

# SUMMER

Friends of Fellows Riverside Gardens

June - August 2014

Volume 26 Issue 3

## YOKO ONO WISH TREE | John Noga

Elusive. Mysterious. Misunderstood.

Words such as these may be conjured up when thinking about the artist, musician, and activist, Yoko Ono. First introduced to the world's population upon her marriage in 1969 to Beatle and musician John Lennon, Yoko for many years remained an enigma, known for her celebrity status and unconventional singing voice, but not necessarily for her contributions to, and presence within, the world of contemporary art. John himself once referred to his wife as the "the world's most famous unknown artist." In the decades since Lennon's death in 1980. Yoko's activism, and her artistic output, and if not even her personality, are now appreciated as manifestations of her own unique sensibilities.

Within the sphere of contemporary art, Yoko is classified as a conceptual artist. Tony Godfrey, the author of *Conceptual Art*, a volume in the Phaidon Publishing series, *Art & Ideas*, places at the forefront of his introduction to that book, the following definition of the genre:

Conceptual art is not about form or materials, but about ideas and meanings. It cannot be defined in terms of any medium or style, but rather by the way it questions what art is. In particular, Conceptual art challenges the traditional status of the art object as unique, collectable or saleable. Because the work does not take traditional form it demands a more active response from the viewer, indeed it could be argued that Conceptual work of art only truly exists in the viewer's mental participation. This art can take a variety of forms: everyday objects, photographs, maps, videos, charts and especially language itself. Often there will be a combination of such forms. By offering a thorough critique of art, representation and the way that they are used, Conceptual art has had a determining effect on the thinking of most artists.

Additionally, many conceptual works exist in an instructional form — conceived and written by an artist — yet realized by those who interact with the work.

Beginning this May, and through October of this year, Fellows Riverside Gardens will present WISH TREE, one of Ono's most engaging and compelling conceptual works. This work is situated on the first level in the interior at the D.D. and Velma Davis Education & Visitor Center. An installation of a WISH TREE typically consists of one or more live trees, pre-strung white marking tags, pens or pencils, and the following poetic and ethereal instruction from the artist.

*Make a wish.  
Write it down on a piece of paper.  
Fold it and tie it around a branch of a Wish Tree.  
Ask your friend to do the same.  
Keep wishing.  
Until the branches are covered with wishes.*

Yoko discussed the inspiration for this particular work, commenting: "As a child in Japan, I used to go to a temple and write out a wish on a piece of thin paper and tie it around the branch of a tree. Trees in temple courtyards were always filled with people's wish knots, which looked like white flowers blossoming from afar."

WISH TREE, an interactive artwork by Yoko Ono, relies on the viewer, an empowered participant, for the work to become fully realized and complete. WISH TREES have been presented as an integral part of the artist's exhibitions in museums and cultural centers around the globe, where people who encounter the work are invited and encouraged to write their own personal wishes for peace and tie them to the branch of a tree.

As Ono has often commented, "All my works are a form of wishing."

To date, Ono has collected over a million wishes.

The wishes collected at Fellows Riverside Gardens are to be placed, unread by the artist, adjacent to the site of the IMAGINE PEACE TOWER. This tower is located on Videy Island, a short distance from the shoreline of the city of Reykjavik, Iceland. The IMAGINE PEACE TOWER is



Image courtesy Yoko Ono/Studio One.

a column of light made up of fifteen search lights with prisms that projects upwards towards the sky from a white stone base, on which the phrase IMAGINE PEACE is etched in twenty-four different languages. On a clear evening, the shaft of light can reach a height of over thirteen thousand feet, often piercing the cloud cover above. The tower is a memorial to John Lennon conceived by Yoko Ono that is lit every year between October 8th and December 9th, the anniversary dates of Lennon's birth and death. The tower is also illuminated on New Year's, the first day of spring, and other special occasions. Iceland's environmentally friendly geo-thermal power grid supplies the energy needed to illuminate the lights.

For further exploration visit: [imaginepeace.com](http://imaginepeace.com)

Founded in 1988, Friends of Fellows Riverside Gardens, Inc. is a non-profit corporation committed to the preservation and improvement of Fellows Riverside Gardens as a cultural, educational, and aesthetic center in the community where people and plants connect. Under the auspices of Mill Creek MetroParks, a county-based park system serving Mahoning County, Fellows Riverside Gardens encompasses twelve acres in the Mahoning Commons near downtown Youngstown.

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PRESIDENT'S MESSAGE | Paul Hagman



*"A society grows great when old men plant trees whose shade they know they shall never sit in."*

I turn to this proverb often when I think about the immense struggles and challenges that were faced by Volney Rogers around 1890 as he attempted to convince an entire community of the importance of establishing and protecting a natural place of respite in an ever-industrializing landscape. The creation of Youngstown Township Park, as it was known at the time, went counter to the opinion of many of the day's leaders and yet it was a popular hit among the public for whom it provided recreational activities and an opportunity for rest. Rogers' work to protect this gift "for then, for now, and for the evercoming future" was never done. The rest of his life was spent fighting to keep the park safe from development and from environmental damage.

I appreciate, too, the simple and humble way in which Elizabeth Fellows, half a century after Volney Rogers, was inspired by the "natural beauty of Mill Creek Park" and, in her last will and testament, donated a plot of land with the direction that it "shall become a beauty spot to be enjoyed by all." Being the farsighted woman she was, she also donated the remainder of her assets "in order that the creation and upkeep of the Gardens may not be a burden." She, like Volney Rogers, understood that the job of planning for tomorrow is never done. Although she would never experience the joy of visiting Fellows Riverside Gardens on a warm, sunny day, she had a vision of a creating a better future for others.

Recently, I had the opportunity to work on another project in the MetroParks that was possible only because of the foresight of a group of people whom I had never met, a group who came together some 50 years ago with a plan to plant a grove of sugar maple trees and the hope that one day, when the trees were mature, they could be tapped and made into maple syrup. Although their identities seem to be lost to time, their gift to the community is only now, half a century hence and by people they've never met,

being realized through the volunteer efforts and the collaborative spirit of a community working together for a better future.

The common theme through all of these efforts is shared again in the vision of a non-profit volunteer group dedicated to the promotion, preservation, and improvement of Fellows Riverside Gardens. That vision of Friends of Fellows Riverside Gardens, established a quarter century ago, has been realized, strengthened, and supported by scores of volunteer board members over the past quarter century who, together with all of the members, share a deep-rooted belief that the future of *this place matters* and that it should provide delight to those who experience it. To be fully effective, we must also remind ourselves that we conduct our important work not for ourselves, but for the generations after us who will one day sit under the shade of the trees we are planting today.

I welcome everyone to join the Friends of Fellows Riverside Gardens in that pursuit and to become ambassadors for this beauty spot!

Pruning after a Harsh Winter

My first inclination when deciding which "favorite" plant to feature in this article was "All the Plants that Survived this Winter!" The very long, sustained cold period combined with -10 degree temperatures and the depth to which the soil froze produced a changed landscape this spring. Most profoundly affected were broad-leaved evergreens which suffer when the soil freezes as deeply as it did over this winter. These plants continue to transpire, or lose water from their leaves, but cannot draw water from soil that is frozen. Winter wind contributes to the drying effect which caused many of these evergreens, including boxwood, juniper, rhododendron, and English ivy to dry out and turn brown by spring.

Many other shrubs whose branches are marginally cold-hardy suffered considerable damage. Plants such as hybrid tea roses, *Callicarpa* (beautyberry), *Buddleia* (butterfly bush) and *Hydrangea macrophylla* (bigleaf hydrangea) died back to the ground. As long as their root systems survived, these plants will soon grow back to their former size. Due to this severe winter dieback, this was a good spring to renovate all shrubs that can be cut to the ground. Be sure that your shrub can be renovated in this manner before cutting it to the ground. Other shrubs that benefit from a hard pruning include red- and yellow twig dogwood, *Hydrangea paniculata* (panicle hydrangea), elderberry and some *Salix* species. Ideally, these shrubs are cut to the ground in early spring, before they begin to leaf out.

Some hardier shrubs suffered only partial damage of their branches. As the ground was very deeply frozen over this winter, these woody plants have been slow to leaf out. Waiting until mid-June to determine whether branches are truly dead will allow you to determine the true extent of the winter damage. In the Gardens, we observed many tree and shrub leaves emerging in May on branches that in March and April looked severely damaged. Waiting until June to prune after such a harsh winter allows you to properly gauge the true amount of winter damage.

Some of the early spring-blooming shrubs, such as forsythia, lost numerous flower buds over the winter though their branches often survived. These shrubs should be pruned as usual by cutting 1/3 of the oldest stems to the ground after they have finished blooming. Doing this each year completely renovates suckering shrubs like forsythia and lilac over each three-year period.

Hopefully, next year's winter weather will be much milder and we will be able to enjoy all our shrubs and trees in full bloom next spring, with the added beauty that this year's proper pruning will provide.



*Syringa 'Red Pixie' Lilac sits at the entrance to the Perennial Garden is a plant that survived the "arctic winter" in Youngstown.*

MEMBERS news & notices



From left to right: Janet Yaniglos, outgoing Friends President; new Friends Board Director, Louis DiPaolo and Friends President, Paul Hagman.

The Annual Members Meeting of the Friends of Fellows Riverside Gardens was held on April 10, 2014. The year in review was presented by Janet Yaniglos, who completed her term as a Board Director and Friends President. Keith Kaiser presented a look at what is ahead for Friends of Fellows Riverside Gardens in 2014. New Board Director nomination and approval of Louis DiPaolo was confirmed.

Mandy Smith presented information to the members about YOUtopia, an initiative of the American Public Gardens Association that Fellows Riverside Gardens is a participant.

Two books were donated in Janet Yaniglos' name to the Maxcine Antonucci Horticulture Library, as it is a tradition of appreciation for past FFRG Presidents. Thank you Janet for your dedicated service to the Friends organization!

*As an example of the YOUtopia initiative, be sure to forward this newsletter to others for their enjoyment. Ultimately please make sure the paper is recycled and does not end up in the landfill!*

Not a Member yet? Show your support for Fellows Riverside Gardens and become a FRIENDS Member! Call for information.



**Thank You** to Joe Timko and the Roundtable Woodcarvers Club for carving and donating 25 "bug boxes" to the Family Garden. The men and women meet every Thursday morning at the Senior Independence Senior Center on Fifth Avenue in Youngstown. They donated their time and talent to so that the young visitors to Family Garden Fridays can explore and learn about the little creatures who live in the Family Garden.



*Joe Timko from the Roundtable Woodcarvers and Lori Mowad, Educator for the Family Garden, display a Bug Box. Below the woodcarvers whittle away.*



**Family Garden Fridays – Day Sponsorship Opportunities!**

Now through October 17, the Family Garden will host drop-in activities and crafts each Friday from 11 am - 1 pm. Last year, Family Garden Fridays were wildly popular averaging between 75 -100 participants each week. Lori Mowad, Horticulture Educator, and the Family Garden volunteers create unique hands-on and engaging activities to offer families the opportunity to connect with plants and nature. This year, the overall theme of the Family Garden is Alice in Wonderland and at our first Friday, May 9, we had over 150 children and their guardians take part in the activities.

In order to provide crafts, activities, plants, soil, and more for all of these families, it takes a lot of fancy budgeting and a generous sponsorship from the Friends of the Fellows Riverside Gardens. However, we anticipate more participation this year and are now offering you the chance to become a Family Garden Friday Day Sponsor. On the Friday of your choice (subject to scheduling availability), your sponsorship will be acknowledged with a sign in the Family Garden, a thank you card, and A Walk in the Garden book. This is a great way to celebrate birthdays, anniversaries, engagements, or memorials. And a way to support your community by cultivating occasions for the younger generation to truly appreciate plants and public gardens. Day sponsorships cost \$50. Call Mandy Smith at 330.740.7116 x 203 to sponsor.

*Contributions received February 1, to May 12, 2014*

**GARDEN SUPPORT**

- In memory of Harriet Shasby
- Patricia Soller
- Thomas and Jane Masters
- Tawny Chamberlain,
- Rose Velez Acevedo,
- Martha Seldon
- Fred and Margaret Shultz
- Nancy Woodman
- Nancy Weibling
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- Michele and Bruce Ciccone
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- In honor of Margaret Reinman
- Dan and Mary Chambers
- In memory of Dorothy Behner
- John and Joyce Beach
- In memory of Anna Lee Alders
- The Rouans
- Dynamic Sensor Systems, LLC

**SEASONAL CELEBRATION PLAZA**  
Richard E. Smith Estate

**FAMILY GARDEN**

- Altieri's Home and Garden
- CKC Cleaning Specialist
- Cutco
- Garden Club of Ohio – Youngstown District
- Dave Hochadel
- Mahoning Valley Landscape & Nursery Association
- RT Vernal Paving & Excavating
- Susan Russo
- Sam's Club
- Samie Winick
- Star Supply

**LIBRARY SUPPORT**

- In memory of Elaine A. Winkle
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- Michele and Bruce Ciccone
- In memory of Sara Sheppa
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- Ann and Bob Kurz Jr.
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**SPRING PLANT SALE**  
Chalet Premier  
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**CHRISTINA'S GARDEN LABYRINTH**

- In memory of Christina Camardese Savage
- Kristen and Daniel Miller
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- Richard E Mills
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- Zachary and Amy Camardese
- Anne Hoffman and Fay Kane
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- D & D Landscaping
- Gina Richardson
- Handel's Ice Cream
- Soft Touch Wood
- Nanette Lepore and Robert J. Savage
- Danny Price Charities, Inc.
- Christina's Garden
- Jeanne R. Gregori
- Richard A. and Ronna Jo Marlin



**T**he Shop in the Gardens is set with forsythia, birds, florals, fairies and gnomes. In addition, our accessory line reflects the change in season with a lighter color palate and beautiful scarves for that special summer evening event. If you are looking for a unique gift or an idea to spruce up a corner of your own little world, we have it.

Fairy and gnome accessories are here as well as an assortment of bereavement stones and solar stakes. A popular item is the "must have" garden glove for \$7.

Home décor is abundant with pictures, pillows, tabletop and runners. The exciting new book *Classic Restaurants of Youngstown* brings found memories of long gone eateries. The tenth annual Girls Night Out at the Gardens was a success in sales and attendance. Stop in and see our summer fare!

*Shoppers enjoy more Shop in the Gardens merchandise housed in the Weller Gallery at Girls Night Out at the Gardens. Photo by Lucy Jones.*



Registration required for all classes (except when noted) by calling Fellows Riverside Gardens at 330.740.7116.

All classes are held in the D.D. and Velma Davis Education & Visitors Center at Fellows Riverside Gardens. Visa, MasterCard, Discover, and checks accepted. Cancellations less than 24 hours, no refund. Cancellations less than one week, but before 24 hour deadline will have a 10% cancellation fee. Cancellations one week prior will receive a full refund. If you are not already a Friends member consider becoming a member to take advantage of discounted fees for FFRG classes and workshops. FFRG = Friends of Fellows Riverside Gardens

## HORTICULTURE

### Botanical Delights: Hibiscus

June 14 | Saturday, 2 – 4 pm

Explore the differences between the tropical, fruity hibiscus (*H. sabdariffa*) and our native, marsh-loving mallow (*H. moscheutos*) in habit, medicinal properties, and more. Enjoy refreshments while learning how to make herbal infusions with Mandy Smith. Fee: \$20; FFRG member \$16

### Gardening Basics: Shade Gardening

June 21 | Saturday, 10 – 11:30 am

Learn how to light up the shady areas of your yard with colorful shade-loving plants. Ellen Speicher will guide you on a tour of the shade garden and discuss how to care for shade-loving plants. Fee: \$10; FFRG member \$8

### Gardening Basics: Natives

July 9 | Wednesday, 6:30 – 8 pm

Native plants are not only important to the natural ecosystem, but to our garden ecosystems. Mandy Smith will discuss important natives to include in your landscape. Fee: \$10; FFRG member \$8

### Plant Parts & Patterns: Flowering Plants

July 22 | Tuesday, 11 am – 12:30 pm

Enjoy a mid-morning stroll through the Gardens as you learn the basics of botany and patterns of plant families. Discover the intricacies that make plants special. Return to the Davis Center to sup on a seasonal lunch, plus dessert. Fee: \$16; FFRG member \$12

### Gardening Basics: Fall Vegetable Gardening

August 2 | Saturday, 10 – 11:30 am

Learn about vegetables that can be grown during the fall and even into winter. Ellen Speicher will also discuss what can be done in the fall to prepare for next year's planting. Fee: \$10; FFRG member \$8

### Botanical Delights: Lavender

August 30 | Saturday, 1 – 3 pm

Delight your senses in the soothing fragrance of lavender and learn the differences in species and cultivars, and ways to use lavender in and around your home. Mandy Smith will guide you in creating an herbal dream pillow for restful nights as you taste test some sweet treats. Fee: \$20; FFRG member \$16



## EXPRESS YOURSELF

### A Loose Knit Group

June 6 & 20 | Fridays, 10 am – Noon

July 18 | Friday, 10 am – Noon

August 1 & 15 | Fridays, 10 am – Noon

Enjoy the lovely view from the Antonucci Library as you help to create blankets for organizations that give to those in need. All helping hands are welcome, both experienced and anyone wanting to learn to knit or crochet. Donations of yarn and needles are appreciated at any time. Registration is not necessary.

### Introduction to Basic Floral Drawing Course

June 10, 17 | Tuesdays, 6:30 – 9 pm

Explore the basics of drawing flowers and leaves with artist Marianne Hilke during this five hour course. Papers, pencils, lighting, texture and composition will be our focus in this workshop. Mini projects with problem solving to help make you understand how to construct a good finished drawing. Supplies are included in the course fee. Fee: \$65; FFRG member \$47

### Stoneware Wine Chiller

June 17 | Tuesday, 5:30 – 8 pm

Indulge your creative side this summer at the Gardens. Lynn Cardwell will guide you through the process of making a stoneware wine chiller while you enjoy a summer evening outside (weather dependent). It will be glazed, fired, and ready to for pick up in approximately five weeks. Fee: \$39; FFRG member \$30

### Berry Bowl

July 1 | Tuesday, 5:30 – 8 pm

Savor the scrumptious fruits of summer in a handmade berry bowl. Lynn Cardwell will guide you through the creative process. Bowls will be glazed, fired, and ready to pick up in approximately five weeks. Fee: \$39; FFRG member \$30

### Garden Bells

July 10 | Thursday, 11 am – 12:30 pm

Create tinkling garden bells made from terra cotta pots with Deborah Verzilli. Using paint pens create a unique statement with garden art either as a gift or for use in your own garden space. Fee: \$20; FFRG member \$16



### Plein Air Painting

July 15, 22 | Tuesday, 6 – 9 pm

July 31, August 7 | Thursday, 6 – 9 pm

Chase the light at the Gardens with local artist, Christopher Leeper. Using watercolor paints, spend time out in the open air, "plein air", among the blooms and be inspired by the garden muse. Watercolor paper will be provided and a list of supplies needed will be given to participants upon registration. Fee: \$24; FFRG member \$20

### Fused Glass Pendants

July 29 | Tuesday, 5:30 – 7 pm

August 19 | Tuesday, 5:30 – 7 pm

Lynn Cardwell will help students create two fused glass pendants. The pendants will be fired and ready for pick up in approximately four weeks. Fee: \$39; FFRG member \$30

### Floral Colored Pencil Course

August 2, 9 | Saturdays, 9:30 am – Noon

Join Marianne Hilke in a course that is designed for anyone that enjoys flowers and is interested in drawing them. We will be on location in the Gardens working from a choice of flowers available. In this five hour course students will cover the use of colored pencils and drawing principles to build their image. Most of the time will be spent at the gardens to work on their project. If it rains the class will be moved inside with a flower from the Gardens to work from. Supplies are included in the fee. Fee: \$65; FFRG member \$30

### Wine Glasses

August 5 | Tuesday, 5:30 – 8 pm

Lovers of wine should have their own hand-crafted wine glasses! Join Lynn Cardwell as she guides you to create a set of unique pottery and glass wine glasses. They will be glazed, fired and ready for pick up in approximately five weeks. Fee: \$39; FFRG member \$30

## FAMILY

### Family Garden Fridays

Through October 17 | Fridays, 11 am – 1 pm

Each Friday, take part in fun drop-in activities in the Family Garden. Watch as the garden grows with characters from Alice in Wonderland and Wonderland-like plants. Learn about garden creatures, tools and how to care for a garden. Take part in making garden treats, listening to stories, kid's yoga and of course, adventuring with Alice and her friends. Free to all.

### Fireflies & Flashlights

June 26 | Thursday, 7 – 8:30 pm

Take a tour of the Gardens as the sun dips below the horizon and as the fireflies light our way. Bring a flashlight and enjoy making a firefly craft together as a family. Suggested donation: \$5



## CUISINE

### Summer Cool Fruit Beverage Sampler

July 16 | Wednesday, 5:30 – 7:30 pm

Imbibe the fruits of summer and learn to prepare them for summer enjoyment and entertaining with Karres Cvetkovich. Sample fresh Lime Soda, Lavender Lemonade, and Organic Strawberry Special Drink. Learn how to use stevia and agave to reduce sugar and corn syrup consumption through natural sweeteners. Why settle for corn syrup laden beverages when you can take delight in the extraordinary? Fee: \$24; FFRG member \$20

### Fermenting: Pickles

July 20 | Sunday, 2 – 3:30 pm

Learn to turn fresh cucumbers into dill pickles with Sara Scudier. These pickles are fermented in brine. They will keep in your refrigerator for months and only get better with time. Fee: \$16; FFRG member \$12

### Pesto & Tomato Fest

July 30 | Wednesday, 5:30 – 7:30 pm

Karres Cvetkovich will share the fine points for making the best pesto ever, and it is so easy. All ingredients including imported cheese, organic basil, and garlic will be supplied, and all will go home with a gift bag of these pesto ingredients, plus the know-how. Best of all, we will sample and enjoy the fragrant intoxication of pasta al pesto accompanied by a peak of the summer tomato salad with vinaigrette extraordinaire. Fee: \$28; FFRG member \$24

## KIDS & TEENS

### Wonderland Creatures Ages 3 – 5

June 28 | Saturday, 10 – 11 am

Many creatures make up the world of Wonderland! Children and a caregiver will explore how Alice adventured with the Dormouse, Gryphon, Mock Turtle and other creatures through hands-on activities, a snack, and craft. Fee: \$5

### Bugs of Wonderland Ages 6 – 11

June 28 | Saturday, 12:30 – 2 pm

Discover the fascinating bugs that live in Wonderland from the Snap Dragonfly to the infamous Caterpillar. Children will enjoy fun activities and crafts. Fee: \$5

### Botanical Soaps Ages 12 – 17

June 28 | Saturday, 3 – 4:30 pm

Teens will learn how to make their own glycerin soaps using flowers from the Gardens and essential oils. Fee: \$10

### Beautiful: Inside & Out Summer Camp

Ages 10 – 14

June 30 – July 2

Monday – Wednesday, 9 am – 4 pm

Girls will discover their own inner beauty, learn, create, and grow through Zumba, journaling, self-defense, yoga, meditation, making lip balm, facial scrubs, and friendship bracelets. Participants will spend the mornings at the Ford Nature Center and afternoons at Fellows Riverside Gardens. Register and pay by June 23 at the Ford Nature Center, 330.740.7107. Fee: \$120 R; \$135 NR

### Flower Faeries Ages 3 – 5

July 12 | Saturday, 10 – 11 am

Discover why faeries love flowers so much! Children and a caregiver will enjoy a flower faerie craft, story, and snack. Fee: \$5

### Hummus Happenings Ages 6 – 11

July 12 | Saturday, 12:30 – 2 pm

Find out what plants go into making hummus dip, create your own recipe with fresh herbs and veggies from the Family Garden, enjoy a snack, and even take some home. Fee: \$10

### Salsa Fiesta Ages 12 – 17

July 12 | Saturday, 3 – 4:30 pm

Teens will learn how to harvest, prepare, and make salsa fresh from the garden. Taste test your creations and then take some home for family and friends to try. Fee: \$10

### Children's Yoga Ages 5 – 9, plus guardian.

August 6 | Wednesday, 10 – 11 am

Yoga is wonderful not only for movement, but also for removing tension from the body and the mind. Join Michelle O'Brien as she introduces yoga for youth that are on the Autism Spectrum. This is an opportunity for both parent and child to experience skillful ways of coping with, and releasing tensions that occur from everyday situations. Michelle has worked with the Special Needs population in education for many years, and deals with spectrum issues within the family. A mat, blanket, and small pillow are suggested for each participant. Pair Fee: \$24; FFRG member \$20

### Garden Suncatchers Ages 3 – 5

August 7 | Thursday, 1 – 2 pm

Children and a caregiver will take a walk through the Gardens on a plant scavenger hunt, collect some favorite flowers at the Family Garden, make suncatchers, and enjoy a garden snack. Fee: \$5

### Youth Yoga

August 7 | Thursday, 5:45 – 7:15 pm

Ages 10 – 13, plus guardian

August 12 | Tuesday, 5:45 – 7:15 pm

Ages 14 – 17, plus guardian

See description for Children's Yoga, August 6. Pair Fee: \$30; FFRG member \$26

### Alice's Tea Party Ages 6 – 11

August 16 | Saturday, 12:30 – 2 pm

Sit down for a proper tea just like at the Mad Hatter's house. Children will learn what plants make tea, sip samples, and have a snack. Fee: \$8

### Pizza Party Ages 12 – 17

August 16 | Saturday, 3 – 4:30 pm

Enjoy the bounty of the Family Garden by joining us for a pizza party! Teens will learn how-to create a yummy pizza from garden to oven. Fee: \$10



**WELLNESS**

**Enjoy Nature with Mindfulness Meditation**

June 8 | Sunday, 9:30 – 11:30 am

Add to your enjoyment the noticeable splendor of the present moments unfolding with life at Fellows Riverside Gardens. Join Karres Cvetkovich as she leads mindfulness and walking meditation techniques that can enhance your appreciation of nature.

Fee: \$24; FFRG member \$20

**Cleaning with Essential Oils**

June 21 | Saturday, 10:30 am – Noon

Learn how to clean and disinfect more naturally. Join Jeanette DiRubba as she shows you how to incorporate essential oils and specific doTERRA products to clean all areas of the home, including laundry. Bring your favorite cleaning tool - sponge, rag, etc. - to test out the cleaning solutions and take home a spray bottle with your choice selection.

Fee: \$24; FFRG member \$20

**Mandalas, Circles, Spheres, Vortices, and Spirals**

June 22 | Sunday, 9:30 – 11:30 am

Discover new ways to create sacred space and how invoke harmony within and without. Karres Cvetkovich invites art and color lovers of all ages to join this class.

Fee: \$24; FFRG member \$20

**Cultivate the Garden of the Mind**

July 13 | Sunday, 9:30 – 11:30 am

Karres Cvetkovich will guide you through sample mindfulness practices for letting go of tension and anxiety. Cut the invasive weeds of repetitive negative thinking that will allow positivity, creativity, and kindness to flourish. Fee: \$24; FFRG member \$20

**Botanical Vinegars**

July 17 | Thursday, 6:30 – 8:30 pm

Vinegars are both food and medicine, they are easy to use and can be made with a vast array of herbs and fruits. Pam Baytos will show you how to make two different vinegars – fruit and herb, what to use them for, and then provide samples with a fresh garden salad.

Fee: \$24; FFRG member \$20

**Cooking with Essential Oils**

July 19 | Saturday, 10:30 am – Noon

Join Jeanette DiRubba in exploring ways to bring the benefits of essential oils into your kitchen and your cooking. You will receive two pint size mason jars to take goodies home.

Fee: \$24; FFRG member \$20

**Continue Healing Within**

July 23 | Wednesday, 6 – 8 pm

A continuation of spring's first Healing Within session with Michelle O'Brien. Take another look at various healing modalities to life's stressors. You do not have had attended the first session. Please bring a mat and blanket for comfort during this class.

Fee: \$24; FFRG member \$20

**Chakra Investigation**

July 27 | Sunday, 9:30 – 11:30 am

Be more in tune with yourself. Karres Cvetkovich will help you take a fresh look at yourself by learning about chakras, which are energetic centers that affect health, happiness, creativity, and focus.

Fee: \$24; FFRG member \$20

**Essential Oils & Pets**

August 9 | Saturday, 10:30 am – Noon

Even our furry friends need some health and wellness. Jeanette DiRubba will show you how to safely use essential oils with dogs and cats and their environment. Fee: \$24; FFRG member \$20

**Herb Kitchen Wreath**

August 13 | Wednesday, 6:30 – 8:30 pm

Join Pam Baytos in creating a handy cooking aide – a fresh herb kitchen wreath. Herbs will include garden favorites like oregano, thyme and others for your culinary aspirations.

Fee: \$24; FFRG member \$20

**Reiki I Workshop**

August 23 | Saturday, 8:30 am – 4 pm

Learn an ancient method of natural and hands-on healing with Usui Reiki. During this day long workshop you will learn everything you need to become a Reiki practitioner. Mandy Smith, Usui Reiki Master, will guide you in learning the history of Reiki, basic physical and energy anatomy, and the hand positions used to complete Reiki treatment. You will receive attunements that establish you as a channel for healing. Upon completion of the workshop, you will receive a Reiki I certificate.

Please bring a bag lunch.

Fee: \$85; FFRG member \$70

**HEALTH & FITNESS**

**Yoga in the Gardens**

June 3, 5, 10, 12, 17, 19, 24, 26

July 1, 3, 8, 10, 15, 17, 22, 24, 29, 31

August 5, 7, 12, 14, 19, 21, 26, 28

Tuesdays & Thursdays, 9:30 - 11 am & 5:30 – 7 pm

Join Marina Perdos in the mornings and Karres Cvetkovich in the evenings for a blend of energizing yoga styles that will help you keep a healthy outlook. All levels are welcome. Bring a mat and small blanket. Drop-in class. Fee: \$10/class

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

June 4, 11, 18, 25 | Wednesdays, Noon – 1 pm

July 2, 9, 16, 23, 30 | Wednesdays, Noon – 1 pm

August 6, 13, 20, 27 | Wednesdays, Noon – 1 pm

Ease stress, improve health, and increase vitality. Join Marie Lew in warm-ups, breathing exercises and selected movements from a classic Chen T'ai Chi form. Drop-in class. Fee: \$10/class

**Pilates Basics**

June 4, 11, 18, 25 | Wednesdays, 6:30 – 7:30 pm

July 2, 9, 16, 23, 30 | Wednesdays, 6:30 – 7:30 pm

August 6, 13, 20, 27 | Wednesdays, 6:30 – 7:30 pm

Work on toning, shaping, core strength, alignment, and breathing with Angela Lubonovich. Bring a mat and water. Drop-in class.

Fee: \$10/class

**Yoga Basics**

June 1, 8, 15, 22, 29 | Sundays, 8 – 9:15 am

July 6, 13, 20, 27 | Sundays, 8 – 9:15 am

August 3, 10, 17, 24, 31 | Sundays, 8 – 9:15 am

Feel comfortable in a class meant for everybody while you learn the basics taught by Karres Cvetkovich. Experience the release of mental and physical tensions that act as powerful barriers to enjoying life. Bring a mat and small blanket. Drop-in class. Fee: \$10/class

**EXHIBITS**

**WELLER GALLERY**

**PLANT SPIRALS: BEAUTY YOU CAN COUNT ON**

Through June 8

'Round and 'round we go in this exhibit which takes an up-close look at the fascinating world of Fibonacci numbers and their relationship to the world around us.

**CHASING THE LIGHT**

June 13 – August 10

Christopher Leeper is a realist painter and local artist who works in various mediums. Once again he brings his award winning work to the Weller Gallery.

**Christopher Leeper**  
Mill Creek Magnolia  
Acrylic, 24"x30"



**ONE GOURD ABOVE**

August 15 – October 19

The lowly gourd is lifted to new heights by the artwork of John and Karen Martin. These pieces are truly works of art created with a variety of techniques including painting, pyrography, carving and cutting.

**MELNICK MUSEUM**

Through December 2014

**THROUGH THE LENS**

Take a peek at the evolution of photography during the Melnick Museum's 2014 exhibit *Through the Lens*. The exhibit displays a rare collection of glass negatives and acetate film negatives, produced by two local photographers, which chronicle scenes of Mill Creek Park from 1907 through 1926. In addition to park scenes, several portrait negatives of the period are on display.



**OUTDOOR GALLERY**

**YOUNGSTOWN STEEL**

The steel sculptures in this Outdoor Gallery exhibit by artist Tony Armeni celebrate Youngstown's spirit of invention. Based on formal design principles, the sculptures consist mainly of parts that Armeni collects from local fabrication shops.

Tony Armeni stands next to his sculpture "Max" in the Outdoor Gallery Exhibit. Armeni displays seven pieces for this exhibit.

**DAVIS CENTER LOBBY**

**YOKO ONO WISH TREE**

Through October

Make a wish, write it down and place it on one of two trees located in the lobby of the Davis Center.

This is an opportunity to participate in Yoko Ono's conceptual art. See cover story by John Noga.



**FLOWER SHOWS**

The public is invited to enter all flower shows. Call the Information Desk.

**IKEBANA FLOWER ARRANGING EXHIBIT**

June 7 & 8 | 10 am – 5 pm

Enjoy the unique beauty of Ikebana flower arranging with this exhibit.

**GARDEN FORUM FLOWER SHOW**

Saturday, June 14 | Noon - 5 pm

Sunday, June 15 | 10 am – 5 pm

A summer garden flower show presented by Garden Forum of Greater Youngstown that will delight all. The public is encouraged to enter the flower show. Entries must be received on the Saturday of the show by 10:30 am.

**MEN'S GARDEN CLUB HORTICULTURE SHOW**

August 23 & 24 | 10 am – 5 pm

Admire summer's bounty of flowers and vegetables at this amazing show. Local gardeners are encouraged to enter.

**PLANT SALE**

**FFRG Bulb Pre-Sale**

Through mid-June

The colorful alliums, tulips, narcissus, crocus and hyacinths blooming at this time of year are enticing enough to add to the home garden. Place your order now for pick up at the Autumn Plant Sale, September 27 & 28. Order forms available at the Gardens.

# SPECIAL EVENTS

Mill Creek MetroParks  
Akron Children's Hospital Mahoning Valley  
present

## GARDEN ADVENTURE

at Fellows Riverside Gardens  
Saturday, June 7 from 10 am - 3 pm

sponsored by WFMJ/WBCB and  
Friends of Fellows Riverside Gardens



Enjoy a day of family fun adventuring throughout  
Fellows Riverside Gardens, just like Alice did  
in Wonderland.

## GARDEN TRAVEL TOURS

### SUMMER GARDENS IN OHIO

July 11 | Friday, 7:30 am - 8:30 pm

Nothing is better than spending a summer day in the gardens  
of Ohio, as they beckon with brightly colored flowers and green  
leaves galore. Your day starts off with a tour at the local Draime  
Estate Gardens in Warren, then off to the Western Reserve Conser-  
vancy over in Moreland Hills, lunch, an afternoon at Druckenbrod  
Daylily Farm, a visit to the Kent Bog State Nature Preserve and  
finally, dinner **Deadline is June 13**. Fee: \$155; FFRG member \$110

Plans are underway for more exciting garden travel.

### OCTOBER 2 - 5 - Landscapes on the Hudson

Explore the Hudson River Valley landscapes this Autumn, which  
are inundated with history, art, culture, and of course plants.  
Keep posted for more information on this Garden Travel Tour.

*Draime Estate Gardens*



## Science Café Highballs & Hydrangeas

sponsored by Friends of Fellows Riverside Gardens  
July 15 | Tuesday, 5 - 7 pm

What would happy hour be without plants? Gather a few friends  
to learn how the "highball" evolved and about the different types  
of whiskeys used in its creation. Then, sit back, enjoy an evening  
at the Gardens with snacks and a sample or two.

Cash bar. Fee: \$10; FFRG member \$8

## FATHER'S DAY BRUNCH

June 15 | Sunday

Celebrate this special Sunday at  
Fellows Riverside Gardens with Dad.  
Enjoy a delicious brunch catered by  
The Georgetown and afterward take  
a stroll through the Gardens.  
Reservations are required.  
Please call the Garden Café at  
330.740.7074 for seating times  
and reservations.



Friends of Fellows Riverside Gardens

The Summer Garden Party  
Friday, July 25, 2014

Sponsors:  
PNC

Fred Martin Ford Mercedes - Benz  
Star Trac

Join your Friends for an enchanted outdoor summer evening in the midst of Fellows  
Riverside Gardens. Enjoy seasonal culinary delights by The Georgetown and the upbeat  
and infectious sounds of the eight-person musical ensemble, Redline.

6:30 Cocktails

7:30 Dinner

A cash bar will be available throughout the evening.

\_\_\_ \$ 1,200.00 Reserved Table of Eight and Program Listing

\_\_\_ \$ 125.00 Reserved Seating

\_\_\_ \$ 75.00 General Seating

330.740.7116 for reservations

# UPCOMING EVENTS

BRIDAL FAIR - A GARDEN WEDDING  
September 7 | Sunday, 12 noon - 4 pm

AUTUMN PLANT SALE  
September 27 & 28  
Saturday & Sunday, 10 am - 5 pm

PUMPKIN WALK AT TWILIGHT  
October 19 | Sunday, 5:30 - 8 pm

MEMBER'S NIGHT AT SHOP IN THE GARDENS  
November 6\* | Thursday, 6 - 9 pm  
\*Exclusive Member event.

SHOP IN THE GARDENS  
HOLIDAY OPEN HOUSE  
November 7 - 9  
Friday - Sunday, 10 am - 5 pm

WINTER CELEBRATION 2014  
Gingerbread Garden  
December 6 - January 4 | 10 am - 5 pm

WINTER NIGHTS IN THE GARDENS  
December 14, 21 & 28 | Sundays, 5 - 7 pm

## SPEAKER

### EXPLORER'S GARDEN PLANTS FROM AFAR

September 18  
Thursday, 7:30 - 8:30 pm

Dan Hinkley, considered one of the most  
prolific independent plant hunters of  
modern times, will discuss the process,  
perils and joys of observing plants in their  
wild state. Hinkley will discuss the process  
of bringing home seed for evaluation and possible introduction to landscapes  
across North America. Join him in this evening lecture as he leads you through  
the mountain floras of southwestern China, northern Vietnam and the Japanese  
Archipelago while providing a glimpse into how his previous collections have  
settled down in his own garden, Windcliff, on the shore of Puget Sound in  
Washington State. Sponsored in part by the John S. and Doris M. Andrews  
Memorial Lecture Series. Fee: \$25; FFRG member \$20



**Mill Creek MetroParks - Fellows Riverside Gardens**

Free and open daily, dawn until dusk

**D.D. and Velma Davis Education & Visitor Center**

Tuesday - Sunday, 10 am - 5 pm

May - August: Wednesdays open until 8 pm

Closed Mondays except Memorial Day and Labor Day

Open: Independence Day

Closed: Thanksgiving, Christmas & New Year's Day

**Shop in the Gardens**

Tuesday - Sunday: 10 am - 5 pm

May - August: Wednesdays open until 8 pm

**Garden Cafe**

Tuesday - Sunday: 11 am - 3 pm

May - August: Wednesdays open until 8 pm

**Information Desk 330.740.7116**

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

General inquiries about Fellows Riverside Gardens, such as rental availability can be emailed to

[FellowsRiversideGardens@MillCreekMetroParks.org](mailto:FellowsRiversideGardens@MillCreekMetroParks.org).

Specific horticulture questions can be emailed to

[HortHelpline@MillCreekMetroParks.org](mailto:HortHelpline@MillCreekMetroParks.org)

**SUMMER EVENINGS AT THE GARDENS**

The D.D. and Velma Davis Education & Visitor Center is open on Wednesday evenings until 8 pm through August. The Antonucci Library and Shop in the Gardens will have extended hours as well. The Garden Cafe will feature Botanical Dinners.



**On the Terrace at 5!**

**WEDNESDAYS**  
5 - 7 p.m.

**MAY 7**  
JD Eicher

**JUNE 4**  
Chris Rutushin & Nathaniel Welch

**JULY 2**  
Leanne Binder

**AUGUST 6**  
Nick Salpietra

Have a glass or two of wine & listen to live music. The Cafe is open for your dining delight. Admission: \$10. Held rain or shine!

A fundraising event sponsored by Friends of Fellows Riverside Gardens.

**GARDEN CAFÉ BOTANICAL DINNERS**

*Wednesdays, 6 – 8 pm*

Enjoy a dining experience overlooking Lake Glacier while discovering a little bit about the featured plant of the evening. Briefly gather and sip on the specialty drink to find out why the plant d'jour is so special! Call the Garden Café at 330.740.7071 for reservations and pricing.

- June 11 Strawberries
- June 18 Asparagus
- June 25 Raspberries

- July 9 Potatoes
- July 16 Blueberries
- July 23 Cherries
- July 30 Corn

- August 13 Zucchini/Peaches
- August 20 Tomatoes/Basil
- August 27 Peppers/Plums

