January Board Meeting
Friends of MetroParks of Butler County
7 PM, January 8
River Center
100 S Carmody Blvd, Middletown, OH 45044

Why not enjoy the holidays in the parks?
Letter from the President

After waiting all last year for the arrival of the holiday season, when it finally arrived it blew past with hardly a trace. Maybe the 60ish mph winds had something to do with that. Somehow holidays falling in the middle of the week just mess with my head. I can’t imagine that either Christmas or New Year’s weeks were productive in the workplace. Just another good thing about being a retiree. I’m unproductive all year long.

There are lots of fun activities going on in the parks this month. Don’t let a little chilly weather keep you indoors. Dress in layers and brave the elements.

See you in the parks!

Bill Walker, President FOMPBC

Upcoming Events

Show and Tell on the Farm

Come out and enjoy winter on the farm with Show and Tell on the Farm at Chrisholm MetroPark. Topics this month include: ABC’s of Farm Life, Whose Mitten is This, Bird Beak Buffet, Migrate, Hibernate, Tolerate, Whose Tracks are These?, Pioneer Ice Farmers, and Farming by the Moon and Stars.

Fun on the Farm is on Thursdays from 10:00-11:00am and Sunday’s from 2:00-4:00pm

Please Note there will not be program on 1/02 due to the holiday.

Let’s Go Hiking Series

Tree identification is not too hard with leaves present, but how can we tell the difference between species in the winter? Join us at Huffman Park to learn how.

Saturday, January 18, 10:00 AM-12:00 PM
Huffman Park, 2100 John Gray Road, Fairfield, OH 45014.

Night Hikes

Not all hikes take place in daylight, especially in the short days of winter. Join us for the Full Moon Hike Series and the Owl Prowl Night Hike Series.

Full Moon Hike Series: the Wolf Moon
Forest Run MetroPark Wildlife Preserve
Friday, January 10, 6:30 – 8:00 pm
Register on-line by 1/9/20.

Owl Prowl Night Hikes:
Governor Bebb MetroPark
Saturday, January 18, 6:00 – 7:30 pm
Register on-line by 1/17/20.

Indian Creek MetroPark Springfield Road Area
Saturday, January 25, 6:00 – 7:30 pm
Register on-line by 1/24/20.

Did You Know

Kroger Community Rewards Update
FOMPBC organization # TM866

Kroger is committed to helping our communities
grow and prosper. Year after year, local schools,
churches and other nonprofit organizations earn $4
million in Greater Cincinnati, Dayton and Northern
Kentucky through their Community Rewards
program. FOMPBC is one of the Many wonderful
organizations that benefit from this program.

How Can YOU Help Us?
In April 2017 Kroger’s updated their Community
Rewards process and software. As of April,
supporters will no longer have to re-enroll their
Kroger Plus Card to earn dollars for your
organization. This will make it easier for you to
support us! Please take a moment and make sure
you are enrolled and supporting FOMPBC.
https://www.kroger.com/account/enrollCommunity
RewardsNow

Once you’re enrolled you will earn rewards for
FOMPBC every time you shop and use your Plus
Card.

Amazon Smile is a simple and automatic way for
you and your family to support FOMPBC every
time you shop from Amazon, at no cost to you.
Instead of shopping at Amazon.com you go to
https://smile.amazon.com. You will find the exact
same low prices, vast selection and convenient
shopping experience as Amazon.com, with the
bonus that Amazon will donate a portion of the
purchase price to FOMPBC.

Farm Animal Fund

Chrisholm Farmstead MetroPark is almost ready to
begin adding livestock to the new pens. Because
MPX can only make purchases from pre-approved
vendors, this red tape makes it difficult to buy
animals from individual farmers. Our status as a
501C3 tax-exempt non-profit group makes it
possible to streamline livestock purchases for
Chrisholm. We have set aside a special account for
such purchases. Please send your tax-free donation
to: Friends of MetroParks of Butler County
PO Box 691, Hamilton, OH 45012

Please make sure to make a note on the memo line
of your check “Chrisholm Animal Fund” to make
sure your donation helps populate the new
FarmScape.

Antifreeze the Natural Way
Lara Askill, Ag Ed Farm Manager

It’s that time of year to bundle up in warm clothes
when venturing outside. Have you ever wondered
how animals survive this bitter cold? For a warm-
blooded species, humans aren’t nearly as adapted to
the cold weather as other animals. We’ve all heard
about the thick fur on polar bears and the substantial
layer of blubber on seals. But what about some of
our smaller species that call Ohio their home, for at
least part of the year?

A few species, such as bats and monarch butterflies
migrate when daylight hours shorten, and
temperatures drop. The Eastern Chipmunk
burrows underground to hibernate until warmer
weather arrives in spring.
The star of the group could be the Wood Frog (*Rana sylvatica*). This amazing amphibian can survive extreme freezing temperatures of only 6°F. They may give “Queen Elsa” a run for her money. Wood frogs cope by producing cryoprotectants. These substances prevent ice crystals from forming inside their cells because the body’s freezing point is lowered. An animal’s body and cells are composed primarily of water. There is a delicate balance between the fluids outside and inside of cells. This is disrupted when ice forms and causes lethal damage to tissues.

When a cryoprotectant dissolves in water it forms strong bonds with the water molecules. This stops the water molecules from bonding with other water molecules to form ice.

Besides cryoprotectants, the wood frog also has evolved ice-nucleating agents which encourage ice formation. What? Seems counter-intuitive, but if produced in the right place, it ensures that ice will only form between the cells and not inside them.

Mammals, on the other hand, can’t let their bodies freeze. Thankfully, they have adaptations to survive even when their heart and breathing systems practically shut down. Scientists aren’t exactly sure how the Arctic Ground Squirrel can survive body temperatures to 26°F. These animals cleanse their bodies of all ice-nucleators though.

Why are we so interested in these adaptations? Currently around 114,000 people in the US are on a waiting list for a lifesaving organ transplant. On average, 20 people die every day from the lack of available organs. This number can be significantly decreased if we could freeze organs indefinitely instead of just chilling them for a few hours.

Understanding the processes could help scientists develop new techniques to freeze human organs for longer storage prior to transportation and therefore save more lives.

Stay warm out there.

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Critter Corner

Another guest critter from my recent Caribbean cruise. This is the Saint Lucian anole, a cousin of the familiar lizard often seen in the American southeast. The distinguishing feature of this species is the dorsal stripe and chevrons. Like its Florida cousin, male anoles have a flag beneath the chin which is used to flirt with the ladies during courtship. Anoles may be brown in drier areas or green in moist areas, with females often being duller in color. Bellies may be white to yellow, and the ring around the eye white, green, or blue. Thus far, the Saint Lucian anole is holding its own against two invasive species of anole. The invaders are presently limited to the area around the island capitol.
Like our Facebook Page for updates on:
- Upcoming members events & meetings
- Volunteering with MPX
- MPX programming
Project WILD & Aquatic WILD Workshop

**WHEN**
Saturday, February 29, 2020
9:00 a.m. - 3:30 p.m.

**WHERE**
Voice of America MetroPark
Ronald Reagan Lodge
7850 YOA Park Drive
West Chester, OH 45069

**PRICE**
$10.00/Participant
YourMetroParks.net
Registration Required by 2/21/2020

**ABOUT**
Project WILD & Aquatic WILD are interdisciplinary conservation and environmental education programs emphasizing wildlife. These programs are designed for K-12 formal and non-formal educators of all disciplines, and this workshop is tailored for Grades 1-5.

Connecting students to nature, scientific inquiry, bringing nature in the classroom, and giving students exploratory outdoor learning opportunities are focal points of Project WILD.

K-12 curriculum and activity guides for Project WILD and Aquatic WILD are supplied free of charge by the ODNR Division of Wildlife.

513.867.5835 | YourMetroParks.net
Motor Vehicle Permit Required. FREE to Butler County Residents. Non-Residents $5/daily or $10/annually.
Midnight at the Masquerade

**WHEN**
Saturday February 15, 2020
6:00-9:00 Show Time
Doors open 5:30 to mingle with the characters

**WHERE**
Voice of America MetroPark
Ronald Reagan Lodge
7850 VOA Park Drive
West Chester, OH 45069

**PRICE**
$45.00/person
Groups of 8 or more $41.99/person

**DINNER**
3-course dinner catered by City BBQ
Beef Brisket, Pulled Chicken, Pesto Veggies, Green Bean Classic, Smashed Potatoes w/Gravy, Dinner Rolls, Premium Salad, Peach Cobbler, Triple Chocolate Cake
Light Appetizers, Full Cash Bar Available. Non Alcoholic beverages available

**ABOUT**
Attend the Billionaires’ Club Annual Masquerade Ball and help get this soiree back on track by helping solve the crime.

Evening Wear, Ball gowns, Venetian masks, suits, and tuxes are what to wear to this class night of masks and murder!

Get ready for a glamorous evening of mystery, intrigue, and murder.

Pre-registration required

513.867.5835 | YourMetroParks.net
Motor Vehicle Permit Required. FREE to Butler County Residents. Non-Residents $5/daily or $10/annually.
JANUARY EVENTS

JANUARY 2020

NEW YEAR’S DAY ORIENTEERING
Rentschler Forest MetroPark
Timberhill Area
Wed., January 1, 11:00 a.m. - 1:00 p.m.
$10 for OCIN Members;
$15 for Non-Members
Pay at the Event

SHOW & TELL ON THE FARM
ABCS OF FARM LIFE
Chriskolm MetroPark
Historic Farmstead
Sun., January 5, 2:00 p.m. - 3:00 p.m.
FREE

SHOW & TELL ON THE FARM
WHERE’S MITTEN IS THIS?
Chriskolm MetroPark
Historic Farmstead
Thurs., January 9, 10:00 a.m. - 11:00 a.m.
FREE

FULL MOON HIKE SERIES
THE WOLF MOON
Forest Run MetroPark
Wildlife Preserve
Fri., January 10, 6:30 p.m. - 8:00 p.m.
Registration Required by 1/9/2020
FREE

NATURE DETECTIVES
RIVER CENTER SERIES
Bicentennial Commons
River Center
Sat., January 11, 10:30 a.m. - 11:30 a.m.
Registration Required by 1/10/2020
FREE

SHOW & TELL ON THE FARM
BIRD BEAK BUFFET
Chriskolm MetroPark
Historic Farmstead
Sun., January 12, 2:00 p.m. - 3:00 p.m.
FREE

SHOW & TELL ON THE FARM
MIGRATE, HIBERNATE, TOLERATE
Chriskolm MetroPark
Historic Farmstead
Thurs., January 16, 10:00 a.m. - 11:00 a.m.
FREE

LET'S GO HIKING SERIES
WINTER TREE ID
Huffman Park
2100 John Gray Road, Fairfield 45014
Sat., January 18, 10:30 a.m. - 12:00 p.m.
Pre-register by calling 513.867.5348
FREE

OWL PROWL NIGHT HIKE
Governor Bebb MetroPark
Sat., January 18, 6:00 p.m. - 7:30 p.m.
Registration Required by 1/17/2020
FREE

SHOW & TELL ON THE FARM
WHOSE TRACKS ARE THESE?
Chriskolm MetroPark
Historic Farmstead
Thurs., January 23, 10:00 a.m. - 11:00 a.m.
FREE

OWL PROWL NIGHT HIKE
Indian Creek MetroPark
Springfield Road Area
Sat., January 25, 6:00 p.m. - 7:30 p.m.
Registration Required by 1/24/2020
FREE

SHOW & TELL ON THE FARM
PIONEER ICE FARMERS
Chriskolm MetroPark
Historic Farmstead
Sun., January 26, 2:00 p.m. - 3:00 p.m.
FREE

SHOW & TELL ON THE FARM
FARMING BY THE MOON AND STARS
Chriskolm MetroPark
Historic Farmstead
Thurs., January 30, 10:00 a.m. - 11:00 a.m.
FREE

The mission of the MetroParks of Butler County is to provide a superior park system that maximizes the community’s quality of life through conservation, education, and recreation. For more information visit us at www.YourMetroParks.net or call 513.867.5835
Motor Vehicle Permit Required. FREE to Butler County Residents. Non-Residents $5/day or $10/annually.
# Friends of MetroParks of Butler County

**Our Mission**

To improve and preserve the parks for future generations, to educate and inform the public about the unique qualities of each MetroPark, and to encourage individuals and groups to participate in volunteer programs.

**Member Benefits**

- Invitations to Member-only events
- Opportunity to apply for funding to support MetroParks programs and projects
- Attend Annual Meeting and have a voice in Friends activities and direction

**Who Are We?**

Private citizens who have come together to:

- Sponsor programs & activities, promoting the use of MetroParks for conservation, education and recreation
- Encourage volunteerism toward support of MetroParks of Butler County
- Identify and implement improvements to the park
- Assist in raising funds, securing donations, and obtaining grants monies to further MetroParks’ mission

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**Yes, I/We want to be a member of Friends of MetroParks of Butler County!**

*Detach the form below and Mail it with your check to the address below*

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**Become a Friend!**

Simply fill in this form, detach and mail it with your check. Made payable to:

**Friends of MetroParks of Butler County**

PO Box 691
Hamilton, OH 45012

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<thead>
<tr>
<th>Pick an Annual Membership</th>
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<tbody>
<tr>
<td>☐ Individual - $10</td>
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<tr>
<td>☐ Family - $15</td>
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<tr>
<td>☐ Group/Business -$100</td>
</tr>
<tr>
<td>☐ Donation - $ __________</td>
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Name(s)/Contact ___________________________________ Date _______

Name(s)/Contact ___________________________________ Date _______

Group or Business Name________________________________________

Address________________________________________________________

City ___________________________ State ______ Zip _______

Home/Business Phone ___________________________ Cell Phone ___________________________

Email (required to receive newsletter) _______________________________