

COMMUNITY EDUCATION PROGRAMS

Heritage Society Lecture

1:30 p.m., Sunday: Protecting the Past: Dos and Don'ts of Historic Preservation with panel of HP&DRB members (Chautauqua Hall)

Owning a cottage in Lakeside is no easy feat. Like many historic districts around the country, Lakeside is full of structures that require investment, constant upkeep and a certain loving dedication to maintain. Fortunately, our small community has a rare resource: the Lakeside Historic Preservation & Design Review Board (HP&DRB.) In this panel, a few HP&DRB members will provide an overview of best practices for keeping Lakeside cottages in top shape for years to come. Each panel member will be presenting some of their favorite renovations and restorations from the last decade.

In 2003, Trish and Terry Tomlinson purchased their cottage, which had been in Terry's family since 1941. Trish is an interior designer and Terry is Chief of Interventional Radiology for the Kettering Health Network. Terry is also Assistant Secretary of the Lakeside Chautauqua Board of Directors, Vice Chairman of the Municipal Services Committee and Chairman of the Enterprise Committee. Ron Leffler first visited Lakeside in 1971 and purchased his current cottage in 2004. Leffler is a current Lakeside Heritage Society board member and is serving his first year with the HP&DRB. David Hottenroth is an architect and former member of the HP&DRB. He has been involved with the restoration and renovation of six Lakeside cottages. Hottenroth designed and built his family cottage in Lakeside ten years ago.

For the July 22 presentation, "Small Cottage Living," HP&DRB Chair Mark Carle will provide insight into the many ways Lakesiders have utilized limited space to make the most of their cottages.

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 seventh year. This award is presented to communities with a wide 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 (LESS) and led by LESS volunteers Bill Dudrow, Bill Smith, Mary Bishop and Frank O'Dell.



Wellness Seminar

Generous support for the Monday and Wednesday Wellness Seminars has been provided by Magruder Hospital.

3:30 p.m., Monday: Childhood Immunizations with Teresa Ashton, RN (Wellness Center)

In this program, the immunization schedule from birth to age 18 will be shared, including the benefits and risks of vaccines. The list of vaccines required and recommended by Ohio will also be provided. The hesitancy of parents to have their children vaccinated and valid reasons to temporarily withhold vaccines will also be discussed.



Teresa Ashton graduated from Owens Community College with an associate's degree in nursing. She began her career at St. Charles Hospital and then moved to the Ottawa County Health Department. She has worked with the immunization clinics at the Health Department for 21 years and participates in training in this area on an annual basis.

Lakeside Women's Club

1:30 p.m., Tuesday: Rosie the Riveter: World War II Women at Work with Janet Bird (Green Gables)

Rosie the Riveter comes to life through a first-person portrayal by Janet Bird. Rosie the Riveter symbolized women who took on hard, physical jobs to support the war effort during World War II. This clever and energetic program will be a history lesson for some and a time to reminisce for others.

After retiring as a Latin and English teacher at Keystone and Strongsville Schools, Janet Bird began volunteering for the Lorain County Historical Society. Through grants from multiple organizations, she became a part-time education coordinator responsible for creating, promoting, and presenting approximately 70 programs. She served as the co-chair of the History and Education Committee for Elyria's bicentennial in 2017 and is a past president of the Elyria Women's Club.

Lake Erie Science with Ohio Sea Grant/Stone Laboratory

1:30 p.m., Tuesday: Aquatic Bugs Don't Bug Me! with Erin Monaco (Pavilion West Deck)

Young aquatic bugs do not always look as one would think they should look. Come see examples of macroinvertebrates, small aquatic animals, and the aquatic larval stages of insects like dragonflies, mayflies, and beetles.

This intergenerational program is led by Erin Monaco, Program Administrator for the Ohio Sea Grant College Program.

Historic Chautauqua Movement Seminar

3:30 p.m., Tuesday: The Historic Chautauqua Movement Seminar with Dakota Harkins (Fountain Inn Aigler Room)

The Historic Chautauqua Movement Seminar is not being held this week.

Stargazing

10-11 p.m., Tuesday: Stargazing with Leon Cross (Hotel Lakeside Lawn) (Weather Permitting)

Telescopes will be available for amateur astronomers of all ages to see the stars.

Guided Bird Walk

8 a.m., Wednesday: Guided Bird Walk (Meet at Meadow Brook Marsh)

Judy Sudomir and Joe Sudomir will lead a walk at Meadow Brook Marsh. Bring binoculars, sitting scopes, and manuals. Contact Judy Sudomir at (330) 244-5019 with questions. The bird walks are coordinated by the Lakeside Environmental Stewardship Society (LESS).

Herb Study

9 a.m., Wednesday: Turmeric, Tasty? with Jan Hilty (Train Station)

Turmeric is a pungent, bitter herb used in curry preparations and adds a beautiful yellow-gold color to recipes. How to use this herb in cooking and the many health benefits it offers will be explored.

Jan Hilty is the founder and coordinator of the Herb Study and has been teaching classes for the Herb Study since its inception. She is a member of Herb Society of America and currently affiliated with the Delaware Unit of the Herb Society of America.

Special Seminar

10:30 a.m., Friday: Motivating Children to Excel with Charles Debelak (Chautauqua Hall)

All parents want their children to succeed. Using both research and experience, this seminar will provide an understanding of human motivation and how it can inform parenting practices. Highlights include an overview of the history and research in the fields of motivation and self-determination; connections between history, research and experience to create a framework for motivation; and guidelines for nurturing motivation.

Charles Debelak is the founder and headmaster at Birchwood School of Hawken in Cleveland. As a classroom teacher, counselor, athletic coach, lecturer and workshop leader, Debelak has more than 40 years of experience working with children, young adults, and parents. He is the author of two books and a monthly columnist in the *Birchwood Clipboard*. Debelak provides a unique and informed perspective on education that combines research and scholarship with daily practical experience.

Historic Walking Tour of Central Lakeside

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

Join a 90-minute guided walking tour of Central Lakeside's historic area at 10:30 a.m. Wednesdays with Lakeside Heritage Society volunteers as leaders. Tours are free and depart from Heritage Hall Museum.

Wellness Seminar

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3:30 p.m., Wednesday: Anti-Inflammatory Diets: What You Should Know with Kimberly Leneghan, MS, RDN, LDN (Wellness Center)

Can diet actually play a part in improving chronic inflammation in your body? This seminar will dismiss myths and look at research on the subject. Participants will also get a lesson in picking the perfect olive oil.

Kim Leneghan received her clinical dietitian credentials after she obtained her master's degree at Case Western Reserve University. She has been a dietitian for 20 years with experience as a consultant and research assistant, as well as a clinical dietitian in both long-term care, at University Hospitals of Cleveland and most recently at Magruder Hospital. She recently launched Misfit Nutrition, LLC, a virtual consulting business geared towards helping others lose weight and tackle pre-diabetes and heart disease from the comforts of their own home.

Get Growing! Gardening Program

8:30 a.m., Thursday: Christmas in July: With a Bushel of Apples & A Pine Tree with Polly Albrecht (Train Station)

Through simple instructions, learn to use apples, evergreens and other natural materials to create warm, homespun Christmas arrangements. Bring notebooks and cameras to capture ideas.

Polly Albrecht is a Lakeside resident with more than 50 years of floral design experience, including teaching at Hixson's Floral Design School in Lakewood, designing for hundreds of weddings and parties, and decorating at the White House.

Solar Astronomy

2-4 p.m., Thursday: Solar Astronomy with Ron Leeseberg (Hoover Auditorium Porch) (Weather Permitting)

Drop by to learn about the power of the sun, view the sun through a solar telescope and enjoy a solar s'more.

Special Historic Walking Tour

10:30 a.m., Friday: Historic Guest Houses with Elaine and David Cottrell (Pre-registration required at Heritage Hall Museum by 4 p.m. Thursday, tour is limited to 15 people; \$5 fee per person) (Meet at Heritage Hall Museum)

This tour discusses the numerous guest houses that operated in Lakeside from the 1880s to 1930s, including Plymouth House, Richard's Hotel, The Cook Tavern/Curtiss Guest House*, Keystone Cottage, Park/McDonald House, Slack House*, Blaine Cottage, Erie View Inn/The MaryEllen* and Idlewyld.

David and Elaine Cottrell own the Keystone Guest House at 202 Maple Ave. *Building has been razed.

Lakeside Environmental Stewardship Society Seminar

1:30 p.m., Friday: Bird Walks at Lakeside (Fountain Inn Aigler Room)

Lakeside is a unique place to bird watch; the combination of Lake Erie and nearby meadows provides excellent habitats for birds. In this presentation, examples of rare birds viewed around Lakeside, descriptions of necessary equipment for bird walks, and the best places to bird watch will be shared.

Judy Sudomir is a Lakesider with a career as a biology instructor. She has previously coordinated the Junior Naturalist Program in Lakeside and for the past five years, has been leading weekly Bird Walks.

World Affairs Dialogue

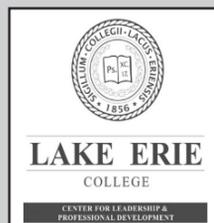
3 p.m., Friday: World Affairs Dialogue (Chautauqua Hall)

This hour-long dialogue presents participants with an opportunity to discuss breaking and on-going world news events. A guest moderator will present topics for discussion to encourage conversation. Please note this dialogue is held to promote further learning about world affairs but is not intended to be a political debate. This week's moderator is Jim Schnell, PhD.

Please contact the Education Department at education@lakesideohio.com or (419) 798-4461, ext. 239 with any suggested topics for discussion.

Professional Development Graduate Credit

Lakeside Chautauqua is once again partnering with Lake Erie College to offer professional development graduate credit based on participation in educational and cultural arts programs at



Lakeside. This opportunity is designed for educators needing to renew teaching licenses and/or gain professional development credit.

Requirements for the course include attendance at lectures, educational programs, cultural events, and/or evening performances (totaling 15 hours) offered during the summer 2018 Lakeside Chautauqua season, as well as completion of assigned coursework. The deadline for

submission of completed course assignments is August 4, 2018.

Participants must register for the course through Lake Erie College online prior to attendance of a Chautauqua program used for contact hours. The website address for registration is: https://leo.lec.edu/ICS/Professional_Development.

The cost for this one-credit course is \$180. Once registered, course materials will be emailed with directions for completion. The last day to register for the course is July 29, 2018. Contact Professor Sally Schuler at schuler05@gmail.com or (440) 552-5742.