

# Lakesider

## COMMUNITY EDUCATION PROGRAMS

### Heritage Society Lecture

**1:30 p.m., Sunday:** Lakeside & The Power of Positive Thinking with David Blank (Chautauqua Hall)

This lecture reviews the life of Norman Vincent Peale, an influential mid-20th century pastor with many Lakeside and Ohio connections. Peale was especially noted for *The Power of Positive Thinking*, selling more than five million copies and still in print. But, Peale's work was not without criticism, which will also be part of the description of his enduring legacy in American thought.

David Blank, a Lakeside summer resident, just completed his term as Treasurer of the Lakeside Chautauqua Board of Directors. He has been coming to Lakeside since the mid-1950s, when he started coming with his parents to the East Ohio Methodist Conferences. Blank retired from a 40-year business career at FirstEnergy Corp. and presently serves as an adjunct professor in the Department of Economics at the University of Akron. Blank and his wife Bonnie live in Westlake.

### Guided Tree Walk

**10:30 a.m., Monday:** Guided Tree Walk (Meet at the Pavilion)

Lakeside Chautauqua has been designated as a Tree City USA community for the sixth year. This award is for communities with a variety of trees who are working to maintain and improve their forest. Lakeside has more than 100 varieties of trees, and on this walk, participants will learn about 25 of them. The walks are coordinated by the Lakeside Environmental Stewardship Society and led by volunteers Bill Dudrow, Bill Smith, Mary Bishop and Frank O'Dell.

### Lake Erie Science

**1:30 p.m., Tuesday:** Marine Debris/Beach Clean Up with Jill Bartolotta (Pavilion West Deck)

Lakeside is partnering with Ohio Sea Grant/OSU Stone Laboratory to present a series of intergenerational programs about Lake Erie and its importance. Experts will come to Lakeside and present on a variety of topics.

### Lakeside Women's Club Program

**1:30 p.m., Tuesday:** Spirituality & the Brain: How Body, Mind & Spirit Connect with John M. Weigand, MD (Lakeside Women's Club Green Gables)

Join John Weigand, MD, as he explores the spiritual connection to health and wellness. Weigand earned his undergraduate from the University of Akron and his graduate degree from the University of Cincinnati, College of Medicine. He completed his residency in Family Medicine at Akron City Hospital. Weigand is board certified by the American Board of Family Medicine and is a Certified Medical Director by the American Medical Directors Association.

### Guided Bird Walk

**8 a.m., Wednesday:** Guided Bird Walk with Judy Sudomir, Joe Sudomir & Carol Bradsher (Meet at Meadow Brook Marsh)

The Marblehead Peninsula is home to many species of birds and is on a migratory path, making it an ideal spot for bird watching. Bring binoculars, sighting scopes and manuals to Meadow Brook Marsh, 8577 E. Bayshore Rd. All ages welcome. Walks are coordinated by the Lakeside Environmental Stewardship Society. For more information, contact (330) 224-5019.

### Herb Study

**8:30 a.m., Wednesday:** Cilantro: Herb of the Year with Carol Hottenroth (Train Station)

Whether you love it or hate it, cilantro was chosen as the 2017 Herb of the Year. Learn how to grow, store and use this versatile herb. Samples and handouts will be provided.

Carol Hottenroth, a retired elementary school teacher, has owned a Lakeside cottage for 20 years. She has always enjoyed gardening and cooking with fresh herbs. She has been a member of the Lakeside Herb Study since its inception and has volunteered along with her daughters, to present several programs. Cilantro is grown annually in her Lakeside herb garden and is a favorite herb in summer dishes.

### Historic Walking Tour of Central Lakeside

**10:30 a.m., Wednesday:** Historic Walking Tour of Central Lakeside (Meet at Heritage Hall Museum)

This tour, led by Lakeside Heritage Society volunteers, highlights cottages and buildings in the area from Sycamore to Central Avenues and the lakefront to Fifth Street.

### Historic Chautauqua Movement Seminar

**3:30 p.m., Wednesday:** Historic Chautauqua Movement Seminar with Gretchen Curtis (Fountain Inn Aigler Room)

This seminar reviews the founding of the Chautauqua Movement by the Rev. J. H. Vincent and Lewis Miller in the 1870s-1880s in western New York. It will also explore how the movement spread throughout the U.S., leading to the development of approximately 300 independent Chautauqua communities by 1900. Early history of Lakeside and its connections with the Vincent family will also be discussed. The rich heritage of Chautauqua Institution (New York) and Lakeside (Ohio) continues in these two largest remaining Chautauqua communities in the U.S. Eight other surviving Chautauquas from Maine to Illinois will also be highlighted.

Gretchen Curtis, a Lakeside summer resident since 2005, recently retired after several years as Director of Operations for the Lakeside Heritage Society. She has visited five other independent Chautauquas in recent years.

## Special Workshop

**10:30 a.m., Friday:** Guided Imagery for Health & Healing with Jane Ehrman, Med; *pre-registration & \$10 fee required* (Chautauqua Hall)

Guided imagery is a practice for naturally processing thoughts and creating positive outcomes. Experience the benefits of guided imagery to relieve pain and stress, improve sleep and achieve peace. Participants will receive membership subscription to an audio library with resources for guided imagery for 60 days.

Jane Ehrman, Certified Health Education Specialist, is the owner of Images of Wellness, LLC, where she uses tools such as Interactive Guided Imagery™. Ehrman holds a Master of Education degree with an emphasis on Mind/Body Medicine from Pennsylvania State University and a bachelor's degree in Health Education from Youngstown State University.

To register and pay for this workshop, visit [www.lakesideohio.com/education/special-workshops](http://www.lakesideohio.com/education/special-workshops) and click on the registration link. The same online system used to register for Rhein Center classes is being used for workshop registration, so the same account can be used for both. Interested participants without a Rhein Center account can easily create one by visiting the website above and clicking on the "Create an Account" link under registration directions. To register in person, visit the Rhein Center at the corner of Sixth Street and Walnut Avenue.

Registration will close when the maximum capacity for the workshop is reached or at 5 p.m. the day before the class, whichever comes first. Contact the Education Department at (419) 798-4461, ext. 239 with questions.



### Get Growing! Gardening Program

**8:30 a.m., Thursday:** Pruning Annuals for Extended Bloom with the Lakeside Grounds Crew (Pavilion East Deck)

Your garden annuals are full of color and spilling over your pots and landscape. Now's the time to trim to promote extended blooms, along with other tips for show-stopping bloomers. Demonstrations will be given in the Central Park gardens.

### Special Historic Walking Tour

**10:30 a.m., Friday:** Southeast Lakeside with Gretchen Curtis; *Pre-registration required at Heritage Hall Museum by 4 p.m. Thursday; cost is \$5/person; limited to 15 participants* (Meet at the corner of Sixth Street & Laurel Avenue)

This tour coordinated by the Lakeside Heritage Society includes the Campground, Williams Tennis Campus, Camp Boyville, water works, Hilltop House (built for Baptist missionary children), the Wonnell Stone Castle and Chautauqua Park.

### Lakeside Environmental Stewardship Society

**1:30 p.m., Friday:** The Windustrious Cleveland Offshore Wind Project with Sarah Taylor (Fountain Inn Aigler Room)

Sarah Taylor, Project Director of Windustrious Cleveland, will discuss the history, current status and future plans for the Cleveland Offshore Project. Taylor holds a bachelor's degree from London University and is a Research Assistant at Case Western Reserve University. LESS seminars are open to both members and non-members.

### Foreign Affairs Forum

**3 p.m., Friday:** Foreign Affairs Forum moderated by Jeff Dieterich (Chautauqua Hall)

This forum is designed to facilitate a free exchange of information and opinions on international events and their impact on the U.S., as well as the effect of domestic events on the rest of the world. Participants also have the opportunity to discuss future options for the U.S. foreign policy. As moderator, Jeff Dieterich brings his knowledge of foreign affairs to the forum based on his 35-year career with the U.S. government.

### Additional Learning Opportunities

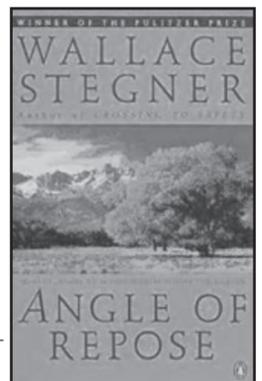
**8:30 a.m., Monday:** 'Breakfast Bunch' Book Discussion: *The Husband's Secret* by Liane Moriarty with Mary Breckenridge; prior reading of book required; RSVP to Carolyn Swanger (419) 967-0024 (343 Cherry Ave.)

**1:30 p.m., Monday:** 'After Lunch Bunch' Book Discussion: *Angle of Repose* by Wallace Stegner with Bea Walker; prior reading of book required (Lakeside Women's Club Green Gables)

**7:30 p.m. Monday:** The Moth Hour with Mary Ann Stephens, Ginny Metz, Jeri Hoopes & Joanne Dempe; RSVP to Stephens (313) 319-0653 (101 E. Third St.)

**10:15 a.m., Tuesday:** Pastor Philip Gulley Book Signing (Lakeside Women's Club Green Gables)

**1:30 p.m., Friday:** LWC Book Review: Just Mercy: A Story of Justice and Redemption by Bryan Stevenson with Susan Eisenmann (Lakeside Women's Club Green Gables)



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