

ROLANDPARK

Quarterly from the Roland Park Community Foundation • Volume Seventy-One • Winter 2018

**Top Holiday
Decorating
Tips**

**Winter
Pollinator
Plants**

***Crime
Prevention
Tips***





Roland Park Branch - Chess Club

Mon, Dec 3, 3:30 pm
 Mon, Dec 10, 3:30 pm
 Mon, Dec 17, 3:30 pm

Hone your skills by playing with other chess enthusiasts!

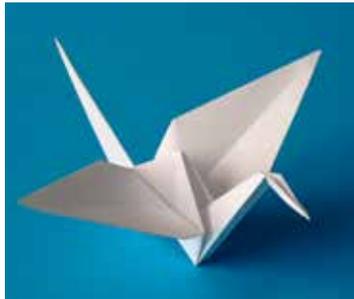
Ages: Teen

Inner Harbor Wellness:

Prism: Mindfulness and Creativity for Children

Tue and Thu, Jan 8 - Mar 14, 4 pm - 6 pm
 Tue and Thu, Mar 19 - May 23, 4 pm - 6 pm

PRISM is a holistic program with experiences in mindfulness, creative arts and crafts, yoga, movement, music, drama, and community projects for young people, ages 6-12. Join anytime. Held at the Corner Community Center, 5802 Roland Ave.



innerharborwellness.com

\$30 Single/\$250 1 class a week for 10 weeks /\$400 2 classes a week for 10 weeks

Inner Harbor Wellness: Mindfulness in Daily Life with Robin Williams

Wed, Feb 6 - Mar 20, 6:30 pm – 8:30 pm

Learn about the practice of mindfulness, tools for stress reduction, and how to create a mindful practice in your daily life. Held at Hale Auditorium, Church of the Redeemer, 5603 N. Charles St.

www.innerharborwellness.com

\$90

Lake Roland: Yoga in the Park

First and third Saturdays of the month, 9 am – 10 am

Join us for an all-levels gentle yoga class with a beautiful view of the Lake Roland dam. Please bring a yoga mat if you have one. A few mats will be available on a first-come, first-served basis. Please meet at the Nature Center. Yoga will be outside, weather permitting.



Ages: 10+

\$2 per person

Lake Roland: Weed Warriors

Second Saturdays of the month, 9 am - 10 am

Volunteer with our weed warriors to help keep Lake Roland beautiful. Participants under the age of 18 must have a parent or guardian present. Bring gloves, boots, and water. Meet at Ranger Station.

Ages: 13+

Lake Roland: Ranger Talk

Last Saturday of the month, 10:30 am - 11 am

Beginning in September 2018, on the last Saturday of each month, join a park ranger for a short informational talk in front of the nature center.

Ages: All

Free

Lake Roland: Nature Book Club

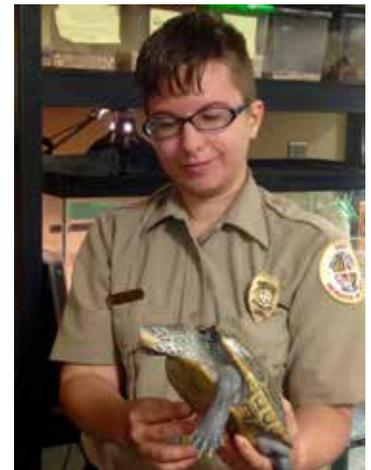
Mon, every 6-8 weeks, 6:30 pm – 8:30 pm

Meet at the Nature Center to discuss some of the greatest nature book selections. Bring a snack to share. Meetings are on Mondays every few weeks. Please email for details about our upcoming book selections and meeting dates.

Adults Only

LakeRol-RP@BaltimoreCountyMD.gov

Free



Story Walk at Lake Roland

By Nancy Worden Horst

While walking at Lake Roland with my little granddaughter one winter day, Kathryn spied the first page of Jan Brett's classic tale *The Mitten* on a storyboard just at her eye level. "Oh! Look! A book!" she said. "What does it say?" I asked. "Once there was a boy named Nicki who wanted his new mittens made from wool as white as snow . . ." she read.

She continued the story as we slowly traversed the snow-covered path, pausing at each storyboard to read the page before she excitedly ran toward the next one.

The book we read that winter day several years ago marked the beginning of the story walk project at Lake Roland. Starting at Acorn Hill, the children's playground on the peninsula, the walk continues around the paved portion of the main trail past the dog park, Paw Point, a distance of about 1/4 mile.



Matthias Pridgeon's beech tree storyboard
Photo Courtesy Merritt Pridgeon

The idea of a story walk at the park began when former Head Ranger Shannon Davis saw a prototype at a national park conference*. Her idea was to begin the storyboard panels at Acorn Hill, and place each succeeding panel a short distance away, leading people forward around the paved path on the peninsula. This encouraged families to take a stroll while reading the story. "We tried to select stories that were nature related and

appropriate for the season. The loop of the peninsula was perfect for it," she said.



Summer story walk: Miss Fox's Class Goes Green by Eileen Spinelli Photo Courtesy Nancy Horst

Comprised of fifteen wooden panels mounted on moveable posts, each about two by one-and-a-half feet, the story unfolds on one or two pages of a child's book affixed to each panel.

At first, the storyboards were simply corrugated signs on thin metal posts. Then Master Naturalist Dan Alper of the Lake Falls community designed and built the storyboards out of treated lumber mounted with stainless steel hardware to landscape stakes.

Several Master Naturalists have helped with the project over the years, choosing published stories or contributing original tales. Featured books have included such classics as *Make Way For Ducklings*, *Blueberries for Sal*, and *Frog and Toad*.

Matthias Pridgeon, the son of Master Naturalist Merritt Pridgeon, wrote and illustrated one of the first stories when he was seven. 'Tree Diaries' tells about words carved on beech trees in the park. A combination "book of beginning

botany" and a plea for conservation, the book is both sweet and insightful.

"We've had a great response from park visitors," says Shannon. "Turns out more than families were enjoying the stories. Park joggers and other regulars commented on how much they enjoyed them and asked when the next one would be out. We tried to do a new story every month. Occasionally, we had...

stories aimed at the adults or added fun facts on the sides of the story pages about our local flora and fauna or where in the park you might see them. On some books, we added captions like 'flap your wings like a bird' to encourage children to really get into the stories."

"The story walk program encourages the things we all need, especially today," says Shannon. "Nature, exercise, and reading!" ❖

* Combining physical activity with literacy is the idea behind StoryWalk®, created by Anne Ferguson, a volunteer in Montpelier, Vermont, and developed with the help of Rachel Senechal, Program and Development Coordinator of the Kellogg-Hubbard Library in Montpelier, Vermont.



American Beech Trees have funny green leaves shaped a bit like a fat feather with teeth along the edges.
Illustration from Matthias Pridgeon's beech tree storyboard