

# SHOWSTOPPERS OF FALL

Photo by Dave Brown

As the temperatures drop and the season shifts to fall,  
there is gorgeous change happening all around the Nature Center and Northeast Ohio!  
This issue will cover the showstoppers of the autumnal season:  
**TREES.**





...  
**LETTER  
FROM  
THE  
PRESIDENT**  
...

## DEAR FRIENDS,

A farewell to summer always feels a bit bittersweet. Summer is such an anticipated season in Northeast Ohio and at the Nature Center. Each summer we see our beautiful marsh in full bloom, and this summer was no different with the gorgeous splendor of our signature rose mallow. We watched over 300 campers experience the outdoors full of smiles and giggles, we basked in the warm sunshine, and found cool shade under our canopy of trees, which provide beauty, habitat, and flood water management all year long. As summer fades, these bright green leaves will turn to stunning shades of yellows, reds, and oranges. With the change in season, we now prepare to greet our school groups for their hands-on field science programs utilizing our outdoor classroom.

This fall will mark the 10<sup>th</sup> anniversary of our Applied Science for Kids! (ASK!) Program with Cleveland Metropolitan School District (CMSD), which has become our largest educational program. Since the program's creation in 2013, the Nature Center has served classes from every one of CMSD's elementary schools and hosted over 35,000 CMSD students at our 20-acre outdoor classroom. The anniversary gives us the opportunity to look back on the incredible impact of this program. I am extremely proud to share our mission with the CMSD students and immerse them in nature.

Additionally, I am thrilled to welcome back our Hike & Run event on September 18 after a few years of a modified format, which ensured the safety of our participants and community during the pandemic.

My focus this season will be leading succession planning and strategic visioning to prepare the organization for my retirement next spring, after 15 years as President & CEO. We've spent the last five years making long-term investments in infrastructure to further our mission to conserve a natural area, connect people with nature, and inspire environmental stewardship, this pivot will help us ensure a successful transition of leadership and continue to build on our past success to find innovative ways to achieve our mission. The Board of Trustees recently decided to hire a search firm to conduct a national search for our next President & CEO and we look forward to sharing more information as that process unfolds.

To facilitate the strategic visioning process, we have also hired Business Volunteers Unlimited (BVU) as our strategic planning consultant, who will work in partnership with a diversity, equity, inclusion, and accessibility (DEIA) consultant, Gradient Think Tank, to ensure we are looking toward the future through an equity lens.

With so many things in the works, I can't help but be excited to welcome the beauty and cooler temperatures of fall. To help us celebrate the season and gorgeous fall colors, I hope you will join us and let your imagination soar on October 1 for AutumnFest, powered by PNC, bringing our community together to experience Fairy Tales in the Forest.

Yours in Nature,

*Kay Carlson* Kay Carlson, President & CEO

# NATURE CONNECTION

## TREE IDENTIFICATION SELF-GUIDED WALK

This self-guided tour will take you around the Nature Center's trails in search of some of our most prominent and often overlooked tree species. You'll find Witchhazel, which flowers in late fall with yellow blooms and has exploding seeds. Seek out the sister oaks, two magnificent red oaks on Stearn's Trail. Look for Tupelo and its brilliant red leaves near the Marsh. All this and more are waiting to be found! Pick-up the self-guided tour at the Welcome Desk this fall to explore and uncover all the trees on our trails.





# FALL SPLENDOR AT THE NATURE CENTER

by Nick Mikash, *Natural Resources Manager*

Fall is one of the most beautiful times of the year at the Nature Center as foliage changes from green to a range of warm colors. There are a number of trees that stand out for their superb fall color at the Nature Center.

Here are a few and where to look for them on your visit.

## TUPELO (*Nyssa sylvatica*)

For a **scarlet red**, it is hard to beat Tupelo (*Nyssa sylvatica*), you can find them just off the All Peoples' Trail boardwalk. With the brilliant foliage and pyramidal shape, you won't want to miss the Tupelo tree this fall.



## BUR OAK

**Bur oak** is worth investigating for its interesting acorns alone. The caps are deep and fringed, nearly swallowing up the acorn. The leaves will turn a **golden yellow**, look for them just off the All Peoples' Trail.



## WITCH-HAZEL

**Witch-hazel** is another **yellow** showstopper. This small, shade tolerant tree flowers in fall, often blooming until the first snow! The flowers are thin and resemble miniature crepe paper streamers. Check the leaves for insect galls that resemble pointed witch hats! Just past nature play area off short boardwalk.



## SERVICEBERRY

Another small tree worth seeing is the **serviceberry**. Often planted for their fall color, the service berry turns a brilliant **red-orange**. We have a number of them around the center including several in the Lavelle Amphitheater and surrounding Jimmy's Treehouse. Complete our self-guided tree tour to see some of these trees looking their best this fall!

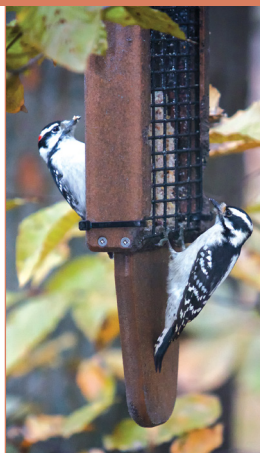


## ANNUAL BIRD SEED SALE FUNDRAISER

10.1-10.31

Support the Nature Center at Shaker Lakes and your feathered friends! Visit [shakerlakes.org](http://shakerlakes.org) beginning October 1 for available options, prices, and to place your order. Order pick-up will be in the Nature Center parking lot on Friday, November 4 and Saturday, November 5 from 11AM-3PM.

Thanks to Dave Pretnar, owner of Wild Birds Unlimited in Mayfield Heights, for partnering with us to offer high quality bird seed for your feeders.



# LEAF CHANGE - & - MARCESCENCE

by Nick Mikash, *Natural Resources Manager*

As autumn leaves change from green to red, gold and yellow, there is biology happening behind the scenes! The green in leaves comes from chlorophyll, but it's not the only pigment in leaves. In the fall, as the temperature drops, many plants begin to break down their chlorophyll and this is when we get to see the other pigments that have been there all along. Carotenoids are responsible for yellow, orange and gold tones and they are used in photosynthesis and sun protection. Anthocyanins are responsible for the red and purple hues. This chemical compound helps protect from temperature and insect damage.

You may have noticed that some leaves do not fall from the trees, despite them looking dead. This phenomena is known as marcescence. There are several species in our area that share this behavior. **American beech** (*Fagus grandifolia*) likes to hold its leaves which become pale and papery thin, well into the winter, often looking like a ghostly tree in the woods. All species of oaks may hold their leaves as well. **Pin oak** (*Quercus palustris*) for example, may hold its leaves until spring. The exact reason for marcescence is unknown, but there are a number of theories. Trees may keep the leaves as a delayed source of fertilizer or mulch, dropping them around their base early in the year as the trees begin to awaken from winter. Perhaps they help deter herbivores from browsing on delicate twigs and developing buds as the dry and unappealing leaves are rustling in the breeze. It is also possible that retaining leaves help the tree capture snow, providing additional moisture as it melts onto the root zone. Keep an eye out for marcescence trees this winter!



American Beech



Pin Oak



# FALL PROGRAMS & EVENTS

## FALL NATIVE PERENNIAL SALE

**Saturday 10.01 | 4–6PM | Nature Center**

Attendees of AutumnFest can look forward to a condensed version of the popular Annual Plant Sale held each spring. The Fall Perennial Sale will offer a limited selection of native Ohio perennial species, featuring perennials suited for fall planting, many of which are not typically available at the annual spring sale. The sale will take place in the pavilion.

**Attendance is free and plants will be offered for a fee with proceeds benefiting the Nature Center.**



## FALL BIRD BANDING

**Mondays, Wednesdays, Fridays through 10.31 | 7:30–11:30AM**

Meet Julie West near the right side of the driveway to observe migratory birds as they are banded. Generally, the timing is around 30 minutes after sunrise and goes until 12–1PM. Weather permitting. **Free. All ages and abilities welcome.**

## HEALING WALK CLUB WITH THE HIIT FACTOR

**Saturday 9.10 | 8–9:30AM | HIIT Factor | Nature Center**

Take an invigorating hike from The HIIT Factor on Larchmere to the Nature Center at Shaker Lakes, and back. Focus on the health of your mind and body while alternating between a brisk walk and naturalist-led nature breaks. Back at The HIIT Factor enjoy a complimentary sampler class led by fitness instructor, Haja Tunkara (9:30–10AM and/or 10:30–11AM). Prepare for dirt trails and to hike about 3.5 miles. **Registration required. Free. Donations welcome.**

## GUIDED BIRD WALKS

**Wednesdays 9.14 & 9.28 | 6–7:30PM**

**Sundays 10.16, 10.23, 11.13, 11.27, 12.11, 12.18 | 8–9:30AM**

**Nature Center**

Join a guided walk through the Shaker Parklands looking and listening for birds. The first walk of each month begins on our ADA-accessible boardwalk and moves to dirt trails throughout the Parklands. The second walk of each month (marked with an asterisk) is fully accessible and includes an ASL interpreter. For all hikes, meet in the Nature Center parking lot. Binoculars are available. Rain or shine. Accessible hikes will be canceled if the paths are covered in snow/ice. **Registration required. Free. Donations welcome.**

## THE BIG SIT! BIRD-WATCHING'S MOST SEDENTARY EVENT

**Sunday 10.9 | Dawn–Dusk | Nature Center APT Boardwalk**

Bird-watching teams from all corners of the world will enter 17-foot diameter circles and record every bird they see or hear during a 24-hour period, beginning at midnight. This “tailgate party for birders” was founded by the New Haven (CT) Bird Club 26 years ago. Here at the Nature Center, we will count from dawn to dusk. Over the 17 years NCSL has participated, 94 species have been recorded. **Stop by and say hello or register to participate. Free.**

## RECENTER & RESET HIKES

**Sundays 9.25 & 10.23 | 6–7PM | Nature Center**

Join Jo Rattiliff of GirlTrek to clear your mind, set your intentions and start your week right. Enjoy the fresh air, sounds of flowing water, evening bird calls, and more. This leisurely walk takes place over mixed surfaces (paved and dirt trails). Rain or shine. **Registration required. Free. Donations welcome.**

## OWL PROWL

**Friday 11.4 | 7–9PM | Lakeview Cemetery**

Live owls will be present as this evening begins when naturalists from Cleveland Metroparks and the Nature Center of Shaker Lakes share stories of owls that inhabit Northeast Ohio. Then head out on a hike in hopes of observing wild owls perched in the trees. Bring your binoculars! **Registration required. \$15 per person. Register at lakeviewcemetery.com**

## NATURALIST NOTEBOOK: OBSERVING NATURE IN SMALL CREATURES AND POETRY

**Sunday 11.20 | 1–3PM | Hybrid: Join at Loganberry Books/Online**

Author Elisabeth Tova Bailey's memoir, *The Sound of a Wild Snail Eating*, brings readers closer to the world under their feet, asking us all to slow down and observe. Poetry has the ability to make us slow down and relish words quietly, and no poet does a better job writing about nature than Mary Oliver in *American Primitive*. These two small books will give participants the chance to take a breath in these crazy times and savor the natural world.

**Registration required. Free. Donations welcome. Purchase your book at Loganberry Books for a 10% discount.**

## WRITING OUR RELATIONSHIP WITH SHAKER LAKES: A POETIC MEDICINE WORKSHOP SERIES

**Wednesdays 9.28, 10.5, 10.12, 10.19, 10.26, 11.2 | 1:30–3:30PM**

**Nature Center**

Join Tara Broderick, Shaker Heights resident and Certified Poetic Medicine Practitioner to experience the power of poetry to deepen our connection to the natural world and our understanding of how our outer and inner landscapes relate to each other. Each session throughout the series includes reading poetry from a packet (provided to each participant), time for poem writing, and optional sharing of poems in a safe space. Read more about each week's topics on our website. **Registration required. \$20 per session or \$95 for the entire series. Members receive a 20% discount.**

## NATURE STORY TIME

**Saturdays 10.15, 11.19, 12.17 | 10:30–11:30AM**

This year, our monthly Nature Story Time series is inspired by Sarah Nelson's book, *A Park Connects Us*. Nelson celebrates the many ways a community can join together to experience a green space. Let's explore, play, and create together as we experience the many ways we can connect right here in our own neighborhood green space at the Nature Center. Each program includes a story, an outdoor exploration, and an activity. This program is recommended for children ages 3–6 with an adult. **Registration required. \$7 per child. Members receive a 20% discount. Use coupon code “Connect” for buy one, get one tickets.**

## VISITOR ACTIVITIES AT THE WELCOME DESK

Stop by the Welcome Desk year-round for fun, rotating activities to enhance your visit! Coming this fall, create a special craft for World Animal Day on October 4, World Reptile Day October 21, and check out tree bark and leaf rubbing this autumn.

**Registration and more information at shakerlakes.org/programs, or call 216.321.5935. Accommodations are available upon request.**



# VOLUNTEER NEWS

Many thanks to our volunteers for their continued support of the Nature Center. Thank you to our Summer Stewardship Assistants, Outdoor Adventure Camp Assistants, our summer interns, Shaker MyCom/Y.O.U, Northwest Hardwoods, J-Day Camps, Greater Cleveland Volunteers, and Business Volunteers Unlimited.

## VOLUNTEER OPPORTUNITIES

### STEWARDSHIP SATURDAYS

**Saturday, 9.24 and 10.29 | 10AM-12PM | Nature Center**

Join our Natural Resources Manager in completing land management and trail maintenance tasks at the Nature Center.

### WELCOME DESK VOLUNTEER

**Ongoing three-hour shifts are available | Nature Center**

Friendly volunteers are needed to greet guests, answer the phone, and assist customers in the Duck Pond Gift Shop. Volunteers will be trained on the cash register.

### NATIONAL PUBLIC LANDS DAY

**Saturday, 9.24 | 10AM-1PM | Southerly Park**

Started in 1994, National Public Lands Day is the largest single-day effort to preserve and protect public lands. In honor of this day, the Nature Center at Shaker Lakes and Doan Brook Watershed Partnership are hosting a public land event.

### PROJECT FEEDERWATCH

**11.1-4.30 | Select weekdays & weekends**

We're looking for volunteers interested in counting birds for science at the Nature Center as part of the Cornell Lab of Ornithology's Project FeederWatch. All birding abilities welcome!

### HIKE & RUN EVENT VOLUNTEERS

**Sunday, 9.18 | Two-hour shifts available | 6AM-1PM | Nature Center**

Volunteers are needed to help with way-finding, registration, refreshments, set-up, clean-up, route monitors and more.

### AUTUMNFEST EVENT VOLUNTEERS

**Saturday, 10.1 | Two-hour shifts are available | 3-9PM | Nature Center**

Volunteers are needed to help with hikes, games, crafts, campfire s'mores, tree climbing, and more!

Email [volunteer@shakerlakes.org](mailto:volunteer@shakerlakes.org) for more information. Register for volunteer shifts by filling out the form on our volunteer calendar. [shakerlakes.org/volunteer](https://shakerlakes.org/volunteer).

### MEET THE STAFF: ROSALIND SOLTOW

*Membership & Development Operations Manager*

**Q: How long have you been at the Nature Center?**

**A:** About 3.5 years. I started in April 2019 as Development Associate, assisting with the Nature Center's recent capital campaign, and moved into my current role in September 2021.

**Q: Favorite trail feature or area of NCSL?**

**A:** I enjoy walking along the All People's Trail, specifically the Jack & Alexa Sulak Wildlife Viewing Bridge. From there, one has a great view of both the brook and the marsh.

**Q: How do you practice sustainability at home?**

**A:** I recycle and compost. I also have a small vegetable and herb garden, and a rain barrel is in the works.

**Q: Favorite flower or plant?**

**A:** I love all the spring ephemerals and native Ohio wildflowers. And of course, milkweed!

**Q: What do you love about your job?**

**A:** It's a privilege to meet our members and donors and hear the reasons they love the Nature Center and support us through their contributions. So many have such meaningful and special memories that have been made here.

**Q: Fun fact about yourself:**

**A:** I'm a classically-trained musician! I have Bachelor and Master of Music degrees in Viola Performance from Oberlin Conservatory and Cleveland Institute of Music. I perform regularly with the Firelands, Ashland, Mansfield, Canton, and Akron Symphony Orchestras and the Cleveland Pops.



## ART ON VIEW

**Features Fine Art Nature Prints of Northeast Ohio  
Artist's Original Digital Paintings**

The Nature Center at Shaker Lakes announces a new art exhibit now open! The exhibit features digital paintings by Tracy Zakraysek. Painted on an iPad, Zakraysek turns her digital paintings into fine art prints using pigmented inks on water-color paper to create a truly archival print that will last a lifetime. This will be the first installation of its kind at the Nature Center.

Zakraysek's career in graphic arts instilled a love for the digital medium. When the iPad was introduced in 2010, she immediately bought one and began a relentless quest to find her artistic voice in this entrancing new art form.

Her greatest inspirations are nature and the visions that come to her when she awakens in the morning. Painting digitally frees Zakraysek to explore a variety of styles, from purely abstract to imaginatively representational.

**Learn more at [shakerlakes.org/artonview](https://shakerlakes.org/artonview)**

Zakraysek's paintings will be on view through Monday, November 21 during regular business hours. Pieces may be purchased for a fee with a percentage of proceeds benefiting the Nature Center.





# junior NATURALIST

## SEED DISPERSAL

by Lisa Golba, Program Specialist

Seeds are very important for a new plant to grow. Animals and people need plants to survive. Plants providing seeds ensure the continuation and survival of the plant species, and help the balance of life.

Seeds of plants come in many shapes, colors, sizes and designs. All plants need water, sun (energy), air, and space to grow. A seed cannot get all those things if it falls right next to the parent plant because the parent plant is using all those resources. Therefore, seeds are designed to relocate or disperse to a new location. Seeds cannot move from one place to another like an animal, so they have evolved over time with different methods to disperse to new places.

*Check out some plants below and how their seeds disperse!*

### SILVER MAPLE



*Designed to travel by the use of wind and cover great distances to new places. Also known as helicopters or whirligigs.*

### WITCH HAZEL



*This seed pod has shiny black seeds that, when ready, will burst or forcibly eject up to 30 feet away.*

### EUROPEAN ALDER



*The seeds in the seed pod are designed to float on water for about a month. This allows them to find new places that are far from the parent plant.*

### RED OAK



*This seed, known as an acorn, mainly gets dispersed by animals. The seeds are collected by animals, like squirrels, and buried for eating later. Some acorns are forgotten and grow into new trees.*

## CREATURE FEATURE:

by Nicole Hindman, Early Childhood Environmental Educator

Can you guess this month's featured creature using the clues below?

- My feet have two toes that go forward and two toes that go backwards to help me grip trees.
- My tongue is so long that it wraps around my brain like a helmet when I'm not using it to grab bugs.
- The holes I make in trees make great nesting spots for me as well as other animals that need them.
- Most species found in Ohio have males that sport at least some red on their heads.

Answer: Woodpecker





# CELEBRATING 10 YEARS OF ASK!

(Applied Science for Kids)



Back to school means we are kicking off the 10th year of the Applied Science for Kids (ASK!) Program with the Cleveland Metropolitan School District (CMSD). This experiential science program was developed in partnership with CMSD to provide nature-based STEM experiences for preschool, kindergarten, and first grade students and provide teachers with the resources they need to engage students in hands-on science lessons.

Since the ASK! Program's creation, the Nature Center has served classes from every one of CMSD's elementary schools and hosted over 35,000 CMSD students at our 20-acre outdoor classroom.



## AUTUMNFEST:

### Fairy Tales in the Forest

Saturday, October 1 | 4-8PM

Nature Center



Don't miss this FREE Magical evening in the forest, rain or shine. Decorate a magic pumpkin, climb the enchanted beanstalk (tree climbing), take a spooktacular evening hike, join the Shaker Library for story time and wand making, concoct s'mores at the fire breathing dragon pit, make a fairy or gnome home, feast on fairy food at food trucks or grab witches brew at libation stations. Don't miss the fall perennial sale from 4-6PM.

Powered by



## 2<sup>ND</sup> ANNUAL MEMBER APPRECIATION WEEK

OCTOBER 10-16, 2022

Nature Center members, like you, make it possible for us to sustain our ongoing operations and achieve our mission. To show our gratitude, we are celebrating our 2<sup>nd</sup> Annual Member Appreciation Week. We will say "thanks" with special member perks all week, including:

- Special discounts from local restaurant and retail partners, including Luna, The Stone Oven, The HIIT Factor, Shaker Rocks, and Still Point Gallery & Boutique
- 25% off discount at our Duck Pond Gift Shop
- A members-only raffle for a B'Earthday Party or event room rental
- Our "Heron & Hops" reception for Heron Society members

Stay tuned for more information and updates via email and on our website. Contact Rosalind Soltow, Membership & Development Operations Manager at [soltow@shakerlakes.org](mailto:soltow@shakerlakes.org) with any questions.

Not a current member? Review all member benefits and join today at [shakerlakes.org/membership](http://shakerlakes.org/membership).

### MEMBERS ONLY SILENT AUCTION

Bid on a package for four guests for a Cavs home game during the 22-23 season, including lower level tickets, food & beverage passes, early entry to watch pre-game warmups, swag bags, and an autographed basketball.

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Experience





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*Conserving a natural area, connecting people with nature,  
and inspiring environmental stewardship*

**SHAKERLAKES.ORG**  
216.321.5935 · naturecenter@shakerlakes.org

# SHAKER LAKES HIKE & RUN SUNDAY 9.18.22

**7AM  
REGISTRATION  
OPENS\***

**Registration (Now through September 17)**  
**\$30** 1 mile, 5K, and all hikes  
**\$35** 10K

**Day-of Registration (September 18)**  
**\$35** 1 mile, 5K, and all hikes  
**\$40** 10K

**REGISTER EARLY AND  
SAVE!**

**8:30AM  
5K & 10K DEPART**



**8:35AM  
1 MILE FUN RUN  
DEPARTS**



**8:45AM  
GUIDED HIKES  
DEPART**

**1 Mile  
Easy**  
Pet-friendly family  
hike through the  
Nature Center

**2 Mile  
Easy**  
Empowerment Hike  
through Southerly  
Park with GirlTrek

**2 Mile  
Easy**  
Lower Lake Historical  
Hike with Shaker  
Historical Society

**4 Mile  
Moderate**  
Rim of the Gorge Hike  
with the Cleveland  
Hiking Club

**5 Mile  
Moderate**  
Four Lake with  
the Cleveland  
Hiking Club

**6 Mile  
Strenuous**  
Doan Brook Gorge  
Hike with the Cleveland  
Hiking Club

## THANK YOU TO OUR SPONSORS

BakerHostetler



Thank you to our partners The Wine Spot and EDWINS Bakery & Training Center.

Children ages 3-12 may register for any race, any distance throughout the registration period for \$15. \*Ages 0-2 free. Registration includes a t-shirt & post-race refreshments. Members receive a \$5 discount off any registration. Contact soltow@shakerlakes.org to become a member or to request your discount code. The annual Shaker Lakes Hike & Run benefits environmental education & promotes health & wellness while celebrating the Shaker Parklands. Partial proceeds also support the Jenny Goldman Memorial Nature Outreach Fund.