



# Naturally Speaking

Newsletter for the friends of the LaPorte County Parks.

Fall 2018

**Administrative Office**  
**Red Mill County Park**  
**Open: 7am-12pm-12:30pm-5pm**  
**Monday - Thursday**  
0185 S. Holmesville Rd.  
LaPorte, IN 46350  
219-325-8315  
Fax 219-325-8317  
E-Mail [lcparcs@csinet.net](mailto:lcparcs@csinet.net)  
[rangerjeremy@csinet.net](mailto:rangerjeremy@csinet.net)  
[www.laportecountyparks.org](http://www.laportecountyparks.org)

**Naturalist Office**  
**Luhr County Park**  
3178 S. 150 West  
LaPorte, IN 46350  
219-324-5855  
E-Mail [natureniki@csinet.net](mailto:natureniki@csinet.net)  
[rangerlaura@csinet.net](mailto:rangerlaura@csinet.net)  
[www.laportecountyparks.org](http://www.laportecountyparks.org)

**Luhr Park Maintenance**  
**Facility** 219-326-0524

**Creek Ridge County Park**  
7943 W. 400 North  
Michigan City, IN 46360

**Bluhm County Park**  
3855 S. 1100 West  
Westville, IN 46391

**(undeveloped)**  
**Kankakee Property**  
Kankakee Township

**Foundation Properties:**  
**(undeveloped)**  
**Sebert Property**  
Springfield Township

**George R. Menkes**  
**Nature Preserve**  
Galena Township



## Trails, Trails and More Trails!!

Access to good trails has been proven to be very important to communities and its quality of life. We at the County Parks Department strive to provide access to all types of trail that will be safe and enjoyable to our visitors and residents. Several years ago LaPorte County Parks was granted funds to extend Lincoln Memorial Trail at Bluhm County Park near Westville. While this extension along 350 South is only about ¼ of a mile, it was an important section because it connected to another trail that runs along Hwy 421. It is now possible for the people of Westville and New Durham Estates to visit our park without jumping in a vehicle to get there!

We are also in the beginning stages of improving approximately ½ mile of trail in Luhr County Park. This addition to the current trail system at Luhr will provide accessible paved trail that will be used for hiking, biking and running. It also will be utilized to access another 15 acres of wetland/prairie habitat that will be donated to the park in this process. Educational opportunities abound with this new addition to the park and our nature center staff will surely take advantage of this new opportunity and habitat type at Luhr. With this project we will also be adding a restroom, picnic shelter and parking lot to the park as well.

So, with the addition of these two trails, the addition of the floating bridge at Red Mill and the rehab of the Steelheaders Boardwalk at Creek Ridge, 2018 has been a very busy year for our small department in the area of trail expansion and improvement. Much of the funding for these projects and improvements came from the LaPorte County Park Foundation. Without the support from many of the people who love our parks and facilities these projects would not be possible. Please continue to enjoy our parks and trails and when you do realize that without visitor support many of them would not be possible!

*Jeremy Sobecki*  
*Park Superintendent*



See page 7 for pictures

# Programs - Programs - Programs

## Reptiles and Amphibians Oh My!



### Attention Formal Educators

If you teach 1<sup>st</sup> or 2<sup>nd</sup> grade students in a school that is in LaPorte County, your classroom could have a visit from a park naturalist, along with reptiles and amphibians. During the visit the students will learn the basic differences between reptiles and amphibians, while getting up close and personal with each. Programs can be set up for individual classes with visits to each room lasting 45 minutes to an hour each. Program visits are free and will be offered Nov. – Feb. on Mondays, Tuesdays and Thursdays. Program start time 9:30 am. Call 219-324-5855 to schedule your classroom visit.

## Pioneer Days


September 22 & 23  
10 am - 4 pm



Creek Ridge County Park  
\$2 for Adults / \$1 Child or Seniors  
Step into the past, visit with historically clad re-enactors and vendors. Bring the whole family and experience outdoor cooking, crafts, candle dipping, wagon rides, food, and much more. No pre-registration required.

## Parent and Child Discovery Days

6-7:15 pm Luhr Park **Ages 3-8**  
\$5.00 A Child / Per Program  
An adult is required to participate.

- Oct. 10- Amphibian Adventures
- Oct. 17- Be a Bird Nerd!
- Nov. 7- Who's Scat is that? 
- Nov. 28- Where did the leaves go?
- Dec. 5- Sensory Sensations
- Dec.19- Let it Snow!

Pre-registration and payment is required one week before each program. See page 5

## Mom and Son Dance "Halloween Style"

October 26 6:30 – 8:30 pm Red Mill  
\$15 per couple  
\$5 for each additional son

Come out to Red Mill County Park to enjoy an evening of friendly games, gross & disgusting treasures, night hike (weather permitting), light refreshments and much more. Kids costume contest. Hurry this will fill up fast!

**Pre-registration and payment required by October 19 or until full, whichever comes first. See page 5.**



## Laughter Yoga and Hike

Luhr Park 5:30-6:30 pm  
Min 5/Max20



September 26  
October 24  
November 14

Laughter Yoga is a new form of physical exercise. Its core premise is that your body can and knows how to laugh, regardless of what your mind has to say. Because it follows a body-mind approach to laughter, participants do not need to have a sense of humor or know how to tell jokes. Laughing is an easy way to strengthen all immune functions, bring more oxygen to the body and brain, foster positive feelings and improve interpersonal skills. Children must be accompanied by an adult. **Call at least one week in advance to signup & assure a spot 219-325-8315.**

## Painting in the Park

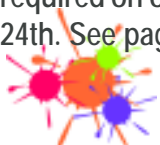
October 1  
Luhr Park  
6 - 8:30 pm  
\$20 wood sign  
ages 14 and up  
Min 5/Max 20



Come on out to the Nature Center for tons of painting fun. Hemlock

Heather will lead us on a adventure painting a 2'X11" wood sign. All supplies provided, children must be accompanied by an adult. Seating is limited so reserve your spot today.

Pre-registration and payment is required on or before September 24th. See page 5.



## World Drumming Circle

October 27  
1:30 - 3:30 pm

FREE bring a drum if you have one  
EEC Building (south side of Red Mill County Park)

Join A Mindful Place Community Drum Circle to participate in the Largest Drum Circle in the World. This global event is organized to support Peace and Global Unity starting in our own backyard.



No drum experience needed for this family friendly community event. (children must be accompanied by an adult) All drum appropriate instruments are welcome (rattles, shakers, rain sticks, native flutes, bells, tambourines, frame drums, etc.) There will be some available to use. Come play or listen on this special day.

# Programs - Programs - Programs



## Attention Homeschool Participants

**October 9**

### Fishing Fun

Luhr Park 10-11 am

For ages 6 - 13

Participants will learn how to cast and go fishing. Poles and bait will be provided.

Pre-register by October 2nd.

**November 14**

### Reptiles and Amphibians

Luhr Park , 10-11 am

For ages 6 - 13

Students will learn the basic differences between reptiles and amphibians, while getting up close and personal with each.

Pre-register by November 7th.

**Call 219-325-8315 to Register.**

Children must be accompanied by an adult.



## Nature's Tiny Tots

Come explore nature with toddlers and preschoolers in our Nature Center.

Designed for parents and grandparents to bring out the munchkins for some FUN. Enjoy music, dance with your kids, giggle, storytelling, take a hike (weather permitting) and just have plain ole fun. FREE



10 – 11 am at Luhr Park

Toddlers – Pre-School age

Call at least one week in advance to sign up 219-325-8315

August 20, 27

October 1

October 15 (come in Halloween Costume & bring treats to share)

November 19, 26

December 10, 17

## Reiki Level 1 Workshop

Must attend all 3 to be certified

Luhr Park Nature Center

**Ages 18 and older**

\$110 all three (for certification)

\$65 for one class

Min 4 / Max 8



**September 11** 6- 8:30 pm

**October 15** 6 - 8:30 pm

**November 26** 6 - 9 pm

You will learn from Instructor Stacy Coar about Reiki's rich history; the traditional Reiki frameworks; precepts; and hand positions for care of self and others. You must complete all three classes to receive your Reiki Level 1 certificate. You are welcome to take just one class however you will not receive a certificate. Reiki is a gentle non invasive, hands-on energy balancing system that introduces a state of peace, balance, bliss and joy.

**Pre-registration and payment due no later than September 4th or until full, whichever comes first. See page 6**

## Healthy Lifestyles

Join our delightful social club committed to help improve your quality of life. Plus you'll keep up with the health trends, gardening, medical information and balancing your active lifestyle. Come relax, enjoy nature, and have coffee or tea on the Parks with your new circle of friends.

Luhr County Park Nature Center from 9 – 10 am

Call at least one week in advance to signup & assure a spot.

Max 30 Call 219-325-8315 FREE



**September 12** - Composting, gardening, fall cleanup with Sacha Gee-Burns, Solid Waste District

**October 3** - Understanding Medicare Parts A,B, C and D as well as the upcoming Annual Enrollment Period. Even if you're not on Medicare yet, becoming familiar will enable you to make educated decisions. Presented by John Williams, Medicare Specialist for the State Health Insurance Assistance Program (SHIP).

**November 7** -LaPorte Hospital Improvements, Ashley Dickinson, CEO

## Poochpalooza

### Halloween Dog Social

October 2nd at 5:50 pm

Creek Ridge County Park

Dress up your dog and join us at Creek Ridge County Park – No leash Bark Park for our Halloween Dog Social! Judging categories will be best homemade costume, scariest, and best owner/pet combination and best tricks.

FREE - Pre-registration is required at least one week in advance.

Call 219-325-8315

Min 5 dogs





# Programs - Programs - Programs

## Essentially Well

November 8  
6 - 8 pm Luhr Park Nature Center  
Ages 18 and older  
\$22 for 6 rollerballs  
min 4/max 20

Meet Pam Harmon from Earthside Living inside the Nature Center at Luhr Park and learn what's all the buzz about essential oils and the health and lifestyle benefits. You will make 6 roller balls that will get you ready for the cold season and show you how to use the oils through reflexology. The Essential Oils we will make is Defense, Head, Respiratory, Seasonal, Stomach, and Throat make and take.

Pre-registration and payment due no later than October 26th or until full, whichever comes first. See page 6



## Women's Nature Retreat

### Refresh, Rebalance, Refocus

Red Mill County Park south side Environmental Education Center  
Friday, November 16  
8 am - 12:30 pm Sharp!  
\$25  
For ages 18 and older  
Min. 6/Max 20



You are invited to a stress free nature retreat; you will have a mindful day of joy and pampering while unplugged to the outside world. (no cell phones allowed)

We will have, Reflexogy, Reiki, Yoga/Palettes, Chakra, Energy Healing, Aroma Therapy, Muscle Care, Everything will be provided. Wear comfortable clothes and shoes (flip flops not recommended), bring your yoga mat if you have one (we will have some available).

Pre-registration and payment due no later than November 8th or until full, whichever comes first. See page 5

## Beginner Meditation

November 13  
Luhr Park  
6 - 8 pm  
Ages 18 and older  
\$20  
Min 4/Max 12



Instructor Stacy Coar will teach you how to quiet your mind with breathing techniques along with multiple ways to meditate. We will be using mindfulness and other awareness and relaxation techniques. You will experience deep inner peace, self-awareness, clarity and creativity. The classes are easy and fun and will make your life more joyful.

Pre-registration and payment due no later than November 7th or until full, whichever comes first. See page 6

## Advanced Meditation

Luhr Park  
December 3  
Ages 18 and older  
6 - 8 pm  
\$20  
Min 4/Max 12



This class will explore ways to advance your mediation to the next level using exercises and techniques including sound and guided mediation to connect and balance your energy. During this session, instructor Stacy Coar uses her abilities as an intuitive to create a guided experience that assists guests with inner healing, spiritual awakening, focus, and self-mastery.

Pre-registration and payment due no later than November 25th or until full, whichever comes first. See page 6

## Northern Indiana Walk for PKD – 2-Mile Walk

Saturday, September 8, 2018  
Check in 10 am Walk 11:10 am  
Creek Ridge County Park – Michigan City, IN

For more information, please contact Walk Coordinator,  
[northernindianawalk@pkdcure.org](mailto:northernindianawalk@pkdcure.org)



Polycystic Kidney Disease (PKD) affects thousands of Americans and 12.5 million children and adults, worldwide. There is no treatment or cure, but there is hope.

### Walk, form a team, help with the committee, volunteer and more!

Register online and take advantage of a host of effective and Free online team features like emailing members, tracking team progress and fundraising tools.

Contact the PKD Foundation for more information on how you can help.  
[www.pkdcure.org](http://www.pkdcure.org). Come join us. [www.walkforpkd.org/northernindiana](http://www.walkforpkd.org/northernindiana)



# LaPorte County Park Programs

Mail this form with payment or pay in person at  
Red Mill County Park. 219-325-8315  
www.laportecountyparks.org Please Print

Name of Person filling out registration: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Parent/ Child Discovery Days (Ages 3-8)**  
Wednesday nights 6-7:15 pm at Luhr County Park  
Registration due one week before program or until the program is full whichever comes first.

Name of child: \_\_\_\_\_

Age: \_\_\_\_\_

Check the program(s) you wish to attend.  
\$5 per program / per child.

\_\_\_\_ Oct. 10    \_\_\_\_ Oct. 17    \_\_\_\_ Nov. 7

\_\_\_\_ Nov. 28    \_\_\_\_ Dec. 5    \_\_\_\_ Dec. 19

\_\_\_\_\_ Total Amount Due (no refunds)

**Women's Retreat---** Red Mill South Side EEC  
November 16 8 am- 12:30 pm \$25 per person  
Registration is due on or before November 8 or until the program is full whichever comes first.

min 6 / max 20

Number of attendees: \_\_\_\_\_ Age: \_\_\_\_\_

Name(s) \_\_\_\_\_

\_\_\_\_\_ Total Amount Due (no refunds)

**Painting in the Park---** Luhr Park Nature Center  
October 1 6-8:30 pm \$20 per person  
Registration is due on or before September 24 or until the program is full whichever comes first.  
min 5 / max 20

Number of attendees: \_\_\_\_\_ Age: \_\_\_\_\_

Name(s) \_\_\_\_\_

\_\_\_\_\_ Total Amount Due (no refunds)

## Mom / Son Dance "Halloween Style"

October 26 6:30 – 8:30 pm at Red Mill  
\$15 per couple and \$5 for each additional Son  
Registration is due on or before October 18 or until the program is full whichever comes first.

Name of Adult Female: \_\_\_\_\_

Name of Son: \_\_\_\_\_

Son's Age: \_\_\_\_\_

Name of additional Sons: \_\_\_\_\_

Additional Son's Age \_\_\_\_\_

\_\_\_\_\_ Total Amount Due (no refunds)

### Registration Information

**Make Checks Payable to:**  
LaPorte County Parks Dept.

**Mail form and payment to:**  
LaPorte County Parks Dept.  
Program Registration  
0185 South Holmesville Road  
LaPorte, IN 46350

No registrations will be accepted after the due date or when the program is filled whichever comes first. If you are interested in a program, avoid disappointment and sign up right away.



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Mail this form with payment or pay in person at  
Red Mill County Park. 219-325-8315  
www.laportecountyparks.org Please Print

Name of Person filling out registration: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Essentially Well**--- Luhr Park Nature Center  
November 8 6-8 pm \$22 per person  
Registration is due on or before October 26 or until the program is full whichever comes first.

min 5 / max 20  
Number of attendees: \_\_\_\_\_ Age: \_\_\_\_\_

Name(s) \_\_\_\_\_

\_\_\_\_\_ Total Amount Due (no refunds)

## Registration Information

**Make Checks Payable to:**  
LaPorte County Parks Dept.

**Mail form and payment to:**  
LaPorte County Parks Dept.  
Program Registration  
0185 South Holmesville Road  
LaPorte, IN 46350

No registrations will be accepted after the due date or when the program is filled whichever comes first. If you are interested in a program, avoid disappointment and sign up right away.

**Beginner Meditation**--- Luhr Park Nature Center  
November 13 6-8 pm \$20 per person  
Registration is due on or before November 7 or until the program is full whichever comes first.

min 5 / max 12  
Number of attendees: \_\_\_\_\_ Age: \_\_\_\_\_

Name(s) \_\_\_\_\_

\_\_\_\_\_ Total Amount Due (no refunds)

**Advanced Meditation**--- Luhr Park Nature Center  
December 3 6-8 pm \$20 per person  
Registration is due on or before November 25 or until the program is full whichever comes first.

min 5 / max 12  
Number of attendees: \_\_\_\_\_ Age: \_\_\_\_\_

Name(s) \_\_\_\_\_

\_\_\_\_\_ Total Amount Due (no refunds)

**Reiki Level 1 Workshop** --- Luhr Park Nature Center  
Must attend all 3 to be certified

**Ages 13 and older Program Full**

\$110 all three (for certification)

\$65 for one class

Min 4 / Max 8

\_\_\_\_\_ Attending all Three Classes \$110

Attending One Class

\_\_\_\_\_ September 11 6- 8:30 pm \$65

\_\_\_\_\_ October 15 6 - 8:30 pm \$65

\_\_\_\_\_ November 26 6 - 9 pm \$65

Number of attendees: \_\_\_\_\_ Age: \_\_\_\_\_

Name(s) \_\_\_\_\_ **Program Full**

\_\_\_\_\_ Total Amount Due (no refunds)

# Trails, Trails and More Trails!!



New Floating Bridge at Red Mill County Park



Boardwalk at Creek Ridge County Park



New Trail at Bluhm County Park

## LaPorte County Parks Staff

Jeremy Sobecki- Superintendent  
 Char Kalk- Office & Finance Manager  
 "Nature" Niki Schmutte- Chief Naturalist  
 "Ranger" Laura Moyer - Rec. and Ed. Programmer  
 Bob Goethals- Maintenance Supervisor  
 Boyd Lomow - Maintenance Technician  
 Barb Janeczko - Maintenance Technician

## Seasonal Staff / Part-time

'Ranger' Joanne Janisch - Naturalist Assistant  
 "Hemlock" Heather Banas- Nature Center Attendant  
 Sharon Bonner - Office  
 Canaan Pickens- Maintenance  
 Tim Ludlow- Maintenance  
 Greg Weaver- Maintenance  
 Bob Szilagyi- Maintenance  
 Ken Havlin - Gate Keeper

## Park Board

Ronald Knickrehm- President  
 Brian Root- Vice President  
 Mary Foell  
 Erin Lozano  
 Amanda Nebelung  
 Jim Holifield  
 Kate Ardissono

## Foundation Board

Jim Jessup, President  
 Stephanie Oberlie, Treasurer  
 Sandy Menne  
 Bill Hedge  
 Steve King  
 Liz Kaminski  
 Ed Merrion  
 Tom Thode  
 Amy Riehle

## County Commissioners

Richard Mrozinski  
 Connie Gramarossa  
 Vidya Kora

## County Council Members

Jeff Santana  
 John Sullivan  
 Randall Novak  
 Mark Yagelski  
 Terry Garner  
 Cary Kirkham  
 Mike Mollenhauer



**Visit our website for more  
park information:**

**[www.laportecountyparks.org](http://www.laportecountyparks.org)**

Regulations of the U.S. Department of Interior strictly prohibit unlawful discrimination in departmental programs on the basis of race, color, national origin, age, or disability. Any person who believes he or she has been discriminated against in any program, activity, or facility; or who desires further information regarding Title VI or subtitle A of title II of the Americans with Disabilities Act, Pub. L. 101-336, which prohibits discrimination on the basis of disability by public entities should write to:

LaPorte County Parks  
Attn: Superintendent  
0185 S. Holmesville Rd.  
LaPorte, IN 46350

National Park Service  
Attn.: Director Equal  
Opportunity Program  
P.O. Box 37127  
Washington, D.C. 20013-7127

**Receive this newsletter by email**

To receive this newsletter by email send us a message at [natureniki@csinet.net](mailto:natureniki@csinet.net). Please include Naturally Speaking in your subject. In the message please include your full name and email address you would like to receive the newsletter at.

**All the Parks are  
Open 7am to  
sunset daily.**

**Teachers, Groups, Scout Leaders**

Free Environmental Education Programs are offered to groups throughout the year. The programs last one hour or longer depending on the group size and age. Programs can be scheduled at Creek Ridge Park, Luhr Park, Bluhm Park or Red Mill Park. Call the Nature Center at 219-324-5855 for information or to make reservations.



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