



Volunteer News & Views

THOUSANDS OF ACRES AND MILES OF TRAILS. **IT ALL BELONGS TO YOU!** – OCTOBER 2024

Welcome
to the fall
season!

A few facts about Autumn:

- The Autumn equinox is different each year
- Autumn was once called Harvest
- the term “fall” is not exclusive to America
- deciduous trees (trees that lose their leaves every year) lose their leaves, usually turning yellow, red or brown.

Make it one of your goals this Autumn to visit one of your Greene County Parks to enjoy the beauty of the colorful leaves!

Although the drought that our area has experienced recently will affect the color and texture of the turning leaves, they are still a marvel to look at and to enjoy!

2024 BLUEBIRD TRAIL REPORT

This year Greene County Parks & Trails and Beaver Creek Wetlands Association merged their bluebird trail monitoring programs, with thanks to over 20 trained volunteers regularly monitoring nest boxes at the following reserves from March through August: Pearl’s Fen, Cemex, James Amon, Koogler, Siebenthaler Fen, Dane Mutter Prairie, Russ, Narrows, Spring Lakes, Karohl and Twin Towers Parks. Ohio Bluebird Society members of Franklin & Delaware counties donated pre-assembled nest boxes made from reclaimed wood and materials. Our nest box systems with poles & predator baffles have been approved for optimal conservation outcomes by the North American Bluebird Society.



We deterred invasive House Sparrows that do not require the nest boxes as our native species do. At Russ Nature Reserve in Beaver Creek, a nest of white bluebird eggs was laid – only about 5% of all bluebird eggs are white rather than blue.



Some Bluebirds will over-Winter here instead of migrating further south. They are attracted to and depend on native berry-producing bushes (e.g. Spicebush, Viburnums, Eastern Wahoo, Winterberry Holly, American Holly), and they enjoy heated bird baths and suet. Residents of Beaver Creek have been reporting an uptick in the number of bluebird sightings in the past two years – including some first-time bluebird sightings in their yards. Cornell’s eBird.org offers free accounts for submitting bird sightings (which can be submitted anonymously if desired). You can also help track bluebird and other bird populations by participating in the Christmas Bird Count opportunities this December and the Great Backyard Bird Count in February.

– Bethany Gray OCVN

This year, over 50 Eastern Bluebirds successfully fledged from seven sites, while native Tree Swallows and House Wrens also fledged from these and other sites. Tree Swallows are aerial insectivores that provide significant natural mosquito control in areas where they nest, and they are now migrating to Central America for the Winter.



FIVE BENEFITS OF VOLUNTEERING IN RETIREMENT

Column by Deb Taylor, Reimagine Aging Institute

Volunteering your time and energy helps strengthen your community, but it also has important emotional and physical benefits.

This article written by Deb Taylor, takes a look at how retired adults can reimagine aging through volunteering. With new studies being done, findings are that more and more benefits are linked with volunteering, specifically when volunteering after retirement.

1. HELPS BRIDGE GENERATION GAP

By interacting with younger generations, seniors are able to share important life lessons. On the flip side, younger generations are able to teach seniors new ways of looking at life. By building a connection with each other both generations are able to offer the respect and affirmation that humans crave.



2. VOLUNTEERING TIME MAKES YOU FEEL LIKE YOU HAVE MORE TIME

Giving others your time can make your time feel more affluent. A study done at Wharton College found that people who give their time felt more capable, confident and useful. Since they were able to accomplish one thing, they feel they will easily accomplish tasks in the future. So, even though realistically they have less time, they feel as though they have more time. Similarly, those who donate their money feel like they are wealthier.

3. IT'S GOOD FOR MENTAL HEALTH

Volunteering keeps the brain active, which contributes to a person's cognitive health. The National Institute on Aging



reported that participating in activities that are meaningful and productive may lower the risk of dementia and other health problems in seniors.

4. HELPS PREVENT SENIOR ISOLATION AND DEPRESSION

While getting out of the house is important at any age, research found that volunteering can have positive effects on a person's psychological health. In a study done by the Corporation for National and Community Service, researchers found that individuals who engaged in volunteering activities experienced a shorter course of depression than those who did not volunteer. Volunteering provides the senior a sense of purpose and accomplishment.

5. IT PROMOTES PHYSICAL ACTIVITY

Physical activity remains an important role in positive health outcomes through the oldest ages. Whether that activity is helping with a local sports team or walking around your neighborhood while volunteering as a companion, maintaining a healthy level of fitness helps fend off diseases as you age.

If you would like information about the upcoming 2024 election, use the QR code at right or go to the Greene County Board of elections at www.greencountyohio.gov/QuickLinks.aspx?CID=21





Wiggle Worms
Fun on the Farm



Caesar Ford Ranger Classic 2024



Babbling Bunnies



Greene Grasshoppers
Bubble Play



Naturalist Camp



Under the Sea Program



Slusher Family
Fishing Derby



Critter Camp



Pups on a Mission



Reptile Safari



Geology Program



Toad-ally
Together
Program

SENIOR PROGRAMS



Bingo in the Park



Music in the Park –
Bobby the Piano Guy



Music in the Park –
David Mullikin

GCP&T VOLUNTEER OPPORTUNITIES

October, November & December 2024

To sign-up to VOLUNTEER for any of these events, please contact Amy @ 937-562-6442

OCT

10/17 **Wiggle Worms** Fairgrounds Rec. Center 10am-12pm

10/24-26 **Pumpkin Glow** Caesar Ford Park 6pm-9pm

NOV

11/05 **Homeschool Science Days-Ohio Settlers** Indian Mound 10am-12pm

11/06 **Ohio Owls (Teaching)** Narrows Reserve 9:30am-11:30am

11/07 **Seasonal Hike** Narrows Reserve 10:30am-12:15pm

11/08 **Seasonal Hike** Narrows Reserve 9:15am-1:30pm

11/16 **Wiggle Hoppers Season of Giving** Fairgrounds Rec. Center 10am-12pm

DEC

12/07 **Santa's Workshop** GCP&T Headquarters 10am-12pm

12/14 **Wiggle Hoppers The Magic of Believing** GCP&T Headquarters 10am-12pm

12/21 **Winter Solstice** Russ Nature Reserve 6pm-9pm

GCP&T ACCOMPLISHMENTS & PROJECTS – JULY THROUGH SEPTEMBER 2024

- The remaining **park entrance signs** have been installed.
- **Xenia-Jamestown Connector** – biking, paving, and berm work are completed, as well & ADA ramps are being installed.
- **Narrows Reserve Building (Critter Cove)** walkway replacement is completed. Working on painting, floors, and lighting. Met with contractor on landscape/brush removal. Drop ceiling, lights, tree/brush removal completed. Painting/floor done. Hope to open in late October early November 2024.
- **McCalmont Park** – installed a new foot bridge and completed some drainage work.
- **Fairgrounds Recreation Center Park** – A Community Development Block Grant funds were secured for work at that Park. Basketball courts were resurfaced, painted/striped. Asphalt was added to gravel walking from rear parking lot to the large shelter. At the front of the park, new restrooms were renovated and new fencing replaced the old fencing at the horseshoe pits. Added gravel to the walking path from N. Detroit entrance into the Park.
- **Cemex Reserve** – Removed brush and weeds from retention basin for drainage purposes.
- **Courthouse** – installed a Memorial Tree in honor of Judge Hagler. The Memorial was arranged by Judge O'Diam.