

# Lakesider

## COMMUNITY EDUCATION PROGRAMS

### Heritage Society Lecture

**1:30 p.m., Sunday:** "Maiden Voyage of ONWARD," documentary with Bob Reynolds (Chautauqua Hall)

In 1890, Scott J. Matthews founded the Matthews Boat Company in Bascom, Ohio. Fifteen years later, Matthews designed and built a 70 foot yacht capable of taking himself and six others on a 9,000 mile voyage. The year-long adventure transversed the eastern United States, on a path now known as "the Great Loop." The trip was a first for a private yacht and brought success to the Matthews Boat Co., which resulted in a move to Port Clinton in 1906. A recent collaboration with the Maritime Museum of Sandusky produced this documentary, which highlights the written account of the voyage from Scott J. Matthews, as well as original photographs.

Bob Reynolds is the grandson of Scott J. Matthews. Reynolds worked at the Matthews Boat Co. in Port Clinton for 25 years. For the last year, he has been presenting "Maiden Voyage of ONWARD" to regional audiences, including a presentation at the Rutherford B. Hayes Presidential Museum and Library in Fremont.

For the July 15 presentation, "Preserving the Past: Do's and Don'ts of Historic Preservation" a panel of Historic Preservation & Design Review Board members will discuss their favorite renovations in Lakeside and share a few tips for homeowners thinking of updating 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:** Fearless Fermentation! Cooking Demonstration with Stacy Maple (Wellness Center)

Fermented foods, like sauerkraut and yogurt, are rich in probiotics or good bacteria. Adding more good bacteria into your gut by way of eating fermented foods is a simple and delicious way to enhance your overall gut health: improve digestion, boost immunity, promote a healthy weight and more.

Chef Stacy Maple, Executive Chef at Bistro 163, brings Fearless Fermentation to Lakeside in this cooking demonstration detailing the many aspects of fermenting fearlessly. Although there is great mystery around fermenting foods the techniques that Chef Stacy shares will remove any fear of the unknown.

Learn how to effectively ferment a wide range of simple ingredients thus transforming them into flavorful and nutrient dense creations. From popular fermented foods, to a variety of lesser known ferments, Fearless Fermentation will provide you with the instruction, recipes and valuable tips that will give you the know-how and confidence to become a fearless fermenter!



### Lakeside Women's Club

**1:30 p.m., Tuesday:** Secondhand Rose Fashion Show with Mary Main (Green Gables)

Patrons purchasing recycled items at the Portage Resale Center support the mission of the organization by providing funds for helping humanity. The center is a favorite shopping spot for many at Lakeside. Displays creatively showcase seasonal decorations and attractive outfits. The second part of the program will feature Lakeside models showcasing resale outfits for a variety of events.

Mary Maine is the general manager of the Portage Resale Center. She was born and raised in Elmore and she and her husband returned to Ottawa County after living and raising a family in Massachusetts. She has a passion for the people and community in which she resides and helping others and giving back are of great importance to her.

### Lake Erie Science with Ohio Sea Grant/Stone Laboratory

**1:30 p.m., Tuesday:** Save Yourself! Water Safety Facts with Sarah Orlando (Pavilion West Deck)

Swimming, paddling, and boating in Lake Erie is fun, but it is important to understand the hazards involved and how to keep safe in the water.

This intergenerational program is led by Sarah Orlando, Clean Marinas Program Manager 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)

This seminar discusses the emergence of the Chautauqua Movement, a 19th and 20th century cultural phenomenon that swept the nation. Originating in western New York in the 1870s, the Movement and its leaders, the Rev. J.H. Vincent and Lewis Miller, soon became household names. The seminar also reviews the important figures who helped Lakeside Chautauqua join the movement and provides information about the remaining organizations on the national Chautauqua Trail.

### 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:** Field Trip to Ohio Hops Farm (Pre-registraton required) (Train Station)

Meet at the Train Station to form carpools and travel to the Ohio Hops

## Special Seminar

**10:30 a.m., Friday:** Butterflies 101 with Cheryl Harner (Chautauqua Hall)

Historically, butterflies were revered as the souls of departed loved ones, but today it is known that they provide valuable services to the planet as pollina-



tors and are loved as living ornaments in gardens. Annually, Ohio hosts around 135 species of butterflies. Discussion will revolve around the more common Ohio species with particular focus on those likely to be found at Lakeside.

Cheryl Harner is the co-founder of Flora-Quest and currently serves on two land trust boards. She is an avid gardener, tree hugger and a life-long wildflower, bird and butterfly enthusiast. Her work includes leadership in the Ohio Ornithological Society, Audubon and Ohio Natural Areas and Preserves.

Farm where owner, John Schaeffer, will discuss how to grow hops, the 2018 Herb of the Year. Participants will see the production of hops from harvest to end product, as well as the equipment used in the amazing process.

### 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:** Stress Management with Kim Brown (Wellness Center)

This seminar will provide an overview on how stress affects health. Discussion points include situational stress, job stress, household stress and relationship stress. Participants will learn how to manage and effectively develop new stress management techniques and stress reduction tools.

Kim Brown is a Chemical Dependency Counselor at Community Health Services in Fremont, Ohio. She has a master's degree in criminal justice and is a licensed chemical dependency counselor. Her current position allows her to work with individuals in recovery to develop healthy stress management and coping skills.

### Get Growing! Gardening Program

**8:30 a.m., Thursday:** A Circle of Life: Mindful Gardening with Cheryl Harner (Train Station)

From roots to shoots, the plants and soils in your yard are like a circle that encompasses a cooperative natural system of independent life. This program takes a mindful look at garden colors, scents, and sounds that are all part of nature's plan.

Cheryl Harner, Director of Flora-Quest, is engaged in eco-tourism events, environmental education, and an advocate for conservation and preservation of Ohio's natural areas. She is an avid gardener and a lifelong wildflower, bird, and butterfly enthusiast.

### 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:** South Lakeside with Dakota Harkins (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)

Travel through time in this walking tour to learn about the south side of Lakeside, including the old school house, the original Lakeside camp meeting reserve, the south gates, log cabins, Train Station, Kilgrubbin neighborhood and maintenance areas.

### 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 Bob Brucken.

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](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](mailto:schuler05@gmail.com) or (440) 552-5742.



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