A Year in Review

Article by Toby Brooks

Dear Fellow Park Lovers and Supporters:

We had a flurry of activity this past year so I want to take a moment to apprise you of some of the “behind the scenes” things that the OLPA Board of Directors and staff are working on, which will not be quite as visible to park enthusiasts. First, as you all know, last Autumn’s (and Winter’s) storms caused significant tree fall and attendant damage in Deepdene. It seems that at least monthly, we were seeing large, overstory trees collapsing. We have been working very hard with DeKalb County to remediate some of this damage. We are very close to getting work to commence on the reconstruction of the bridge on the southernmost path to the Waterfall. In addition, we are working with DeKalb County to help clear some of the larger fallen trunks, which impinge on paths. We are endeavoring to get a lot of this work done with public funds, which means the projects take longer to complete. Thank you all for your patience.

Second, we have been working with GADOT on several potential projects that have resulted from the Ponce de Leon Avenue Corridor road safety audit. Some of GADOT’s initial proposals on these projects have raised community objections so, we are actively researching alternative solutions. The Druid Hills Civic Association and Fernbank Museum of Natural History are working with us in a coordinated effort to ensure that we are preserving the park. Updates on these projects will be forwarded to the community as they progress.

Finally, we have been actively engaged in planning events and programs in the park to benefit our constituency. I hope that many of you were able to join us for the DHCA/OLPA Picnic in the Park this past September. Please mark your calendars for the 2019 Gala. And of course, we spend substantial time on planning and managing the finances of the organization. We do continue to rely on you for the financial support to keep the park looking its best, and I hope you all will consider a gift to the annual fund this year if you have not done so already.

On behalf of the OLPA Board of Directors and Staff, many thanks to all of you who support and enjoy the park.

Please donate to the 2018 Annual Fund. Your support ensures that our park is well-maintained so that all visitors have a lush, green sanctuary to enjoy!

Blooming now American Beautyberry, Callicarpa Americana.

Hearts-a-bursting, Eunonymus americanus.

Carnival under the Canopy
A fundraiser benefitting Olmsted Linear Park Alliance

Sunday, February 24, 2019
6:30 - 10:00pm
Fernbank Museum of Natural History
Druid Hills Civic Association and Olmsted Linear Park Alliance Celebrate their 2nd Annual Picnic in the Park

Finally, a park event without rain! The weather was perfect, the food was delicious and the music was fantastic!

Kids of all ages joined in on the old-fashioned cake walk, badminton and volleyball. The Druid Hill Billys entertained picnic guests with their bluegrass and folk tunes. Guests enjoyed yummy bites from local restaurants such as Manuel’s Tavern, Sweet Auburn BBQ, SABA, Wahoo! Grille, Pig-N-Chik and The White Bull (new to Decatur). Folks, these chefs donated their time and the food so please make sure you patronize them and say Thank You! Steven Mathais did a yeoman’s job making sure we had plenty of hot dogs and popcorn. Some of our canine regulars joined us including Lucy, Fiona and Buster. A couple of new faces, Popcorn and Pooches who seemed to enjoy the lively afternoon, too.

We want to express our sincere appreciation to our stakeholders for their support: Commissioner Jeff Rader, DeKalb County Recreation, Parks and Cultural Affairs, Fernbank Museum of Natural History and Park Pride. And of course, we cannot have an event like this without awesome, rockstar volunteers. They make the magic happen – so Thank You!

It was a beautiful day. Many thanks to all who made our 2nd Annual Picnic in the Park a huge success.
Happy 80th Birthday George Ickes!

It’s A bird, It’s A plane? – no, it’s George in the Gator! George has been an iconic figure in the park for decades. He began his career with OLPA as the office administrator and now works as the Park Maintenance Director. He has devoted many years to OLPA’s mission of preserving and protecting our historic legacy – Olmsted Linear Park. You will not find one person more dedicated to keeping our park clean and beautiful. And, not only does George leap tall shrubs in a single bound, he swims competitively and wins medals. He also climbed Mount Kilimanjaro. George, thank you for all you do on behalf of our park. We wish you many happy returns. Happy Birthday George!

Thank you to our volunteers

Each year, we have over 100 volunteers participate in park work days, events in the park or the annual fundraising gala. We are so appreciative of their time and talents. We have two work days coming up and would love to have you join us. Visit the website to sign up - atlantaolmstedpark.org/volunteer.

Hi, my name is Osa. I live with Bob and Becky Lough close to Deepdene Park. My goal in life is to make sure that Bob and Becky get their exercise. As a result, many days you can see me leading them down East Lake Rd. to Deepdene Park where I just love to check out all the new smells. I’m almost 11 years old, but you wouldn’t know it if you saw me. I may not be as fast as I used to be, but my frequent walks in the park keep me in good shape. You wouldn’t believe how excited I get whenever Bob or Becky say the word “walk” or look for my leash. My frequent walks in and around Deepdene are always the highlight of my day. BTW - I think it’s important to be well mannered and friendly. So, whenever I meet someone in the park I make every effort to politely say hi and then go on my way. I’m much more interested in sniffing around the trail than in hanging around with people or other dogs. It’s not that I’m unfriendly, it’s just when there’s a choice between meeting someone new and checking out the odors that I’ve missed, well, there’s no choice at all is there?

PAWS in the Park
Forest Bathing
Article by Krista Brewer

This really happened: I was recently driving down Ponce de Leon, the linear park on my right, listening to NPR, when a story started about forest bathing in Japan. I stopped listening for a minute as I wondered how anyone would actually do this. Were there little portable shower curtains you could bring out to the wilderness? Was there a special type of attire that one could wear for these showers? Or did the Japanese just do this forest bathing au naturel.

When I started listening again, I learned that no water is involved in forest bathing. In fact, it is a popular practice in Japan called shinrin-yoku that means literally “taking in the forest atmosphere” or “forest bathing.”

Researchers in Japan have documented that just spending time in the canopy of a living forest or natural environment can have a variety of health benefits including: lowering blood pressure, reducing anxiety, speeding recovery from surgery or injuries and improving sleep. And forest bathing has become a cornerstone of Japan’s emphasis on preventative medicine.

To practice forest bathing, you don’t need to jog or even walk. It is not a form of exercise. Just be in a forest. A recent Time magazine article describes forest bathing this way:

“First, find a spot. Make sure you have left your phone and camera behind. You are going to be walking aimlessly and slowly. You don’t need any devices. Let your body be your guide. Listen to where it wants to take you. Follow your nose. And take your time. It doesn’t matter if you don’t get anywhere. You are savoring the sounds, smells and sights of nature and letting the forest in.”

Spending time in nature is not easy for many of us Americans. A majority of us live in cities, without easy access to natural areas. And according to a study sponsored by the Environmental Protection Agency, the average American spends 93% of his or her time indoors.

But for those of us lucky enough to live near the Olmsted Linear Park, the forest section of Deepdene is just the ticket for your next forest bath. It’s 22 acres of old growth forest with lovely, well-maintained trails, and thoughtfully placed benches to take a breather. So, lower your blood pressure, prevent the next illness or just relax as you soak up the benefits of forest bathing. No water, shower curtain or nudity required.

Bird-Friendly Habitat Restoration in Deepdene

This past year, OLPA partnered with Audubon Society of Atlanta (AAS) as one of the sites to restore bird-friendly habitat along the Peachtree Creek Watershed in the Five Star & Urban Waters Restoration Program. There were nine educational and outreach activities held at Deepdene between October 2016 and October 2017. These activities included habitat workdays, bird walks, bird banding demonstrations, native plant trips and citizen science activities. Since that time, AAS has continued to monitor the forest and reported over 76 species found inside Deepdene. These species include a Barred Owl, Chimney Swift, Pileated Woodpecker, many species of Warblers and many more. It is so exciting to see our avian population thriving in the heart of Atlanta. OLPA and AAS will continue to work together in these restoration efforts. The forest will also continue to be a field trip destination for AAS bird-watching trips. We hope to announce more partnership opportunities and encourage you to get involved.

Olmsted Linear Park Alliance
Welcome Frances to OLPA's Advisory Board

Frances Finegan lives on West Parkwood Road with her husband, Mike Galifi-anakis. Frances retired in 2002 from a career as a dietitian in the U.S. Army and in May 2018, she retired from a career as an attorney. She now enjoys gardening, planning to raise chickens, walking her dog Joy, traveling, and canning with her friends. In addition to volunteering with OLPA, Frances attends court weekly as a mentor for the DeKalb County Veterans Treatment Court Program.

On August 27th, 30 docents from the Atlanta Botanical Garden toured Dellwood and Deepdene. With Jennie Richardson as their guide, they were taken back to the late 1800's when Joel Hurt first invited Frederick Law Olmsted, Sr. to Atlanta to discuss the inception of Druid Hills neighborhood and park. After the tour, everyone enjoyed a wonderful lunch from Zoe's Kitchen in Emory Village. Jennie continued her tour with the Olmsted Linear Park's history and the residents that lived along the park. And, as usual, a few tidbits of murder and mayhem.

Remembering Amy P. Erwin

(1961 - 2018)

Amy Erwin was tall and blond and had a winning smile for everyone she met. But her real beauty was inside where she was a leader, preservationist, and community advocate. Amy's hand was in just about everything natural and beautiful in Druid Hills, Lake Claire and Candler Park. She was usually the first to volunteer for a task, and then set about lining up other volunteers. This was particularly remarkable because ten years ago, Amy's doctors diagnosed her with multiple myeloma and gave her two years to live. Amy defied those predictions and continued an active life of work, travel and service until her passing. She worked with the Candler Park Conservancy, and began working on having a piece of excess GADOT land added to Freedom Park; she was always rounding up helpers to plant flowers and weed beds in Candler Park. She loved the Olmsted Linear Park and served on the board of OLPA where her optimism and creativity were contagious. She was involved in the OLPA gala and the Plein Air. She worked with other preservationists to have two historic properties listed on the Georgia Trust for Historic Preservation's "Places in Peril" list—and both were chosen by the Trust for such listing. Amy was an inspiration to many because she purposely and deliberately lived her life each day despite pain and fear of the unknown. She was not afraid to talk about her illness, nor to share her philosophy of life. For all of us who knew and loved Amy, and benefitted from her place in our lives, our sadness is that she didn't have more time. Amy leaves behind her remarkable husband, Elliott Albers, her son Max Erwin, her step son Maxwell Albers, her dog Ruggles, her many friends and family members. We are grateful Amy's life touched ours for a brief time.

Spence Rosenfeld

(1952-2018)

Spence Rosenfeld founded Arborguard Tree Specialists in 1981 and managed the business until selling it to Davey Tree in 2017. Spence loved trees and was a certified arborist. He partnered with most conservation groups in Atlanta, where the beauty of the landscape and care for trees will be a constant memorial to him. Spence and Arborguard worked with OLPA throughout the years to make sure the trees in our linear park were healthy and robust specimens to be enjoyed by all. And when the trees were not happy, he helped them survive whatever threat they faced. OLPA is grateful to Spence for his and Arborguard's care of our trees. The OLPA Board sends condolences to his survivors.

Olmsted Hosts Docents from the Atlanta Botanical Garden

On August 27th, 30 docents from the Atlanta Botanical Garden toured Dellwood and Deepdene. With Jennie Richardson as their guide, they were taken back to the late 1800's when Joel Hurt first invited Frederick Law Olmsted, Sr. to Atlanta to discuss the inception of Druid Hills neighborhood and park. After the tour, everyone enjoyed a wonderful lunch from Zoe's Kitchen in Emory Village. Jennie continued her tour with the Olmsted Linear Park's history and the residents that lived along the park. And, as usual, a few tidbits of murder and mayhem.
Olmsted Linear Park Alliance received tribute gifts in honor and in memory of the following.

**In Honor of**
- Toby Brooks
- Robin Chalmers
- Justin Critz
- Kirk Elifson
- Susan Peterson
- Julie Ralston
- Jonathan Shakespeare
- Fentress and Jim Waits

**In Memory of**
- Monsignor Stephen Churchwell
- Amy Erwin
- Monty Fuller
- June and John Hemby
- John Huneke
- Don Kenagy
- Dr. John B. Lyon
- Theodore Weimar

The Dana Francis White Memorial Fund was established October 2017. Friends, colleagues and students of Dana have given generously in recognition of his passion for Frederick Law Olmsted, Sr. and Urban History. A plaque will be placed by a bench in Dellwood and a Scarlet Oak will be planted in his memory.

*If you would like to give a tribute gift in honor or in memory of someone special, please visit atlantaolmstedpark.com/donate. Please accept our sincere apologies if you have made a gift that was not listed. Please let us know so we can recognize them properly.*
Thank you for supporting Olmsted Linear Park
Donors – April 16 – October 12, 2018

OAK - $1,000+
Martha and Toby Brooks
Druid Hills Civic Association
Billy and Carolyn Hall
Paideia School
Roger and Joanna Stroud
Fentress and Jim Waits
Alex Wan
Janice Whitener

HICKORY - $500+
Atlanta Foundation for Public Spaces
Robin Chalmers and Michael Purser
Elliott Albers & Amy Erwin
Stacey Gallant
Richard Henneman and Janet Fath
Virginia Hepner and Malcolm Barnes
Melinda and Phil Holladay
Elizabeth and Stuart Johnson
Jo and Michael Koch
John and Marilyn McMullan
David and Susan Peterson
Mark and Kathryn Petralia
Julie and Tim Ralston

DOGWOOD - $250+
Betty Asbury
The Benevity Community Impact Fund
Paul F. Bianchi and Barbara Dunbar
William and Jane Carney
Walter and Patricia de Heer
Paul DeSandre and Michael Ross
Bill Stiefel and Marilyn Fish
Peggy and Hilton Fuller
Susan Baker & Rick Gilkey
David S. Godfrey
Mary Ann Hite
Eva and Dr. H. Kent Holland
Marguerite Colville Ingram
Nancy and John Jordak
Elizabeth Lyon
Perry Mitchell and Pam Woodley
John Paddock and Karen Schwartz
Kenneth Prince
Jay and Laura Sadd
Dr. Arthur and Patty Schiff
Martha and George Sessions
Katherine Seville
Gloria Seymour
Glen and Susan Stine
Amy Stout
Dr. Nancy Thompson
Richard Underwood
Jane and Hal Weston
George and Julie Zaharatos

REDBUD - $100+
Bryan Adams
Freedom Park Conservancy
Max and Rosalie Cooper
Kate Dannenberg
Sharon Day
Rob Dretler and Muffie Michaelson
Druid Hills Garden Club
Helen Hughes Evans and Eric Sorscher
Frances Finegan
Brad and Leslie Fletcher
Diana Getz and Carl Mitchell
Beth Grashof
Jim and Sue Heerin
Mark and Karen Holzberg
Daniel and Rosa Hunt
John and Julie Jagger
Kenneth and Carolyn Johnson
Bart and Michele Lester
Nanette H. Loftis
Bruce and Dell MacGregor
Melinda and Dan Marshburn
Allison and Warner McConaughy
Laura and Ken McDuffie
Jack McFarland
Marc S. Merlin
Naka Nathaniel & Meridith Artley
Aja and Michael Pascale
Tom and Alex Pearson
Frank Pickens
Bruce Rado
Wayne and Jennifer Richardson
Jim and Cyndy Roberts
Claudia Saari and Jeff Boatright
Don Saliers
Jane Seward and Robert Berry
Dr. Nikrad and Suzanne Welles Shahnavaz
Elaine Swobe and Jeff Hopper
Michael and Maxine Terk
Doug Bremner & Viola Vaccarino
Nancy Verber
Connie and Walter Weimar
Doug Wetzel
Suzanne White
Bonnie and Gary Wolf

MAPLE - $50+
Cathy and Bucky Askew
Wade D. Austin, Jr.
David and Jeanne Bedell
Justin Coleman
Heather Fenton and Richard Ossoff
Amy Goch
Mary Huneke
Charlie & Cindy Jaret
John Juricek
Larry and Lyn Kirkland
Judy and Leslie Klemperer
Sherry McHenry
Mary Donovan and Tim Merckens
James Monacell and Tracy Trentadue
Denise Neely
Karen and Stephen Nowicki
Claudia Ordonez-Marconi
Sophia Brothers Peterman
Mark and Jill Rosenberg
Elliot Royston
Elizabeth P. Ruddiman
Harry Stillwell
Mary and Jim Van Buren
Betty Willis
Chuck and Pat Young

Thank you to our matching gift partners

AT&T Employee Giving Campaign
The Benevity Community Impact Fund
Caterpillar
Thank you for supporting Olmsted Park.

Please remember the Olmsted Linear Park Alliance in your estate planning. Visit the OLPA website for more information at Atlantaolmstedpark.org.

Ask your employers about matching gift opportunities.

The Olmsted Linear Park Alliance is a 501 (c) (3) nonprofit organisation.

**DIARY DATES**

**Volunteer opportunities and work days**

In Deepdene
9.00am - Saturday, October 27
9.00am - Saturday, November 17
Bring work gloves and reusable waterbottle

**Carnival Under the Canopy**

Sunday, February 24 2019 6:30pm

Chaste Tree and Stella d'oro daylillies in Springdale