



The Park Post

Explore, Enjoy, and Engage with Ridgefield's Parks and Trails

July 2025

Youth Voice Joins Parks Board: Elianna Galvan Appointed as First Student Member



This spring, the Ridgefield Parks Board welcomed a new and historic voice to its ranks. Elianna Galvan, a Ridgefield High School junior and Clark College Running Start student, was appointed by City Council on April 24, 2025, as the first-ever youth representative to serve as a full voting member of the Parks Board.



Elianna brings with her a passion for nature, community, and civic engagement. In addition to her academic accomplishments, she is active in multiple student organizations, including iTUNA (International Teens Upholding Nature Association) and Unite Ridgefield, where she serves in a leadership role. Her appointment marks a significant step toward ensuring that youth perspectives are included in shaping the city's parks, trails, and open spaces.

Her term will run through September 30, 2026, during which she will contribute to decision-making around park planning, project priorities, and community programming. Elianna's insight will help the board better understand the needs, interests, and aspirations of young residents in Ridgefield.

The City is proud to welcome Elianna to the Parks Board and looks forward to the energy and perspective she brings to the future of Ridgefield's outdoor spaces.

Coming Up

Meet Me on Wednesdays

Weekly walk meet-ups at Overlook Park, Wednesdays at 10 AM
July 2 through September 3.

Musicians in the Park

Live music at Davis Park Wednesdays and Fridays at 12 PM July 2 through September 3.

Dragon Boat Paddles

Weekly community paddles aboard a 40-foot traditional Dragon Boat, Fridays at 6:30 PM through October 3. Registration required, spaces limited.

And more at www.RidgefieldWa.us

Parks Board Meetings

6:30 PM
2nd Wednesday of each month
510 Pioneer Street
Zoom link available at QR code below



Scan to access Parks Board agendas, minutes, recordings and more

Parks Manager

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City Website

www.RidgefieldWa.us
Project Information
www.RidgefieldRoundtable.org



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Picnic in the Park Offers Free Summer Lunches at Davis Park

The Free Summer Lunch Program has returned to Davis Park for summer 2025. Organized by the YMCA of Columbia-Willamette in partnership with the Ridgefield Family Resource Center, the program offers free weekday lunches from 12:00 to 1:00 PM, Monday through Friday, through August 22.

Now in its second year, Picnic in the Park continues to provide consistent access to nutritious meals in a casual, welcoming setting. Lunches are open to everyone—no registration or qualifications required. The program aims to reduce food insecurity during the summer months while creating a space for neighbors and families to spend time together.

Davis Park sees regular activity during the lunch hour, with kids playing on the playground and community members gathering under the trees to share a meal. The setting helps eliminate any stigma around receiving free meals by integrating food access into a shared public space.

This program is made possible through the work of YMCA staff and volunteers, and with support from local organizations including the Ridgefield Church of the Nazarene, Ridgefield United Methodist Church, and the Ridgefield Lions Club. The City appreciates the YMCA's role as a strong and dependable community partner in helping bring this service to life.

Picnic in the Park will continue through the end of summer break, with no meals served on July 4. Community members are encouraged to stop by, participate, and help spread the word.

Stay Safe in the Heat While Exploring Ridgefield's Trails



Summer is a great time to explore Ridgefield's parks and trails—but rising temperatures can increase the risk of **heat-related illnesses** like heat exhaustion or heat stroke. Whether you're walking the Gee Creek Trail or hiking at the Ridgefield National Wildlife Refuge, a few precautions can help keep you safe.



Hydration is key. Drink water before, during, and after your hike—at least 16 to 32 ounces per hour of activity. Avoid alcohol or caffeine beforehand, as they can lead to dehydration.



Dress smart. Light-colored, loose-fitting clothing, a wide-brimmed hat, and breathable fabrics will help your body stay cool. Don't forget sunscreen and sunglasses.

Time your outings wisely. Try to hike early in the morning or later in the evening when temperatures are cooler. Take frequent breaks in the shade, especially on longer outings.

Know the warning signs. Heavy sweating, dizziness, headache, or nausea may be signs of heat exhaustion. If symptoms appear, stop activity, move to a cooler place, and hydrate. In case of confusion, vomiting, or fainting, call 911.

We hope everyone enjoys Ridgefield's beautiful trail system this summer—stay safe, stay cool, and happy hiking!



Stay up to date on projects at RidgefieldRoundtable.org