

PORTAGE PARK DISTRICT

Monthly Newsletter



Eastern Redbud

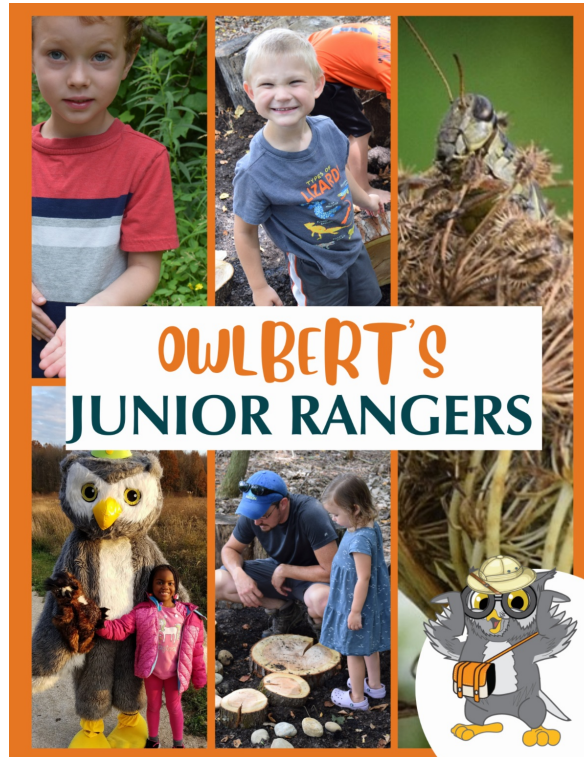
May 4 | 2023

Greetings!

We haven't quite kicked these April showers yet, but before you know it, the May flowers will be bursting forth with color, announcing that spring is finally here to stay. In this newsletter, we'll be showcasing our new Junior Ranger Program, showing off our summer guide, and spotlighting some of the awesome events we have for you this month!

Coming up this month in programs: you can join Natural Areas Specialist Emmet Roberts as we scout for spring mushrooms, get some miles on your bike with Chief Ranger Kevin Nietert as we kick off our Ride with a Ranger summer series, learn how to avoid injury on a hike with UH Rehabilitation experts, and focus on spring bird migrations with our birding club and Owlbert's Adventures!

Explore all programs on our [Things to Do page](#).



Junior Ranger Program Kickoff

May 30, 2023, 6 p.m. - 7 p.m.

The Junior Ranger program is primarily self-guided and intended for ages 5-12 but is fun for any age! When you get your booklet - work on completing all 16 activities to earn your Junior Ranger Badge. Once all the activities are complete, you can register for a badge-pinning ceremony with a Portage Park District Ranger.

As you complete the activities you will learn about some of the places and stories that make the Portage Parks unique. Your Junior Ranger Activities will be a part of your wonderful adventures in the natural world.

[Register here!](#)

Tails + Trails = Miles + Smiles

It is easy to see how parks and pooches add-up for a healthier life. Whether you're working to complete this year's **Wild Hikes Challenge**, or training for the **Headwaters Adventure Race**, dogs make great companions on the trails. Research shows canine companionship offers diverse therapeutic, physiological, social and psychological **benefits**. Owning a pet is directly linked to fewer visits to the doctor and may reduce the risk of premature mortality by **up to a third**. Dog walking is a natural mechanism for physical activity and cardiovascular health. It has been found that pet owners are more likely to participate in outdoor activities, are generally more active and more sociable.



Your Portage Parks provide a great opportunity to experience open spaces that afford our feet and minds the ability to wander – which they need!

While blazing your trail to better health, please remember the rules and rights of others at **all Portage Parks**. Keep your pets on leashes, and clean up after them. It is an act of consideration for your neighbors and your environment.



Get your Summer Program Guide

Portage Park District has released our first summer program guide which will include our annual report this year! We are excited to offer you a look into our programming from May through August right alongside our progress report and plans for the future!

[Get the guide!](#)

Upcoming Programs



BYOK (Bring Your Own Kayak) Birding Event

The early bird gets to go on the Kayak Launch first! Bring your own kayak and binoculars as we paddle around Trail Lake Park to look for waterfowl and other birds.

[Register here.](#)

Try our [self-guided hikes](#) at Trail Lake Park and Seneca Ponds!

All programs and events can be found on our [Things to Do page](#). Make sure you check out all the great ways to engage with nature!

Our education programs require registration - this helps us keep an optimal staff to participant ratio. Join us and learn about the natural world around us.

Upcoming Senior Hikes:
[Senior Hike - May 11](#)
[Senior Hike - May 25](#)

Visit our [YouTube channel](#).



Magnificent Moths

Moths rarely get the credit they deserve because they come out after dark. Joe DeFuria will literally be shining a light on these incredible night-time creatures to highlight all the forms that we miss out on during the day.

[Register here.](#)



Spring Bee Bonanza

By the middle of May, bees are already busy filling their ecological niche. Bob Heath will show us how to identify them and explain the different roles they perform.

[Register here.](#)



In with the Indigos

As we await the return of these blue beauties, let's learn how to make Indigo Buntings out of felt from Nancy Smith, our recent Lifetime Achievement Award winner! All ages are welcome, but this craft may be difficult for little hands.

[Register here.](#)

Portage Park District Foundation



The Headwaters Adventure Race starts and ends in Mantua Village and involves a 2-mile run on the Headwaters Trail past the Marsh Wetlands State Nature Preserve, a 10 mile pedal past scenic landscapes and preserved lands, and a 5-mile paddle on the Upper Cuyahoga River. Do it all yourself, or join a team to do it together or break up the legs. Money raised from the race benefits the Portage Park District.

Learn more about the Headwaters Race and register here!

A Message From our Friends



Holden Arboretum is hosting a



It is National Bike Month! Check out the

Woodland Weekend Field Day to learn more about what good forest management practices look like.

[Read more here](#)

League of American Bicyclists website or register to Ride with a Ranger!

[Register here](#)



Kent Environmental Council presents the Edith Chase Symposium

[Get more information](#)

This year's keynote speaker, Ohio Department of Natural Resources (ODNR) Director Mary Mertz, will discuss the critical importance of controlling invasive plant and animal species for the future of Ohio's natural areas.



Wild Hikes Challenge

Our **2023 theme is The Year of the Wood frog!** You'll even find some Wood frog facts on your hiking form this year.

To participate, download your [Wild Hikes form](#), and complete hikes before December 31st to earn a hiking staff and/or a 2023 Wild Hikes medallion. Dogs can earn rewards too!

Our office is open for rewards pick-ups. [Email Eric](#) to schedule a time to get your rewards.

[Visit our website](#)

