You can put native plants in the ground as late as November. Native seeds need cold, wet conditions to germinate and can be planted throughout the winter.

Learn how to plant natives by visiting metroparks.org/natureisopen.

BEST NATIVE TREE LEAVES TO SPOT this fall & winter

Fall color in Montgomery County typically peaks in early to mid-October. The Ohio Department of Natural Resources provides fall color information – including foliage updates, featured locations and activities – at ohiodnr.gov. For more about spotting native trees, visit metroparks.org/natureisopen.

AMERICAN HORNBEAM

This tree's smooth, gray bark forms ridges that resemble taut muscles, hence its other common name, musclewood.



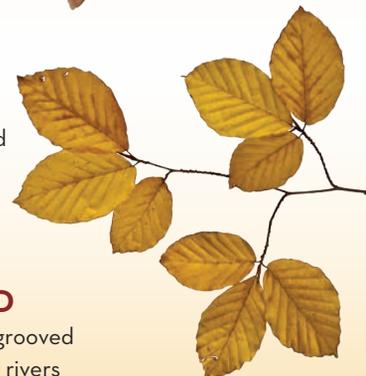
BASSWOOD

In winter, basswood buds are red and smooth. Its fruit hangs from a “wing” to help it catch the wind and disperse.



BEECH

This tree is best recognized by its smooth, gray bark, often carved with initials.



COTTONWOOD

This tree with deeply grooved bark grows large along rivers and in low, wet areas.

CONSERVATION AT HOME:

Be Lazy with your Landscape

This season, it's time to chill - literally. When the weather cools and leaves start dropping, it's good to be a little lazy with your yard.

Leaving leaves, sticks, clippings and more provides homes for wildlife and helps create a healthy ecosystem in your yard and beyond. MetroParks sustainability coordinator, Tim Pritchard, suggests adopting a more natural landscape that includes places for natural debris.

"Consider keeping some of your property relatively wild, like we do with natural areas at parks," Pritchard said. "Remove

invasive species, but let leaves and brush take over and create quality habitat. Even small areas like this can be very beneficial. These spaces can provide nice contrast to the manicured areas of property and provide privacy along boundaries."

TIM'S TIPS:

- Choose less visible spaces, such as the area behind a shed or garage, to intentionally keep brush and debris. You can also create tidy brush piles in areas not used for other activities.
- Logs make nice landscaping accents, even as they begin to deteriorate, and create a soft offset to ornamental rocks.
- Leave your leaves: Piles or layers of fallen leaves will become leaf mold compost (leaves broken down by bacteria), which helps build quality soil over time.
- Don't rake leaves or remove brush in areas where it won't hurt to leave this natural material.

All the time you save by being lazy with your landscape can be spent relaxing in nature and exploring the outdoors!

For more tips on sustainable living, visit metroparks.org/natureisopen.



HONEY LOCUST

Heavily protected with branching thorns, this tree produces long, curly seed pods that rattle when dried.

REDBUD

This small understory tree is in the legume (bean) family. Find its flat, bean-like seedpods in the fall.



SYCAMORE

Usually found along creeks and rivers, sycamores are the largest deciduous tree in Ohio and have large leaves.



SUGAR MAPLE

This tree is the dominant species in local forests and produces winged seeds that spin like helicopters as they fall.



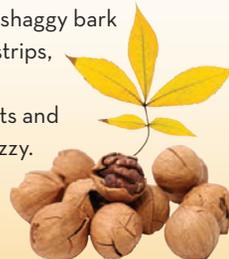
OHIO BUCKEYE

Our state tree is one of the first to lose its leaves in early fall.



SHAGBARK HICKORY

Easily identified by its shaggy bark that peels off in large strips, this tree's large leaves usually have five leaflets and the winter buds are fuzzy. It produces a nut covered in a thick hull.



WHITE OAK

The acorns of this large tree are a good food source for squirrels and chipmunks.





Becoming a BIRD-WATCHER

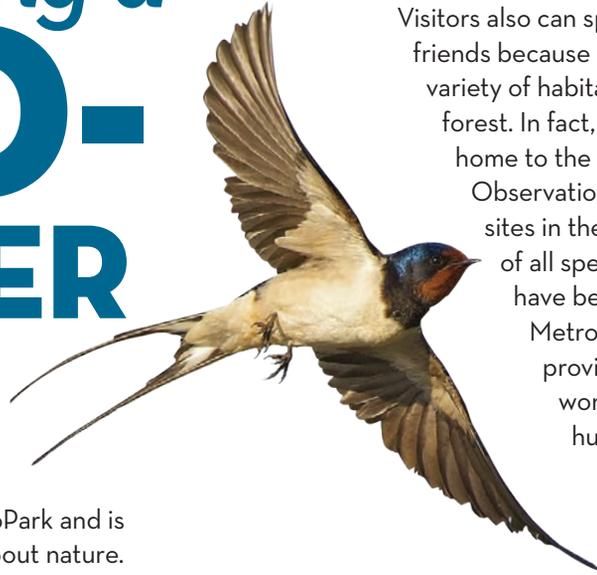
Because many species of birds migrate, Ohio offers seasonal opportunities to spot different birds. The variety and species of birds spotted indicates how healthy local habitats are.

“Birding is a great introduction to conservation, as birds are like canaries in a coal mine,” said MetroParks educational coordinator and naturalist Joshua York. “Species can tell us how healthy a forest is.”

Cooler weather and dropping leaves provide perfect opportunities for viewing wildlife – especially birds.

Indeed, birding can be done in every MetroPark and is a relaxing way to connect with and learn about nature. Birdwatching also is an affordable hobby.

“All beginners need is a decent pair of binoculars to spot birds,” said MetroParks trail technician and avid birder Jason Sullivan. “To learn more specific aspects of birdwatching, it helps to get a field guide. You can find detailed illustrations of birds along with range maps showing what birds are most likely to be found in your region at various times through the year.”



Visitors also can spot an array of feathered friends because MetroParks is home to a variety of habitat, from prairie to mature forest. In fact, Englewood MetroPark is home to the Benedict Blinco Wildlife Observation area, one of the best birding sites in the region. Approximately 90% of all species seen in the Dayton area have been observed in Englewood MetroPark. The park’s wetlands provide food sources, such as worms and crayfish, that attract hungry birds.

Additionally, Germantown MetroPark offers those new to birding an opportunity to spot and learn about birds at the bird blind near the Twin Valley Welcome Center. Interpretive signage allows visitors to learn more about the birds you can spot by season.

As of mid-August, the Ohio Department of Natural Resources was advising Ohioans to take down and clean their bird feeders and birdbaths due to a disease affecting songbirds. Visit ohiodnr.gov for updates.

BEST BIRDS TO SPOT this fall & winter

WINTER WATERFOWL

Find ducks and geese along waterways and near lakes. You may even spot sandhill cranes migrating in late fall or early winter.



OWLS

Find great horned owls with impressive tufts and their smaller relatives, barred owls.



According to the Black Swamp Bird Observatory, the following migrating birds can be spotted now through December:

SEPTEMBER:

migrating songbirds, such as warblers, thrushes and sparrows



OCTOBER:

birds that migrate short distances, such as golden-crowned and ruby-crowned kinglets, along with waterfowl



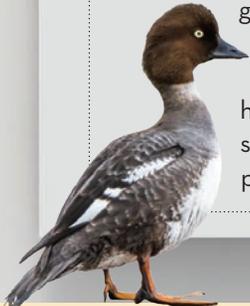
NOVEMBER:

ducks, geese and other common waterbirds reach peak migration; also rusty blackbirds and those that spend the winter in Ohio, such as tree sparrows and longspur



DECEMBER:

Peak migration is over for most species, but you may spot such wintering species as the common goldeneye. Sandhill crane migration is a treat that's started happening later in the season during the past few years.



WINTER BIRDS:

Spot a variety of raptors – birds of prey that feed on smaller birds, insects and small mammals – such as owls, hawks and eagles.

Winter is a great time to spot colorful birds, such as cardinals, blue jays, goldfinch and red-bellied woodpeckers.



COMMON WINTER BIRDS

Purple and house finches, white-throated sparrows, dark-eyed juncos and Ohio's state bird, the cardinal, all make this list.



HAWKS

Find red-tailed and cooper's hawks in search of small rodents to feed on.

RED-BREASTED NUTHATCHES

These blue-gray birds have a colorful belly and a dark stripe through the eye area.





Spending time outside is good for all of us – but is especially important for children.

Spending time outdoors helps children:

- Develop problem-solving skills, foster cooperation and inspire curiosity.
- Improve physical and mental health.
- Create a connection with nature and develop a long-term appreciation for the natural world.

Spend time with your kids outdoors by going on a special outing, Let's Explore. Start at a nature play area, and then hike a nearby trail suitable for children. Look for fun activities on Let's Explore signs in the parks. Find them at:

- **Englewood MetroPark East Park**,
4361 W. National Rd.
- Start at the nature play area at Patty Shelter.
- Hike the 1.5-mile red trail.
- **Possum Creek MetroPark**,
4790 Frytown Rd.
- Start at the education center.
- Hike the 0.3-mile green trail around the Possum Creek Farm.

METROPARKS.ORG/LETSEXPLORE

Relax on MetroParks' MINDFULNESS WALKS

These short, easy walks include signage inviting you to stop and engage in a variety of simple breathing and meditation activities.

The mental health benefits of spending time in nature have been well documented, and research shows just 20 minutes a day immersed in nature significantly lowers stress hormone levels.

Mindfulness Walks are located at:

- **Eastwood MetroPark:**
1385 Harshman Rd. (park entrance)
or 4349 Springfield St.
- **Huffman MetroPark:**
4439 Lower Valley Pike
- **Possum Creek MetroPark:**
4790 Frytown Rd. (Argonne Forest parking lot)
- **Sunrise MetroPark:**
50 N. Edwin C. Moses Blvd.

Complete a survey after your Mindfulness Walk and be entered to win giveaways! Info is on signage in the parks.

METROPARKS.ORG/MINDFUL

BEST HISTORICAL experiences



CARRIAGE HILL METROPARK HISTORICAL FARM

Step back in time to experience life on an 1880s working farm, including heritage breed animals and period farming practices.



VILLAGE OF TADMOR AT TAYLORSVILLE METROPARK

Head north on the Great Miami River Trail to see remains of the Village of Tadmor, which once was one of the busiest transportation centers in the country.



CARLISLE FORT AT TWIN CREEK METROPARK

More than 2,000 years ago, Ohio's first peoples, the Hopewell, constructed these impressive earthworks that are still intact today.

NATURE AT NIGHT

Longer nights mean more time to explore MetroParks' nightlife! Venture out on a nocturnal experience during these guided hikes through a variety of habitats. Visit metroparks.org or call (937) 275-PARK for more info and to register.

Oct. 9, 7:30-9 PM:
Nocturnal Excursion
Englewood MetroPark,
ages 3-13

Oct. 14, 8-9:30 PM:
Who Hoots for Seniors?
Englewood MetroPark,
ages 21 and older

Oct. 16 & Nov. 12, 7-8 PM:
Nocturnal Adventure
Hills & Dales MetroPark,
ages 3-6

Oct. 22, 6-8:30 PM:
Owls of Ohio
Germantown MetroPark,
ages 14 and older, \$8

Oct. 23, 6:30-8 PM:
Spider Search
Possum Creek MetroPark,
ages 3-13

Nov. 5, 6:30-8 PM:
Creepy Creatures
Germantown MetroPark,
ages 3-13

Nov. 13, 7-8:30 PM:
Owl Prowl
Sugarcreek MetroPark,
ages 18 and older

Nov. 19, 6-8 PM:
Spider ID
Cox Arboretum MetroPark,
ages 14 and older, \$5

Nov. 20, 7-8:30 PM:
Owl Prowl
Hills & Dales MetroPark,
ages 18 and older



CELEBRATE TEACHERS



Who Inspire Students to Get Outdoors



Nominate them for a 2021 OUTstanding Teacher Award! Winners receive a plant kit, classroom materials and more. Dayton-area educators who teach any subject from kindergarten through high school are eligible. Nominations are due Jan. 31, 2022.

Funded through the James M. Cox, Jr. Arboretum Foundation.

METROPARKS.ORG/OUTSTANDING



CAMP HOOK AT TWIN CREEK METROPARK

A former scout camp, Camp Hook also features access to hiking trails, frontcountry camping and fishing opportunities.



DAYTON INVENTORS RIVER WALK AT RIVERSCAPE METROPARK

Visit six stations to learn about the inventions that helped put Dayton on the map. Take a self-guided tour using MetroParks' mobile app, powered by OuterSpatial.



HISTORY OF FLIGHT AT DEEDS POINT METROPARK

Legacy Plaza, an aviation heritage site, includes an exhibit that illustrates the importance of the Wright brothers and Dayton to aviation history.



ARGONNE FOREST AT POSSUM CREEK METROPARK

Hike the purple trail loop to see traces of this former amusement park.

HUFFMAN PRAIRIE STATE NATURAL LANDMARK

Located on Wright-Patterson Air Force Base and adjacent to the Huffman Prairie Flying Field, where the Wright brothers tested their planes, this is one of the largest prairie remnants in Ohio and part of the Dayton Aviation Heritage National Park.





Healthy Outdoors

Turns out an active outdoor lifestyle isn't just good for your body. It works wonders for your brain, too.

Just ask Jeff Habeck.

In August 2016 while living in California, a motorcycle accident left Habeck, then 31, with a traumatic brain injury (TBI). He was in a coma for more than two weeks and spent four months in a rehab facility in Denver, near his sister's home.

"I had a real determination to get better," Habeck said. "Every day, I kept active, doing brain games, spending time in the gym or talking to employees."

Recovery from a TBI, he added, "is like living your K-12 years on fast forward. You have to relearn all that stuff, including walking in a straight line and even talking. I did so many things to try to kick start my brain in the right direction."

After moving to Dayton in 2018 with his sister and brother-in-law, who was stationed at Wright-Patterson Air Force Base, Habeck added surfing and cycling to his list of brain-recovery activities. The downtown Dayton resident would walk by the RiverScape River Run whitewater feature on his way to the YMCA every day, often seeing people surfing the wave near the Dayton Art Institute known as "Arty." Habeck thought it looked challenging and fun.

"The people were really cool and liked that I took an interest and was enthusiastic to join them," he said. "They'd offer to let me try their boards. Last summer, I was out there almost every day."

Learning to surf in the Great Miami River helped rebuild Habeck's confidence, overcome fears, and improve his balance – and brain power.

"It gave me something to think about and focus on," he said. "I take notes about everything I do. I write what I learned to help me pick up skills. It's been good continuing education for me. Physically, it's been hard because the left side of my body is hindered from the accident, but it's also been physically helpful. For me, surfing is therapeutic."

Habeck has found the same to be true of cycling.

With access to more than 350 miles of paved trails – the nation's largest paved trail network – from downtown Dayton, Habeck said he's "biked in every direction, about 50 miles a week or more."

For Habeck, easy access to outdoor recreation has become key in his ongoing recovery from his TBI.

“It’s fun to have these adventurous things to look forward to and do,” he said. “Living in the city gives me encouragement to be active because you see people hiking, walking dogs, paddling and cycling. For my health and happiness, that’s cool to see. The human person is a blend of body and mind, and if you only take care of one half, that’s a fail, and Dayton has made a lot of things easily accessible.

“I never in a million years thought I’d live here,” Habeck added. “When you’re down at the wave and in the river, you don’t feel like you’re in Ohio. It transports you somewhere else.”

Read more about Jeff’s story at metroparks.org/natureisopen.

PLACES TO BE ACTIVE & HEALTHY OUTDOORS

- RiverScape River Run, RiverScape MetroPark, and Mad River Run, Eastwood MetroPark, whitewater features
- MetroParks Mountain Biking Area (MoMBA), Huffman MetroPark
- Twin Valley Backpacking Trail, Germantown and Twin Creek MetroParks
- Blue Heron Disc Golf Course, Englewood MetroPark
- Riding Center, Carriage Hill MetroPark

Your Five Rivers MetroParks includes trails for hiking, paddling, cycling, horseback riding, mountain biking and more for a variety of users, including those with mobility challenges and young children. (See pages 4 & 5.)

[METROPARKS.ORG/
ACTIVEOUTDOORS](http://METROPARKS.ORG/ACTIVEOUTDOORS)

METROPARKS.ORG

WIN COOL PRIZES *While You Explore the Outdoors*

This fall, play the new hide-and-seek game Subaru Sunday Adventures! Directions:

1. Follow Get Out & Live on Facebook
2. Watch for clues
3. Find the MetroParks Subaru
4. Take a selfie
5. Post with #SubaruSundayAdventures
6. Be entered to win an adventure package

Subaru Sunday Adventure dates:
• Oct. 17 • Nov. 7 • Dec. 12

Subaru Sunday Adventures are brought to you thanks to a 10-year green partnership between Five Rivers MetroParks and Wagner Subaru and Subaru of America.



SUBARU

Outdoor recreation programming is supported by Subaru of America.



BEST THINGS TO LOOK FOR DURING A HIKE, BIKE RIDE & PADDLE

LEAF PLAY

As the leaves fall, you may be able to identify the species of trees along the trails according to the leaves they are shedding. See how many you can identify using the guide on page 13.

FALL COLOR

Native trees in MetroParks boast a variety of vibrant fall colors. Start your hike at High View in Twin Creek MetroPark for an expansive view of them.

NATURE SOUNDS

Relax and de-stress while moving your body by soaking in the sounds of nature, including crunching leaves under your bike tires or feet.

NESTING BIRDS

Don’t forget to look up! Many birds, including impressive raptors, nest in tree cavities.

ROCK ON

Search for outcroppings along the waterways and trails, such as one at Taylorsville East Park on the orange trail, to see what kinds of rocks are on display.

A NEW WAY to CAMP

Five Rivers MetroParks' trailside camping strengthens Dayton's position as The Outdoor Adventure Capital of the Midwest.



Dayton-area visitors have a new option for spending a night beneath the stars: trailside camping.

These sites join MetroParks' 23 frontcountry campsites, accessible by motor vehicles, and backcountry campsites, accessible on foot.

"Trailside camping fills a niche to support hikers, cyclists and paddlers who are traveling through Montgomery County along the nation's largest paved trail network, water trails, and long-distance hiking and bicycle touring routes," said Brent Anslinger, outdoor recreation program

manager. "These travelers may be out for a few days or on a multi-month adventure that covers thousands of miles. Trailside camping is one more critical amenity that welcomes adventure seekers to the area."

The new trailside campsites are located along seven long-distance touring routes. The sites also support Dayton's designation as a Trail Town of two long-distance trails, the Buckeye Trail and North Country National Scenic Trail, and build the region's growing reputation as The Outdoor Adventure Capital of the Midwest.

Five Rivers MetroParks worked with local, regional and national partners to develop its trailside camping options, which also support MetroParks' 10-year comprehensive master plan and park master plans.

Trailside campsites are open year-round. Each can accommodate two small tents and six people, with a two-night maximum at the same site.

Camping is by permit only but can be booked in advance or on the spot by visiting [metro-parks.org/reservations](https://www.metro-parks.org/reservations).

New primitive trailside camping sites are located in shaded areas with a restroom nearby in three MetroParks:

- **Island MetroPark**, 101 E. Helena St. — located along the Great Miami River on the northern edge of the park near a new prairie
- **Eastwood MetroPark**, 1385 Harshman Rd. — located between the Mad River Trail and Buckeye Trail
- **Taylorville MetroPark**, 2000 U.S. 40 — located on the south side of the dam along the Great Miami River Trail

MetroParks' trailside camping sites are located along the following touring routes:

- Buckeye Trail
- North Country National Scenic Trail
- Great American Rail-Trail
- Chicago to New York City Bicycle Route
- Great Miami Riverway Alternate to the Underground Railroad Bicycle Route
- U.S. Bicycle Route 50
- Great Miami River Watershed National Water Trail

— GET IN SHAPE ON —

HEART HEALTHY TRAILS



To make it easy for you to exercise outdoors, Five Rivers MetroParks' Heart Healthy Trails are entry-level treks on paved or flat surfaces without a lot of elevation change. Trail signage helps you track your pace and start walking outdoors as a part of a heart-healthy lifestyle.

Explore all of MetroParks' Heart Healthy Trails

- **New this fall:** Eastwood MetroPark
Enter the park at the 1385 Harshman Rd. entrance and park in the second lot. This 1.7-mile loop includes paved and natural surface trails, combining a section of the paved Mad River Trail with the Prairie Meadow Trail. This flat, easy-to-walk trail winds through wooded forest and grassland prairies, offering opportunities to spot wildflowers, songbirds and butterflies.
- Wegerzyn Gardens MetroPark
- Englewood MetroPark
- Germantown MetroPark
- Wolf Creek Trail
- Island MetroPark
- Carriage Hill MetroPark

Heart Healthy Trails in MetroParks Mobile App



These trails are featured outings in Five Rivers MetroParks' mobile app, powered by OuterSpatial. See page 3 or visit metroparks.org/mobile for more info and to download the app.

METROPARKS.ORG/HEART-HEALTHY



There's still time to participate in the 2021 MetroParks Trails Challenge, a fun way to explore our region's trails — on your own time and at your own pace. The challenge runs through Oct. 31, and you can finish just one or all 28 trails for your chance to win prizes.

METROPARKS.ORG/TRAILSCHALLENGE

FIVE RIVERS
METROPARKS



**RIDING
CENTER**

CARRIAGE HILL
METROPARK

Visit metroparks.org/ridingcenter for information about lessons, camps and other activities.

SAVE THE DATE



Wright State University's Student Union
Friday, Feb. 11 from 5 to 10 PM

Saturday, Feb. 12 from 9 to 6 PM

A Five Rivers MetroParks and Wright State University event

GENERATIONS of SERVICE *at Adventure Central*

As the saying goes, “it takes a village,” but in the case of Adventure Central, its village is built from generations of service-minded families with one goal: to see children thriving outdoors and in the classroom.

Take the Steele family, for example. Father, Sheldon Steele, 52, and his daughters, Mariah Steele, 25; Asja Steele, 18; and Keira Steele, 15, have all been involved with Adventure Central throughout the years as participants or volunteers.

Adventure Central, a youth development program that focuses on education and leadership skills using an environmental foundation, welcomes school-aged children in west Dayton to participate in free afterschool and summer programming. Children receive help with

homework, daily snacks and meals, and participate in fun, educational programs.

Located at Wesleyan MetroPark, Adventure Central is a partnership between Five Rivers MetroParks, The Ohio State University Extension and 4-H Youth Development. Parents and community volunteers support the program’s educational programming, outings, special events and more.

Sheldon Steele became familiar with the program when Mariah, then 10, was a student at Adventure Central. He began volunteering in the classroom, helping kids with homework and doing overnight camps and helping with the boys youth group. Sheldon, an avid outdoorsman from a small town in Wisconsin, still volunteers and often gets as much from the experience as the students do.



Sheldon Steele

- **Favorite MetroParks:** Possum Creek, Cox Arboretum and Island MetroParks
- **Favorite outdoor activity:** Fishing
- **One thing he wants everyone to know about Adventure Central:** “I wish more people as they drive by would realize there’s so much more than just that building. The kids go everywhere: creek stumping, on field trips, to meet members of Congress and to conferences. The experiences for them are amazing, and they will always remember that. I’ve seen kids grow up, graduate and go to college – and Adventure Central gave them a path at a young age to follow.”

Mariah Steele

- **Favorite MetroPark:** Island MetroPark
- **Favorite outdoor activity:** Trail running
- **One thing she wants everyone to know about Adventure Central:** “It’s free and people don’t even know it’s there! The connection and relationship we have with Adventure Central are something that’s going to last forever. Something that started off as free is priceless.”

“Once the kids start knowing you, how can you not come around?” Sheldon asked. “They treat you like family.”

This sentiment is also felt by Sheldon’s daughters, who all look forward to volunteering.

“Adventure Central really is our family,” said Mariah. “They’ve seen us all grow up.”

Mariah, now a prevention specialist with a degree in social work, returned to Adventure Central as a volunteer during high school to fulfill credit hours. She’s been volunteering in some capacity ever since, whether it’s helping with overnights or teaching kids fractions while baking pizza. She’s even taken the tools she’s learned while being a student-volunteer into the workforce.

“Using the foundation Adventure Central taught me has shaped how I use my lesson plans,” Mariah said.

Asja and Keira have both volunteered at Adventure Central and have been members of MetroParks’ JET work-based learning program, which allows students interested in the outdoors to job shadow and work alongside

MetroParks’ professional staff during the summer. These experiences build leadership and practical workplace skills.

While Asja is off to the University of Dayton on a full scholarship for criminal justice, her experiences at Adventure Central inspired her to consider a career working with at-risk youth. Keira is thinking about becoming a pediatric nurse or zoologist when she completes high school.

As for Sheldon, he’s committed to spending time in nature, volunteering at Adventure Central and watching his daughters thrive.

“It’s great when the kids [from Adventure Central] see you or when I’m out with the girls and the kids call their names,” Sheldon said. “It’s the great relationships you build with kids, and sometimes you don’t realize how important that is.”

Interested in becoming an Adventure Central volunteer? Visit metroparks.org/volunteer or email volunteer.services@metroparks.org.

Learn more about the Steele family on metroparks.org/natureisopen.

Asja Steele

- **Favorite MetroPark:** Carriage Hill MetroPark
- **Favorite outdoor activity:** Biking
- **Nature advice for grownups:** “Parents need to be involved in the outdoors, too. Come outside, play games, do gardening. It not only opens opportunities for kids, it opens opportunities for adults.”

Keira Steele

- **Favorite MetroPark:** Wegerzyn Gardens MetroPark
- **Favorite outdoor activity:** Nature observation along the trails
- **Nature advice for kids:** “Don’t be afraid to try new things, new foods. We live in the city, but when you go to Adventure Central (or any MetroPark), you can do activities you wouldn’t necessarily do in the city. It opens up your mind to a new perspective.”

BECOME A METROPARKS VOLUNTEER

Learn new skills, care for the environment and make new friends – while providing an important community service. Working side-by-side with staff, Five Rivers MetroParks volunteers extend the agency’s resources and help MetroParks accomplish its mission.

Five Rivers MetroParks is safely re-engaging volunteers after a pause due to the pandemic – making it a great time to learn more about becoming a long-term or short-term MetroParks volunteer! MetroParks now has a virtual volunteer training process you can complete on your own time from any location.

Interested in public volunteer days, service opportunities for teens or an opportunity for your group to volunteer? Five Rivers MetroParks has those opportunities, too!

Contact volunteer services to find out more and get started at volunteer.services@metroparks.org or (937) 275-PARK (7275).
METROPARKS.ORG/VOLUNTEER

VOLUNTEER FOR MAKE A DIFFERENCE DAY

**SATURDAY, OCT. 23
9 AM TO NOON**

Community members of all ages and abilities will work at various sites throughout Five Rivers MetroParks to help staff clean up our parks and prepare for winter. Make a Difference Day is a great way to get outside and give back with your family, friends, coworkers or group. Register online at metroparks.org/make-a-difference-day.

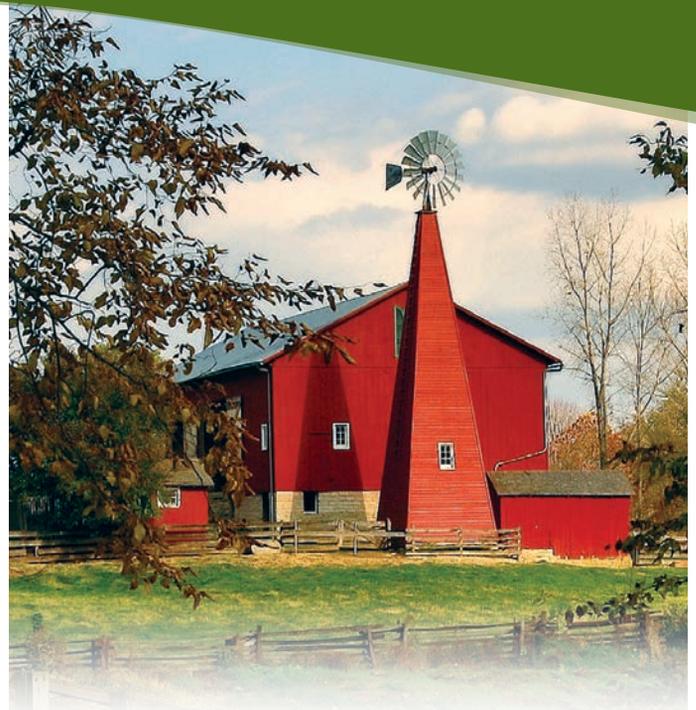
Thank you for sticking with us

Community support – especially during these challenging times – is critical in helping Five Rivers MetroParks fulfill its mission to protect the region’s natural heritage and provide outdoor experiences that inspire a personal connection with nature. In addition to levy funding supported by Montgomery County property owners, MetroParks appreciates the foundations, individuals and businesses throughout the Miami Valley that support its mission through donations and sponsorships.

Please join us in thanking the following 2020-2021 lead corporate donors, sponsors and foundations:

- Anthem
- CenterPoint Energy Foundation
- City Barbeque
- City of Dayton Water Department
- CODE Credit Union
- Dayton Cycling Club
- Gardens Alive
- Homelight
- Huffy Corporation
- Keep Montgomery County Beautiful
- Kettering Health
- LexisNexis
- LJB
- Local Cantina
- Mark A. Kreuzsch Memorial Fund of The Dayton Foundation
- Meadow View Growers
- Miami Valley Regional Planning Commission
- Montgomery County Environmental Services
- MSD
- QEI Engineers
- Sinclair Broadcasting Group
- Stockslager’s Greenhouse and Garden Center
- The Jack W. and Sally D. Eichelberger Foundation
- USI Midwest
- Wagner Subaru
- Warped Wing Brewing Company
- Winans Chocolates + Coffee
- Woolpert

CenterPoint Energy Foundation funded a reforestation project that allowed Five Rivers MetroParks to plant 16 native trees, including Black Gum, Pawpaw, Sugar Maple, Swamp White Oak and Sycamore trees at Island MetroPark in December 2020.



Friends of Carriage Hill FARM UPDATE

Since 1974, the Friends of Carriage Hill Farm (Friends), a nonprofit organization of dedicated volunteers, provided their skills, expertise and assistance to programs and events at Carriage Hill MetroPark. In addition to providing hundreds of volunteer hours each year, the organization provided philanthropic funding for the purchase of educational supplies, livestock, equipment and the restoration of the Carriage Hill historical farm.

Recently, the Friends board voted to close the nonprofit organization and continue their support of Carriage Hill as a volunteer fundraising committee within the Five Rivers MetroParks Foundation. Fundraising activities and volunteerism will continue, with proceeds going to the Five Rivers MetroParks Foundation to be used at Carriage Hill MetroPark.

MetroParks is so thankful for the past 47 years of support from the Friends and pleased the group will continue their commitment to Carriage Hill MetroPark.

For information on how you can support the committee or to make a donation to benefit Carriage Hill MetroPark, contact Brenda Cox at bcox@metroparks.org.

BECOME A FIVE RIVERS METROPARKS SPONSOR

To learn more about the many sponsorship opportunities available at Five Rivers MetroParks, visit metroparks.org/sponsor.





HOW TO SUPPORT YOUR FIVE RIVERS METROPARKS

The Five Rivers MetroParks Foundation supports MetroParks' mission to protect our region's natural heritage and provide outdoor experiences that inspire a personal connection with nature.

The Five Rivers MetroParks Foundation secures philanthropic funding for special projects and programming, as well as an endowment. Charitable contributions can support all MetroParks or one specific park, MetroParks' educational and recreational services, and conservation initiatives. With so many ways to give, supporting the Five Rivers MetroParks Foundation has never been easier.

- **Year-End Giving:** Make a tax-deductible donation in any amount.
- **Champions Program:** The easiest way to contribute is by making a monthly recurring gift.
- **Tribute Program:** Honor a special person with a named bench, tree and more at their favorite MetroPark.
- **Individual Giving:** Donations can be made securely online in any amount.
- **Planned Giving:** Leave a lasting legacy with a gift in your will or estate plan to ensure future generations enjoy great parks.
- **Shop for a Cause:** Support MetroParks via Amazon Smile and at Kroger and Dorothy Lane Market.

[METROPARKS.ORG/DONATE](https://www.metro-parks.org/donate)

TUNE IN FOR *decoding nature*

New series highlights the past, present and future of your Five Rivers MetroParks.

Decoding Nature, a 7-episode series produced by Indigo Life Media, focuses on Five Rivers MetroParks and the role access to nature has played in Dayton's development.

Episodes 1-3, which are 12-18 minutes long, can be viewed for free online at nearutv.com. Remaining episodes launch the last Friday of each month and can be viewed anytime afterward:

- **Episode 4: Sept. 24** — How the public appreciates and uses trails.
- **Episode 5: Oct. 29** — The vision for regional paved trails and how they connect the community and region.
- **Episode 6: Nov. 26** — Creating urban parks for everyone focused along our rivers.
- **Episode 7: Dec. 31** — The future: outdoor recreation, the Dayton Riverfront Plan and more.

THANK YOU to sponsors:

- Five Rivers MetroParks Foundation
- The James M. Cox, Jr. Arboretum Foundation
- Wegezyn Gardens Foundation
- Wagner Subaru



The Five Rivers MetroParks Foundation offers the Access to Nature financial assistance program to help alleviate costs associated with MetroParks programs and rentals. Qualifying Montgomery County residents can receive up to a 75% discount based on financial need. Families can qualify for up to \$500 per calendar year to help remove financial barriers of participating in programs, as well as campsite and shelter rentals.

SHOP FRESH &
LOCAL AT THE

2ND STREET MARKET



Buy farm-fresh produce, flowers, meats, dairy, kitchen staples and more from a variety of local vendors. You also can grab a bite to eat from prepared food vendors and shop for one-of-a-kind artisan goods.

FOR HOURS AND UPDATES:

- Visit METROPARKS.ORG/LOCALFOOD
- Follow facebook.com/2ndStreetMarket
- Sign up for 2nd Street Market emails at metroparks.org/newsletters



METROPARKS.ORG/LOCALFOOD

New This Year!

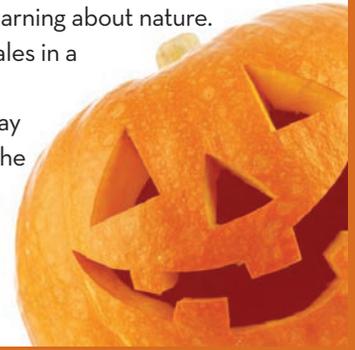
FUN FALL FAMILY ADVENTURE

**Friday, Oct. 15
5:30-7:30 PM**

Wegerzyn Gardens MetroParks

Visit metroparks.org for required registration and to choose one of three start times. Free, all ages.

- Search for pumpkins during a scavenger hunt.
- View demos of take-home craft kits in the Children's Discovery Garden.
- Follow a self-paced walk through the prairie while learning about nature.
- Enjoy ethnic folk tales in a magical place.
- Visit a spider display and walk through the beautiful gardens.
- Grab a goodie bag and wrapped refreshments.



RESERVATIONS MADE EASY

Experience the outdoors at Five Rivers MetroParks' reservable facilities.



CAMPING

Plan an overnight outdoor adventure with numerous park amenities nearby!



SHELTERS

Shelters in beautiful, natural settings are excellent for BBQs, family reunions, birthday parties and more.

METROPARKS.ORG/EASY



RENT OUTDOOR EQUIPMENT

Pick up some gear for your next backyard campout, backpacking adventure or to tune up your bike for its next roll at MoMBA or on the nation's largest paved trail network. Rentals are designed to support independent activities when equipment, rather than knowledge or comfort, has been your challenge.

Advanced reservations are required. Pick up equipment, which is sanitized between uses, after noon on a Friday and return it before noon on a Monday. Pick up is at the Twin Valley Welcome Center, 6910 Boomershine Rd., at Germantown MetroPark. METROPARKS.ORG/EQUIPMENT

METROPARKS

\$6 ADMISSION
\$2 SKATE RENTAL

ICE RINK

AT RIVERSCAPE
METROPARK

PRESENTED BY **HUFFY**



Visit metroparks.org/icerink or follow RiverScape MetroPark on Facebook for info about lessons, special skating events and other programs.

This information was accurate when this publication was printed in mid-August but is subject to change due to precautions related to COVID-19. Visit METROPARKS.ORG or call 937-275-PARK (7275) for the most up-to-date information.

2021 - 2022 HOURS NOV. 26 TO FEB. 27

OPENING DAY HOURS (NOV. 26) Friday 11 AM - 10 PM

NOV. 26 - DEC. 19

Sunday	1 - 5 PM
Monday	2:30 - 8 PM
Tuesday	2:30 - 8 PM
Wednesday	2:30 - 8 PM
Thursday	2:30 - 5 PM
Friday	2:30 - 10 PM
Saturday	11 AM - 10 PM

DEC. 20 - JAN. 2

Sunday	1 - 5 PM
Monday	11 AM - 8 PM
Tuesday	11 AM - 8 PM
Wednesday	11 AM - 8 PM
Thursday	11 AM - 8 PM
Friday	See Holiday Hours
Saturday	See Holiday Hours

JAN. 3 - FEB. 27

Sunday	1 - 5 PM
Monday	2:30 - 5 PM
Tuesday	2:30 - 5 PM
Wednesday	2:30 - 5 PM
Thursday	2:30 - 5 PM
Friday	2:30 - 10 PM
Saturday	11 AM - 10 PM

HOLIDAY HOURS

Christmas Eve (Dec. 24)	11 AM - 5 PM
Christmas Day (Dec. 25)	1 - 5 PM
New Year's Eve (Dec. 31)	11 AM - 10 PM
New Year's Day (Jan. 1)	1 - 8 PM
Martin Luther King Jr. Day (Jan. 17)	11 AM - 5 PM
Presidents Day (Feb. 21)	11 AM - 5 PM

Sweetheart
Skate Deals (Feb. 11-14)



SEASON PASSES AND PRIVATE
RINK RENTALS AVAILABLE

WARM UP IN THE
Kettering
HEALTH  COMFORT TENT
and stay warm in the  **MSD WARMING ZONE**

Thanks to our
media partner **SINCLAIR**
BROADCAST GROUP

Call 278-2607 for rink information after 5 PM on weekdays, weekends and holidays.

937-275-PARK (7275) • METROPARKS.ORG/ICERINK

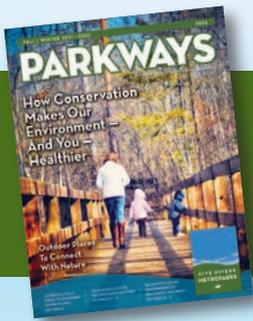


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HOLD ON TO YOUR PARKWAYS!

This issue does not include program listings due to COVID-19 precautions. See page 2 for more information. View this *ParkWays* publication online at metroparks.org/parkways.



PLEASE RECYCLE

ParkWays is mailed to every resident of Montgomery County. Due to delivery specifications, we are unable to remove individual recipients from our mailing list at this time. If you are not interested in this publication, please pass it along to a friend or recycle the magazine.



THANK YOU for keeping Five Rivers MetroParks open! Ohio and your MetroParks have seen a dramatic increase in park visitation since the pandemic began as more and more people recognize the numerous ways time spent in nature improves mental and physical health. Please join us in thanking Five Rivers MetroParks staff who have and continue to work hard to ensure your parks and trails remain accessible throughout COVID-19.

And thanks to all MetroParks visitors for following the guidelines that help keep everyone safe – and keep your parks and trails open.