2012 flower city looking good

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Thomas S. Richards, Mayor
City of Rochester, NY

for a healthy community

Living well is the goal. As individuals. And together.

MVP Health Care is proud to support wellness in all its forms by helping our whole community build a healthier future.

MVP℠ HEALTH CARE

www.mvphealthcare.com

Get out, get healthy, get excited about Rochester!

Your good health is just around the corner: Plant some flowers and vegetables in your neighborhood, visit an undiscovered park, hike the new El Camino Trail, look for new bike lanes in the City and visit the Public Market!

The recipe for good health includes a renewed sense of discovery and excitement about life. Rochester has a variety of scenic parks, historic homes and neighborhoods, and a resurgent local agriculture community that gathers at the Rochester Public Market and several neighborhood farmers markets. The benefit to you is more exercise and more outdoor time. Avenues of exploration have been improved with new bicycle lanes on several key streets and a new trail that connects neighborhoods – the El Camino Trail.

You might see a bald eagle cruising overhead, or a rabbit munching on some clover. There is often a sense of rejuvenation that comes from contacts with nature, and a realization that we are connected to the flowers in the garden and even the weeds in the sidewalk – albeit a tenuous connection! How can grass grow so well in the sidewalk cracks when it struggles in the lawn that we fertilize and mow? It is precisely that ability of weeds to overcome challenges that inspires some people to be persistent in their own struggles.

Recipe for good health:
1 part fresh air and sunlight,
1 part exercise,
1 part good food, and
1 part getting to know your neighbors and making new friends.

Mix these ingredients together every day as you discover Rochester's history and natural wonders.

Many communities in the United States have relatively extreme climates, where heat and severe cold limit the options for farmers. Rochester is fortunate to be surrounded by some of the best fruit growing land in the country. Our "fruit belt" is especially productive because Lake Ontario and the Finger Lakes moderate our temperatures enough to grow amazing cherries, peaches, nectarines and apricots, as well as strawberries, apples, grapes, blueberries and raspberries. These can be grown in your backyard, picked at a nearby farm, or purchased at a local farmers market or grocery store.

Rochester is lucky to have such a diverse mix of vegetables grown in the area, compared to the commodities in the Midwest, where corn and soybean fields extend for miles. Our diverse local foods inspire Rochester's chefs and cater to the many cultures that shop in places like the Public Market. Fresh food, fresh water and fresh air are in abundance in Rochester!

Bringing kids and nature together

If you would like to share your interest and knowledge of nature with the next generation, please consider volunteering to help the Flower City Kids program through which elementary school children plant seeds in the class room and then plant them outside in the spring. There is also an Earth Explorer program at the Rec Centers, through which kids learn about the natural world around them, from raising monarch butterflies to identifying trees. Volunteers could read books, help students with projects and work in the gardens. Visit www.cityofrochester.gov/flowercitykids.

FREE Horticultural Workshops and Talks

March through October, 2012

Spring/Summer Garden Talks

Many of these talks will be hosted by Master Gardeners of Cornell Cooperative Extension of Monroe County (www.mycce.org/monroe). Subjects include gardening on a budget, growing plants from seed, planning a vegetable garden, maximizing color with annuals and perennials, raising herbs and recognizing poison ivy. Each week will offer a different presentation, learn from your fellow gardeners and bring plants for help in identification. Talks will last about 45 minutes, with Q & A throughout.

April 17 – June 5, 6–6:45 pm Tuesday's at the Community Centers

April 17: Carter Street Community Center, 500 Carter St.
April 24: Avenue D Community Center, 200 Ave. D
May 1: Campbell Street Community Center, 524 Campbell St.
May 8: Thomas P. Ryan Community Center, 530 Webster Ave.
May 15: Edgerton Community Center 41 Backus St.
May 22: South Avenue Community Center, 999 South Ave.
May 29: David F. Gantt Community Center, 700 North St.
June 5: Flint Street Community Center, 271 Flint St.

April 14–June 9: 12:30–1:30 pm Saturdays at the Libraries,

April 14: Sully Branch 530 Webster Ave.
April 21: Winton Branch 611 N. Winton Rd.
April 28: Arnett Branch 310 Arnett Blvd.
May 5: Charlotte Branch 3615 Lake Ave.
May 12: Monroe Branch 809 Monroe Ave.
May 19: Lyell Branch 956 Lyell Ave.
May 26: Lincoln Branch 851 Joseph Ave.
June 2: Maplewood Branch 1111 Dewey Ave.
June 9: Phillis Wheatley Branch 33 Dr. Samuel McCree Way

Fall Garden Talks

Check www.cityofrochester.gov for the fall dates, TBA.

Subjects will include seeding grass, dividing perennials, pruning shrubs, planting garlic, saving vegetable seeds, planting spring bulbs and composting. Fall is the best time to plant almost anything, except tomatoes and peppers. It is an excellent time to plant a late season crop of lettuce, peas and spinach. Perennials, shrubs and trees will have time to get their roots established in the warm fall soil with months to develop before facing the heat of summer. Planting in the fall will mean much less watering next summer and significantly larger plants.

Saturday Rose Workshops at Maplewood Rose Garden, 10 am–12 pm. Greater Rochester Rose Society members will provide expert advice on roses and hands–on demonstrations. Meet by the fountain at the Maplewood Rose Garden, corner of Lake Ave. and Driving Park Ave. Free admission and no prior registration, rain or shine.

May 5: Pruning Roses
July 28: Insects and Fungal Diseases in the Rose Garden
October 6: Winterizing Your Roses

See page 11 for additional gardening and cooking classes at Cornell Cooperative Extension of Monroe County, or visit www.MYCCE.org/Monroe.

Local Gardening Classes

Rochester Civic Garden Center www.rcgg.org

Northeast Organic Farming Assoc. of New York (NOFA–NY) www.nofany.org

Rochester Roots (summer classes for teachers) www.rochesterroots.org

Special Events

Flower City Days at the Market

Sundays, May 6, 13, 20 & 27, June 3, 8 am – 2 pm; Memorial Day Weekend, May 25 & 28. Rochester Public Market, 280 North Union St. (585) 428–6907. www.cityofrochester.gov/publicmarket

Visit these Sunday sales that attract 20,000 shoppers each week. Hundreds of area growers bring plants directly to gardeners. Join in Rochester's green revolution by recycling your old plant containers! Master Gardeners from Monroe County Cornell Cooperative Extension available to answer all your gardening questions. Vendor spaces still available, call (585) 428–6907.

Lilac Festival in Highland Park

May 11–20. www.lilacfestival.com

Includes the Master Gardener Plant Sale and other specialty vendors in front of Cornell Cooperative Extension of Monroe County's offices at 249 Highland Ave.

Maplewood Rose Celebration

Horticulture, Historic Homes and Heritage of the Maplewood Neighborhood! Saturday & Sunday, June 16 & 17 Maplewood Park and Rose Garden, corner of Lake Ave. and Driving Park Ave.

Bring family and friends for a photo op with over 5,000 roses. Held during the peak of the blooming season, the event focuses on the beauty of more than 300 rose varieties and 5,000 roses.

Enjoy hands–on garden/landscape activities for adults and kids from Rochester's top–notch professionals in the "green" industry, and jazz and wine in the garden on Saturday evening.

Other activities: Party on the Driving Park Bridge (Friday, June 15) and a Father's Day Picnic, bring your father to smell the roses on Sunday, June 17. Sponsored by the Maplewood Neighborhood Association (www.cityofrochester.gov/maplewoodrosefest), MVP Health Care, Wegmans, and the City of Rochester.

History and Nature Walks

Friends of Mount Hope Cemetery
In 1838 Mount Hope Cemetery was dedicated as the first municipal Victorian cemetery in the United States. Volunteers conduct public and theme tours starting May 5 and concluding on October 28, 2012. Call (585) 461–3494 or visit www.fomh.org.

Landmark Society of WNY: Formed in 1937—a decade before the founding of the National Trust for Historic Preservation—LSWNY hosts walking tours of historic neighborhoods and Ghost Walk in October. Call (585) 546–7029 or visit www.landmarksociety.org.

Family Walks in Washington Grove
Nestled behind the reservoir atop Cobb's Hill is a beautiful grove of giant old oaks, named Washington Grove after our First President. A dedicated coalition of people and neighborhood groups is collaborating with The Friends of Washington Grove and the City to restore and protect the Grove. Meet on the east side of the reservoir where street parking begins on the one-way circle around the reservoir. (585) 234–1056.

Saturday, April 28, 8:30 am: Mighty giants of the Washington Grove. Spring morning walk with Peter Debes of the Friends of Washington Grove. Look for the spring wildflowers and other plants that were reintroduced in 2011.

Saturday, May 12, 8:30 am: Birds in the Washington Grove. Peter Debes will identify songsters, explain why they come to the Grove and how to secure them for the next generation. Binoculars recommended. Rain Date: May 15.

Saturday, June 9, 8:30 am: Bugs 'n Critters in the Cobb's Hill Forest (Family/Adult with child 3–9 yrs). Join a naturalist of the Friends of Washington Grove. Learn how to recognize 8 different kinds of soil animals and discover just what they are doing in the forest.

Saturday, Aug. 25, 8:30 am: An Old Growth Forest in the City. Enjoy the tranquility and mystery of this beautiful old growth forest. Learn to recognize these giant trees and find out what is being done to protect them and remove invasive species.

Falcons in the City
Thursday, May 17 at 6 pm: Monroe Branch Library, 809 Monroe Ave.
Monday, May 21 at 6 pm: Lyell Branch Library, 956 Lyell Ave.

The Challenges of Invasive Species of Birds and Plants
Thursday, April 26 at 6 pm: Sully Branch, 530 Webster Ave.
Monday, May 7, 5:30–6:30 pm: Highland Branch, 971 South Ave.

Saturday, September 15, 2012: Historic Maplewood Home Tour and photo exhibit, 11 am–4 pm. Self Guided tour inside six architect-designed homes in one of Rochester's most distinguished neighborhoods. Listed on The National Register of Historic Places, visitors will be delighted to discover the high quality materials and craftsmenship in Craftsmen, American Foursquare, Queen Anne and Tudor, hidden gems. General Admission Tickets, $12 day of tour at the 2012 headquarters, The Claude Bragdon designed, Maplewood YMCA, on 25 Driving Park Avenue. A Photo Exhibit featuring the architecture of Claude Bragdon will be on display at The YMCA. Advance sales tickets available for $10 at Parkleigh and The Peppermill restaurant. www.maplewood.org and (585) 458–3460.

Health and Wellness Activities

Tuesday Cycling Nights will lead us to explore the city's natural environment—to appreciate how the land and waters were before the city was founded, and to revisit the natural and built environments of 1835 Rochester. Cancellations due to weather will be made at start time on site. All rides led by a Board Member of the Rochester Bicycling Club. Helmets required for bike rides. Information at (585) 428–6770.

June 5: Guided Bike Ride, High Falls Neighborhood. Meet at the Pont de Rennes Bridge, behind the Centers at High Falls. Travel along the Genesee Riverway Trail and by road into the community. Ride through downtown Rochester, Genesee Valley Park, Corn Hill, Susan B. Anthony neighborhood which contains the Frederick Douglass Museum site. A 10–mile ride on flat terrain, city roads and paved trail. This ride is repeated during the River Romance Weekend in October.

June 12: Guided Bike Ride, Genesee Valley Park Neighborhood Trails. Meet at the Genesee Valley Park pool parking lot, 131 Elmwood Ave. Bike on the Erie Canal, Genesee Riverway, Lehigh Valley North and Genesee Valley Greenway Trails. A 12.5–mile ride on flat terrain, paved and unpaved trails.

June 19: Guided Bike Ride, Seneca and Turning Point Parks. Meet at Seneca Park Zoo parking lot. We cross over to the west side of the Genesee River to ride on the Genesee Riverway Trail north to the Port of Rochester. Spectacular views of the river gorge, ride on the 4,000 foot boardwalk in Turning Point basin, and under the O'Rorke Bridge. A 12–mile ride on a paved trail with a few moderate hills. This ride is repeated during the River Romance Weekend in October.

June 26: Guided Bike Ride, Maplewood neighborhood. Meet at the Rose Garden parking lot, Lake Ave. & Driving Park Ave. Ride on the Genesee Riverway Trail through Seneca Park. See the stately homes on Seneca Parkway. Close up views of the Lower Falls and the Genesee River Gorge. A 9–mile ride on a paved trail and city roads with a few moderate hills.

July 3: Guided Bike Ride, University Ave. Neighborhood of the Arts and East Ave. Begin at the Rochester Public

MVP HEALTH CARE

Join us as we peddle our way to new adventures!
June 5 - August 28, 2012
All rides start promptly at 6 pm, please be ready to ride on time.

FREE MVP Health Care Tuesday Guided Bicycle tours

Market, 280 N. Union St. Ride along University Ave. to view sidewalk art and enjoy the George Eastman House gardens. A 10–mile ride on flat terrain, city roads.

July 10: Guided Bike Ride, Park Avenue Neighborhood and East Ave. Meet at the Towner's Bicycle Shop, 1048 University Avenue. Ride along East Ave. to view the beautiful mansions. Enjoy the great view of the City from the top of Cobb's Hill & the Reservoir. A 10–mile ride on City roads, one climb to the top of Cobb's Hill.

July 17: Guided Bike Ride, Charlotte Neighborhood and Lake Ontario Parkway Trail. Meet at the boat launch Port of Rochester (Charlotte). Great views of Lake Ontario and the ponds along Edgemere Drive with beach front homes. We will walk a short distance along the Lake Ontario beach front 'secret sidewalk' in front of the beautiful lakeside homes. A 13.6–mile ride on paved trails and roads.

July 24: Guided Bike Ride, LOSP and Route 390 Trails. Meet at the boat launch Port of Rochester (Charlotte). Ride on a trail along side the Lake Ontario State Parkway (LOSP) and along side Route 390 in Greece, NY. The ride starts at Charlotte Beach; we turn around at Ridge Road West. then return to follow the route backwards. A 17–mile ride on flat terrain, paved trails.

July 31: Guided Bike Ride, Mount Hope Cemetery. Meet at the Genesee Valley Park pool parking lot, 131 Elmwood Ave. Explore the oldest municipally maintained Victorian cemetery in the United States. This will be a slow ride and walk in Mt. Hope cemetery with many stops. The tour is lead by the Friends of Mount Hope Cemetery. We will stop to view many grave sites including those of Frederick Douglas and Susan B. Anthony.

August 7: Guided Bike Ride, Corn Hill neighborhood. Meet at the Genesee Valley Park pool parking lot, 131 Elmwood Ave. Bike on the Genesee Riverway Trail and explore the Corn Hill neighborhood to view the many historic and stately homes. Approximately a 10–mile ride, paved trail and City roads.

August 14: Guided Bike Ride, South Wedge Neighborhood. Meet at the Genesee Valley Park pool parking lot, 131 Elmwood Ave. Bike on the Genesee Riverway Trail and on the bicycle lane on South Ave in the Wedge, a neighborhood which is enjoying a rebirth with new housing and businesses. An 11–mile ride on paved trail and City roads.

August 21: Guided Bike Ride, Sea Breeze Neighborhoods. Meet at Summerville Genesee River parking lot at the end of St. Paul Street. Enjoy the beauty of Durand Eastman Beach, Durand Eastman Park and the Sea Breeze Neighborhood. A 10.5–mile ride, paved trails and City roads, one hill climb.

August 28: Guided Bike Ride, Genesee Valley Park Neighborhood Trails. Meet at the Genesee Valley Park pool parking lot, 131 Elmwood Ave. Bike on the Erie Canal, Genesee Riverway, Lehigh Valley North and Genesee Valley Greenway Trails. A 12.5–mile ride on flat terrain, paved and unpaved trails.

Rochester Bicycling Club's Slow & Easy Ride Series: Weekly from May to October, these rides, led by members of the Rochester Bicycling Club, are longer (9 to 23 miles), utilize rural streets and trails, and are designed for riders who want to develop their riding skills. Helmets required and riders under 18 must be accompanied by an adult. www.rochesterbicyclingclub.org.

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The Shared–Lane Marking indicating where a cyclist has the right to ride.

Health and Wellness Activities

FREE MVP Health Care Thursday Hiking tours

Thursday evening hiking events will highlight the natural wonders of the City of Rochester. June 7 through August 30, 2012, 6 pm.

June 7: Turning Point Park, 6 pm. Meet at Boxart Street parking lot. Hike across the picturesque Genesee River board walk and discover the Red Falls Trail and Bullock Woods.

June 14: Village of Charlotte, 6 pm. Meet at the Petten Street Parking Lot, just off Lake Avenue. Walk to the Charlotte Genesee Lighthouse, Charlotte Cemetery (resting place of the famous Sam Patch), and the Bill Davis Overlook.

June 21: Lower and Middle Falls, 6 pm. Meet in the Maplewood Rose Garden Parking Lot, corner of Lake Ave. and Driving Park Avenue. Walk the west side of the Genesee Gorge and visit Maplewood Park. Hike also includes former villages of Kelsey's Landing and McCrakenville, as well as the Lower and Middle Falls of the Genesee.

June 28: El Camino Trail, 6 pm. Meet at the corner of Clifford Avenue and Conkey Avenue, for a hike to the Seneca Park Zoo and back. Rochester's newest trail, initiated by the Genesee Land Trust, follows the former railroad bed through residential and commercial districts.

July 5: Seth Green Drive, 6 pm. Meet at the Seth Green Drive parking area, just off St. Paul Blvd. Hike will include the switchback trail, the path along the river and the former village of Carthage.

July 12: Cemeteries along Lake Avenue, 6 pm. Meet at the entrance of Riverside Cemetery. Visit historic Riverside and Holy Sepulchre Cemeteries, including the grave of Rattlesnake Pete. See some of the largest and most beautiful trees in Rochester.

July 19: Historic Genesee Valley Park, 6 pm. Meet in the south end of the park at the dead end of Hawthorne Drive, close to the East River Road entrance. Genesee Valley Park was designed by Frederick Law Olmsted, and is the junction of a multitude of trails, bike paths and waterways.

July 26: Brooks Landing to the former Camp Fitz–John Porter Civil War training camp, 6 pm. Meet at the west end of the pedestrian bridge near Brooks Avenue and Genesee Street. Experience Rochester history from the days of the Iroquois, to the Underground Railroad, and 19th and 20th century industrialism. See the progress on the conversion of the Erie Railroad Bridge, Rochester's newest pedestrian bridge over the Genesee.

August 2: Jones Park, 6 pm. Meet in the northeast section of the park, at the corner of Lorimer Street and Plymouth Avenue North. Visit the least known Frederick Law Olmsted designed park in Rochester. This grand square of large trees and expansive lawn has a beautiful fountain surrounded by rose bushes.

August 9: Seneca Park North, 6 pm. Meet in Seneca Park, north of the zoo at Trout Pond. Explore the historic Olmsted designed Seneca Park North including: Trout Pond, Aviary and Bandstand, and the historic trail system.

August 16: Lakefront of Charlotte, 6 pm. Meet on Tamarack St. (Tamarack runs south off Beach Ave.). View the historic, lakefront homes and the "secret sidewalk", and visit the Port of Rochester, and the Charlotte/Genesee Lighthouse.

August 23: Pulaski Park, 6 pm. Meet in the northeast section of the park, at the corner of Avenue D and Carter Street. The rolling hills of this park create a wonderful area to walk in all seasons. This is a relatively undiscovered park.

August 30: Downtown Heritage Trail, 6 pm. Meet in front of the Susan B. Anthony House on King Street. Explore the new Rochester Heritage Trail, from the Genesee River west to the Susan B. Anthony Historic District.

ROCHESTER PUBLIC MARKET

The Secret is *Out!*

Fresh Produce 52 weeks a year

Flower Days at the Market

Night Markets featuring Bands on the Bricks

Holidays at the Market

Take a tour & find out why the Public Market is Rochester's favorite!

Rochester Public Market, 280 N. Union St., Rochester

one city ROCHESTER

Thomas S. Richards, Mayor
City of Rochester, NY

Paddling, canoes and kayaking opportunities

August 14: Guided Canoe/Kayak Paddle, Genesee Valley Park. 6 pm. Meet at the Genesee Waterways Center, 149 Elmwood Avenue. This tour takes paddlers from Genesee Valley Park south to the Genesee River's convergence with the Erie Canal, and on to Red Creek. See historic Olmsted landscape and bridges from the water. Explore the wilderness of Red Creek as it weaves its way through a Brighton neighborhood. Fee: $15 per person. Preregister between June 4 and August 3 by calling 585-428-6770.

October Canoe and Kayak rentals provided by the Genesee Waterways Center. Available 9 am-4 pm during River Romance Weekend (Oct. 6-7) at the Turning Point Park landing. Turn east on Boxart St. off Lake Ave., right turn to parking lot, then walk down to Genesee River boardwalk. Fees: $15 per hour; $25/ 2 hrs., $40/day.

Genesee Waterways Center (GWC) Headquartered in Genesee Valley Park, the Genesee Waterways Center (GWC, www.geneseewaterwayscenter.org) is the gateway to outdoor activities on or near the water in Western New York. GWC is a not-for-profit organization that promotes paddling, rowing and sculling, and related outdoor activities—programs for everyone! The Center offers top-notch instructors and growing facilities, extensive rental equipment for canoeing and kayaking, and more for visitors to make the most of their outdoor experience. These recreational facilities and year-round classes are available to all ages and ability levels, from youth to adults, from novice competitive!

August 18-19: 8th Annual GWC Lockapalooza at the Lock 32 Whitewater Course in Pittsford, (585) 328-3960. www.lockapalooza.com

August 25-26: USRowing Diversity Regatta, featuring minority rowing teams from around the United States.

July 24, July 26, August 28, August 30, 6-7:30 pm: Guided Outrigger Canoe Paddles A great introduction for beginning paddlers at Genesee Valley Park, Genesee Waterways Center, 149 Elmwood Avenue. These Skyline Tours take paddlers from Genesee Valley Park to the South Wedge neighborhood and features a breathtaking view of the city. For information or registration (beginning June 4 and closing a week before the paddle), call Anita O'Brien, SportsNet Supervisor, 585-271-1894 ext. 742 or e-mail: aobrien@rochesterrehab.org Additional recreational outrigger canoe tours can be scheduled to meet you and your group's needs July through October.

SportsNet: SportsNet is a program of the Rochester Rehabilitation Center located at 1000 Elmwood, Suite 600, Rochester, NY 14620. SportsNet offers adapted sports and inclusive recreation opportunities. For more information contact Anita O'Brien, SportsNet Manager, 585-271-1894 ext. 1742 or e-mail: aobrien@rochesterrehab.org

City Parks & Neighborhoods

A perfect backdrop for outdoor fitness activities

Run the Roc, tri the Roc, du the Roc:

Unity Health Systems Flower City Challenge: presented by Fleet Feet Sports. Events start at the Genesee WaterWays Center.

Saturday, April 28: SMP Rochester River Challenge Duathlon & Paddle Triathlon, events for all fitness levels. www.FlowerCityChallenge.com

Sunday, April 29: Unity Health Systems Rochester Flower City Half Marathon and Wegman's Family 5K. Be part of this fun family fitness event. www.FlowerCityChallenge.com

Friday, August 3: Waterfront 5K at Durand Eastman Beach. Start time is 6:30 pm. On-site registration begins at 5:30 pm or preregister online at www.yellowjacketracing.com

Saturday, October 27 at Cobb's Hill Park: Pumpkins in the Park 5K Race: Benefits the Tony Jordan Youth Sports Foundation Supporting Rochester Youth Sports Organizations. USATF Certified 5K race begins at 9 am. Youth race at 10 am. Meet at Cobb's Hill Lake Riley Lodge, Norris Dr. off Culver Rd. Celebrate fitness with your family and friends while supporting city youth sports. Kids distances include quarter mile, half mile and mile. On-line preregistration at www.yellowjacketracing.com. Also visit: www.tjyouthsportsfoundation.org

Other charity runs/walks in Rochester:

Sunday, April 22: Rochester River Run 5K to benefit transplant patients and their families at Strong Memorial Hospital. Genesee Valley Park Roundhouse, 8:30 am, (585) 275-2420.

Sunday, May 6: Walk MS to benefit the National Multiple Sclerosis Society. Genesee Valley Park, 9 am start. (585) 271-0805 or www.msupstateny.org.

Sunday, May 13: Pink Ribbon Run & Family Fitness Walk to benefit the Breast Cancer Coalition of Rochester. Ontario Beach Park, 9 am start, (585) 473-8177 or www.bccr.org.

Saturday, May 19: Great Strides Walk to benefit Cystic Fibrosis Foundation. Genesee Valley Park, 10 am start. (800) 344-4823 or www.cff.org.

Sunday, June 3: Keep Pace with AIDS Walk/Run/Ride. Time TBA, Genesee Valley Park. (585) 442-2220 or www.acrochester.org.

Sunday, September 16: Kidney Walk to benefit the National Kidney Foundation serving Upstate New York. Frontier Field, 7:30 am registration. (585) 697-0874 x30 or www.kidneywalk.org.

Saturday, October 13: Memory Walk to benefit the Alzheimers Association. Corn Hill Historic Neighborhood, 9 am registration. 760-6404 or www.alz.org/rochesterny.

December (Date TBA): George Bailey 5K to benefit Camp Day Dreams. Information: (585) 461-2324 or www.campdaydreams.org.

Keeping Rochester clean and green!

Volunteers Care for the Environment

Clean Sweep: Help get Rochester ready for spring! Join the thousands of volunteers that will work with City crews to plant, clean and beautify our community! This year's schedule is:

Saturday, April 28: Northwest Quadrant, Edgerton Community Center, 41 Backus St.

Saturday, May 5: Southwest Quadrant, Genesee Valley Park, 131 Elmwood Ave.

Saturday, May 12: Northeast Quadrant, Northeast Neighborhood Service Center, 500 Norton St.

Saturday, May 19: Southeast Quadrant, Cobb's Hill Park, Norris Dr. & Culver Rd.

Call 311 for information. Outside the city call (585) 428–5990.

Saturday, May 5: Scout Sweep, 9 am–12 pm Area scouts and other volunteers will clean the entire length of the Genesee Riverway Trail from Turning Point Park to Genesee Valley Park. Scout troops may contact Otetiana Council at (585) 244–4210 or email sylvia.johnson@bsamail.org.

Saturday, May 19 (and Saturday, Oct. 6): Rochester Blossoms! Meet between 7–9 am. Meet at City Recreation Office, 420 Dewey Ave. Thousands of flowers are planted throughout city parks during this citywide volunteer effort. Register by May 11, but call earlier to discuss planting locations. Plants also are distributed to neighborhood groups planting in public spaces. (Daffodil and tulip bulbs will be distributed on Oct. 6. Register by Sept. 25.) Call (585) 428–6770 for a registration form.

Perennial Swaps: In conjunction with the pickup of flowers that were reserved by volunteers in community gardens, there will also be a Perennial Swap. Bring labeled divisions, seeds, pots and other gardening supplies that others could use.

Saturday, September 15: 27th Annual International Coastal Cleanup: 9 am. Recognizing the importance of our natural resources, the Rochester area again joins this international effort. On foot, by boat, canoe or kayak, volunteers will clean up the area's waterways. For locations such as Genesee Valley Park, Turning Point Park, Seth Green Drive and others call (585) 428–6770. Details at www.rochestercoastalcleanup.org.

Adopt a Garden: A healthy activity for both mind and body, community gardens provide a rewarding way for volunteers to help the community and to enjoy new friends. Call (585) 428–8820 for locations.

Flower City Garden Contest: The efforts of hundreds of dedicated city gardeners have been recognized over the past 18 years through the Flower City Garden Contest. Any gardener may nominate his/her own garden or a neighbor's garden. Recognition and prizes are awarded in the following categories: 1. Best Use of Container Gardening, 2. Best Use of a Water Feature, 3. Best Educational Garden Project, 4. Best Community Enhancement Garden, 5. Best Wildlife/Butterfly Habitat Garden and 6. Most Colorful Garden. Deadline for 2012: July 31.

There's also a Winter Garden Contest, with an entry deadline of February 26, 2013. Call (585) 428–6770 or go to www.cityofrochester.gov/gardencontest for information or to access the contest entry form.

Rochester River Romance: Celebrating our Love Affair with the Genesee River: Friday, Saturday, and Sunday, October 5, 6 & 7

Join us as we focus the community spotlight on the Genesee River. An entire weekend is dedicated to the beauty and majesty of Rochester during peak autumn foliage season.

Renew your vows on the Pont de Rennes Bridge in High Falls Historic District. Explore by foot, bike or water, the beauty and historical importance of locations along the Genesee Riverway Trail. Pick up your River Romance Passport for discounts at local restaurants and businesses. Fish for salmon below the Lower Falls and climb the tower of an 1822 vintage lighthouse. Take a romantic cruise on the Mary Jemison or the paddle-wheeled Harbor Town Belle. Watch amateurs and high school students compete in the Head of the Genesee Invitational Regatta.

A myriad of opportunities will be offered by the City in partnership with numerous collaborators. The weekend includes over 40 separate events: historic walking tours, bicycle treks, boat rides and races, nature walks, concerts and lakeside family fun, plus horticultural workshops and festivities all along the river corridor. In September the full River Romance schedule will be published and information will be available at www.cityofrochester.gov/riverromance.

Gardens and Trails Benefit from Volunteer Involvement

Saturday, April 21: Earth Day Celebration at Turning Point Park – Nature's Amazing Healing Powers. 10–11 am. See photos of the massive coal exporting operation that used to occupy this park and hike through the park. Learn about the benefits of rain gardens, tree inventories and bird counts. The transformation of Turning Point over a relatively short period of time is extraordinary. (585) 428–6770.

Friday, April 27: Arbor Day, 11 am. A nationally–celebrated event recognizing the significance of trees to the health of communities. Named a "Tree City USA" for 30 consecutive years, the city of Rochester maintains and manages thousands of city–owned trees and participates in an Arbor Day tree–planting event each year that involves residents. Location to be announced. (585) 428–6770.

Friday, June 1: Flower City Kids Picnic and Planting Day, Ontario Beach Park, 10 am–2 pm. Thousands of Rochester students plant flowers started in their classrooms during a picnic at Ontario Beach Park. Call (585) 428–6770 by May 28 to volunteer.

Saturday, June 2: National Trails Day celebration at El Camino Trail, with a ribbon cutting for this new urban trail coordinated by the Genesee Land Trust. Location: Corner of Clifford Ave. and Conkey Ave. Time TBA. www.geneseelandtrust.org

Cornell Cooperative Extension of Monroe County supports a Healthy Monroe with Gardening and Cooking Classes and Events in 2012

Cornell University
Cooperative Extension
Monroe County

Join Cooperative Extension as they use their research–based knowledge to teach the community how to live healthier. Events will be held at Cornell Cooperative Extension offices, 249 Highland Avenue, unless noted. For complete program listings: www.mycce.org/monroe.

Third Wednesdays of each month: 4–H meetings, 6 pm. 4–H is a community of young people across America learning leadership, citizenship, and life skills.

Monday, March 26: "The Lighter Side of Desserts" Cooking Class. 6–8 pm, $30, additional classes Jul–Dec.

Tuesday, March 27: Science of Food Seminar. Call for details.

Saturday, March 24 & April 24: Home Vegetable Gardening Seminar, 9 am. – 12 pm. Fee: $10, free for children attending with parent.

Mondays, April 16, May 7, June 11. "Smart and Sassy Springtime Cooking" 6–8 pm. $30 per session.

Thursday, April 12: Grow It, Try It, Like It Day Camp, 9 am – 3 pm. $20 (additional sessions June 28 & July 10)

Saturday, September 1: Localvore Fair, 10 am –2 pm. Free. September is Localvore Month in Monroe County: Visit www.mycce.org/monroe for Cornell Cooperative Extension and county–wide event information.

Also look for Cooperative Extension of Monroe County at **GardenScape** (March 17–20) and at the **Home & Garden Show** (March 26–27), at the Rochester Riverside Convention Center.

Also look for the **Master Gardeners Annual Plant Sale** during the Lilac Festival (May 11–20), and their Gathering of Gardeners Symposium on September 8. Visit www.mycce.org/monroe or call 461–1000 ext. 0.

Questions about your garden? Contact the Garden Helpline at Cooperative Extension, 473–5335, staffed by Master Gardeners: April to October, Mon.–Fri., 9 am to 12 pm and November to March, Mon., Wed. and Fri., 9 am – 12 pm.

Major gardening symposiums held in the Rochester area

Saturday, March 3: The 21st Annual Spring Garden Symposium will feature author Stephanie Cohen and photojournalist Sandra Weber at the Eisenhart Auditorium. www.RCGC.org

March 15–18: GardenScape at the Fair and Expo Center in Henrietta. www.RochesterFlowerShow.com

March 24–25: Home & Garden Show at the Rochester Riverside Convention Center. www.rochesterhomebuilders.com.

July 11–15, 2012: Monroe County Fair, Fair and Expo Center, 2695 E. Henrietta Road) www.mcfair.com

18th Annual Gathering of Gardeners will be held Sept. 8, 2012 at the Eisenhart Auditorium. Kirk Brown and Steve Foltz will be the featured speakers. www.GatheringofGardeners.com

September 11–16: 2nd Greentopia Festival will expand to six days in the Historic High Falls District.

The Greentopia Festival is Rochester, New York's and the Finger Lakes celebration of the green movement sweeping around the globe. This interactive festival will include a film festival and other creative additions for 2012. www.GreenTopiaFest.com

Annual Flower Shows in the Rochester area

With the theme "Recipe for Springtime," GardenScape 2012 will be March 15–18, 2012 at the Dome Center in Henrietta for the 21st year. Recognized as one of the best indoor flowers shows in the country by the New York Times, Rochester's Flower Show has acres of flowers while the snow remains outside. www.RochesterFlowerShow.com

March 31–April 1, 2012 – 37th Genesee Region Orchid Society Spring Show and Sale, at the Eisenhart Auditorium. www.GeneseeOrchid.org

May 19–20, 2012 – 39th Upstate New York Bonsai Exhibition at Monroe Community Hospital. www.bonsaisocietyofupstateny.org.

A bouquet of thanks to our sponsors and partners

Major corporate sponsorship of the Flower City Looking Good Program for gardeners and environmentalists is provided by MVP Health Care and Wegmans. Thanks also go to the following supporters and partners:

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The **Recreation on the Move** mobile recreation center brings all the fun of City Recreation Centers right to city neighborhoods! Learn about the many safe, healthy and educational activities that City Recreation has to offer. The mobile unit gives youth and their families a comfortable neighborhood location to enjoy physically, mentally and healthy activities!

Sponsorship: If your organization is interested in sponsoring Recreation on the Move, contact Maria Thomas at thomasm@cityofrochester.gov, or at (585) 428-8942.

For More Information: Call 311, or contact Coordinator Kevin Holman of the Bureau of Recreation at (585) 290-0429 (weekdays 9 am to 5 pm) or email holmank@cityofrochester.gov.

Recreation on the Move

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www.cityofrochester.gov/reconthemove

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