



NATURE CENTER  
AT SHAKER LAKES

FALL 2023

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NOCTURNAL SYMPHONY

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INTERACTIVE BIRD CALL IDENTIFICATION

AUTUMNFEST IS BACK!

ROOKERY

# SOUNDS *of* NATURE

As the sun sets, a vibrant nocturnal world comes alive, revealing a symphony of sounds that serenade us while we sleep. Nestled amidst the urban landscape of Cleveland, our 20 preserved acres transform into an orchestra of wildlife.

A Newsletter for Members & Friends of the Nature Center at Shaker Lakes

# LETTER FROM THE PRESIDENT

## DEAR FRIENDS,

Moving into my second season as the President and CEO of the Nature Center is an exciting time for me, made all the better because autumn is my favorite time of year. The magnificent show that the summer rose mallow bloom gave us in the marsh, the laughter and excitement of our summer campers, and the engagement from the community during our Summer Wednesday programs made the introduction into this vibrant community one that I will always remember. The shift of seasons from summer into fall is one that we in Northeast Ohio are fortunate to be able to enjoy. Here at the Nature Center, it not only means the transition from greens to oranges, yellows, and reds, but it means preparation for welcoming our school groups that will be utilizing our outdoor classroom to enrich their educational journey.

In its 11<sup>th</sup> year, our Applied Science for Kids! (ASK!) program with Cleveland Metropolitan School District (CMSD) is set to continue to impact another year's cohort of youth. Since the program's inception, the Nature Center has hosted over 35,000 CMSD students from every one of their elementary schools. The immersion of nature into the stories of thousands of individuals' memories is an effort I hold close to my heart.

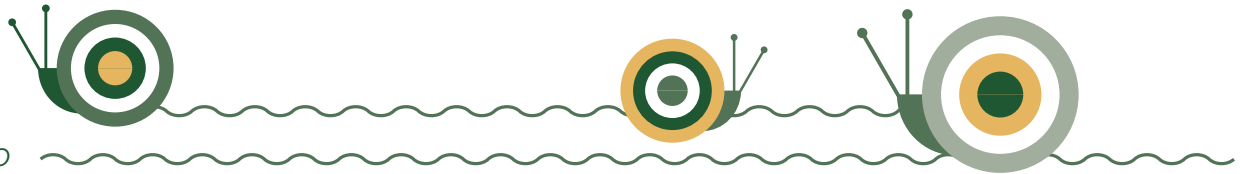


Fall here in the Shaker Parklands opens up many ways to get connected to nature through our active programming! Our popular Hike & Run event will return on September 17. Participants will be running the course or learning more about the Parklands at one of our four hike offerings. Deeper into the season, we let our whimsical side take over in the magic of autumn. AutumnFest: Fairy Tales in the Forest powered by PNC, on October 7 is an enjoyable opportunity to bring our community together to celebrate the enchanting beauty of the season. Looking into the future, continued progress and increased inclusive programming for the greater community will be central focuses of the team here at the Nature Center. Your continued support and engagement will help us fulfill our mission to the greatest degree. We appreciate each and every one of you for inspiring us to strive to be the greatest community asset we can be.

See you in the trees,

A handwritten signature in black ink, likely belonging to Peter Bode.

Peter Bode, *President & CEO*



## NATURE CONNECTION

## THE HEALTH BENEFITS OF LISTENING TO NATURE

Human connection with nature has been recognized for centuries, and research has shed light on the numerous health benefits that nature provides. In particular, listening to nature has been shown to have positive effects on individuals' physical, mental, and emotional well-being.



### PHYSICAL HEALTH BENEFITS:

Engaging with nature's sounds has a calming effect on the human body, leading to reduced stress levels and lower blood pressure. The sounds of flowing water, chirping birds, and rustling leaves can help create a tranquil environment that promotes relaxation and better sleep patterns.

### MENTAL & EMOTIONAL WELL-BEING:

Nature sounds have been found to alleviate symptoms of anxiety and depression, providing a therapeutic effect for individuals. Additionally, exposure to nature sounds has been associated with enhanced mood, increased self-esteem, and reduced feelings of anger and hostility.

### PROMOTING CONNECTION & CONSERVATION:

By encouraging visitors to listen to nature, we aim to foster a deeper connection with the natural world. Research has shown that people who have a stronger bond with nature are more likely to engage in pro-environmental behaviors and support conservation efforts. A healthier environment leads to healthier people!

#### Sources:

- Effects of forest bathing on cardiovascular and metabolic parameters in middle-aged males. Evidence-Based Complementary and Alternative Medicine, 2016
- Restorative effects of sounds of nature on cognitive performance and affective states. Journal of Environmental Psychology, 2018
- Stress recovery during exposure to nature sounds and environmental noise. International Journal of Environmental Research and Public Health, 2010



# NIGHTTIME SYMPHONY:

## Exploring the Nocturnal Sounds of Shaker Parklands

One of the most distinct and haunting sounds is the eerie call of the **barred owl**. Their resonating “who-cooks-for-you, who-cooks-for-you-all” hoots echo through wooded areas, creating a spooky ambiance. The owl’s call is often associated with mystery and magic, making it a memorable experience for anyone fortunate enough to hear it!

Amidst the rustling leaves and twigs, the nimble and acrobatic **flying squirrels** start their night. These gliders possess special webbed membranes that enable them to gracefully soar between trees. Although silent in flight, they communicate with soft chatters, trills, and high-pitched whistles.

As we sleep, **raccoons** also stealthily roam around in search of food. Their inquisitive nature leads to faint rustling sounds as they forage through the underbrush or garbage cans around the local neighborhoods.

The **cricket’s** familiar chirping is created by these tiny insects by rubbing their wings together, establishing a chorus that we all associate with the sounds of nighttime.

Other animals that participate in this nighttime symphony include the **American toad** with its unique trills, the distant howling of **coyotes**, and the occasional “ribbit” of **frogs** by the Nature Center’s marsh and Doan Brook streambeds.

**The nocturnal orchestra of Shaker Parklands showcases the beauty and diversity that thrives under the moonlit sky. So, the next time you drift off to sleep, take a moment to listen outside your window and appreciate the harmonious serenade of the nighttime creatures!**



BARRED OWL



*who-cooks-for-you,  
who-cooks-for-you-all?*

FLYING SQUIRREL



RACCOON



*chirp, chirp!*



CRICKET

AMERICAN TOAD



*ribbit, ribbit!*



COYOTE



## MEET THE STAFF:

NIA TURNER

Community Engagement Manager

A recent organizational restructuring allowed the Nature Center to place more emphasis on community outreach, creating the full-time position of Community Engagement Manager. We are thrilled to introduce you to Nia and have her on board. She was pivotal in kicking off the first official Summer Wednesday series, welcoming over 1000 guests on Wednesday evenings for a variety of music, dance, food, nature and more!



### Q: HOW LONG HAVE YOU BEEN AT THE NATURE CENTER?

A: I’ve been at the Nature Center for just over two and a half months. It feels like so much longer because of how much is happening during the summer!

### Q: FAVORITE TRAIL FEATURE OR AREA OF NCSL?

A: I love walking the Stearns Trail. It’s so calm and secluded, and it’s nice to get away from the busyness of the city without having to travel far.

### Q: HOW DO YOU PRACTICE SUSTAINABILITY AT HOME?

A: I recycle as much as I can and am working on cutting meat from my diet. I also have lots of reusable containers to help me reduce single-use plastics wherever possible.

### Q: HOBBIES?

A: I love traveling and visiting new places! Whenever I go to a new city, I enjoy planning trips to museums, libraries, thrift shops, and of course—to go hiking in nature.

### Q: WHAT DO YOU LOVE ABOUT YOUR JOB?

A: I love that there is no typical day! Every day is different for me which keeps my job really interesting and allows me to learn so much, have new experiences, and meet lots of amazing people.

### Q: FUN FACT ABOUT YOURSELF?

A: While I love nature, I also have a huge interest in technology. In my previous work, I taught robotics and coding and am currently in school to learn more about technology.

## FALL PROGRAMS & EVENTS

### SHAKER LAKES HIKE & RUN

Sunday, Sept 17

5K & 10K 8:30AM | 1 Mile 8:35AM | Hikes 8:45AM

Enjoy 1 mile, 5K, and 10K races and four various hikes in and around the Shaker Parklands! This beloved event benefits environmental education and promotes health and wellness while celebrating the Shaker Parklands. **Partial proceeds also support the Jenny Goldman Memorial Nature Outreach Fund. Register at [shakerlakes.org/hikerun](https://shakerlakes.org/hikerun)**

### FALL NATIVE PERENNIAL SALE

Saturday, Oct 7 | 3–5PM

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 Oct 30 | 7:30AM–12PM

Meet Julie West at the table 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 12PM. Weather permitting.

**Free. All ages and abilities welcome.**

### GUIDED BIRD WALKS

Select Wednesdays: Sept 13 & 27 | 6–7:30PM

Select Sundays: Oct 1 & 29, Nov 5 & 19, Dec 3 & 17 | 8–9:30AM

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 to borrow. Rain or shine. Accessible hikes will be canceled if the paths are covered in snow/ice. **Registration required. Free. Donations welcome.**



### MEDITATING IN NATURE:

Classes at the Nature Center of Shaker Lakes

Tuesdays, Sept 5, 12, 19, & 26 | 5:30–6:15PM

The natural world is the perfect place to nourish your inner world! Time spent outdoors often make us feel calmer, and rejuvenated. The sights and sounds

naturally steady the mind, releasing busy thoughts. An ideal way to make friends with your mind, each class of this four-part series will begin with a brief discussion of the practice, and some simple stretches and breath work. The meditation itself can be done while sitting on the built-in benches at the Terraza de Meditación (Meditation Terrace), or on the platform if you prefer cross-legged sitting. Bring your own cushions, and dress for comfort and weather conditions. No experience is necessary. **Registration required. Open to adults and interested teens ages 16 and older. \$40 per person for the four-part series. Members receive a \$5 discount.**

### OWL PROWL

Friday, Oct 27 | 7–8:30PM | Lakeview Cemetery

A live owl 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 and prepare to hike for 1.5 hours! **Registration required. \$15 per person. Register at [lakeviewcemetery.com](https://lakeviewcemetery.com).**

### RECENTER & RESET HIKES

Select Sunday Evenings: Sept 24, Oct 29, Nov 26 | 6–7PM

Join Jo Rattiliff of GirlTrek Cleveland for our monthly Sunday evening hikes as we watch Spring come to life while trekking the beautiful trails of Shaker Parklands and the surrounding neighborhood. Enjoy the fresh air, trees budding, flowers popping up, sounds of flowing water, evening bird calls, and much more. The trail will be of natural surfaces (paved and dirt trails) and sidewalk. Rain or shine. All are welcome. **Registration required. Free. Donations welcome.**

### NATURALIST NOTEBOOK: THE SOUL OF AN OCTOPUS

Sunday, Nov 19 | 1–3PM | Loganberry Books

Sy Montgomery pursues the “subjects” of her books with not just her intellectual curiosity but with her whole being. Delving into the life of these intelligent creatures, Montgomery takes us down a path of investigation to “falling in love” with several of these octopuses (not octopi!) through her beautiful writing and sensitive engagement. This discussion will be held at Loganberry but will also be available via Zoom with registration. **Registration required. Free. Donations welcome. Purchase your book at Loganberry Books for a 10% discount.**

## AUTUMNFEST

### Fairy Tales in the Forest

Saturday, Oct 7 | 3–7PM

Join us for a magical evening in the forest celebrating the beauty of nature this fall season!

This FREE magical evening in the forest will be held, rain or shine. Activities for all ages and abilities. Food trucks, libation stations, and vendors will have items available for purchase. Costumes welcomed and encouraged!

Decorate a magic pumpkin, climb the enchanted beanstalk (tree climbing), take a spooktacular evening hike, face painting, concoct s'mores at the fire breathing dragon pit, make a children's craft, feast on fairy food at food trucks or grab witches brew at libation stations.

Don't forget to stop by the fall perennial sale from 3–5PM.



Powered by PNC



## 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 Heights MyCom, Youth Opportunities Unlimited, Key Bank, Greater Cleveland Volunteers, and Business Volunteers Unlimited.

### SHAKER LAKES HIKE & RUN

**Sunday, Sept 17 | Shifts available from 6:45AM–12PM**

Volunteers are needed to help with way-finding, registration, refreshments, hike sweeps, clean-up, route monitors, and more. Three-hour shifts are available.

### NATIONAL PUBLIC LANDS DAY

**Saturday, Sept 23 | 9AM–12PM**

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, Doan Brook Watershed Partnership, and the City of Shaker Heights' Sustainability Committee are hosting a public land event at the No Mow Site on the corner of S. Park Blvd and Lee Road. Volunteer tasks will include pulling invasive plants and planting native plants.

### AUTUMNFEST

**Saturday, Oct 7 | Shifts available from 2–8PM**

Volunteers are needed to help with hikes, games, crafts, pumpkin painting, campfire s'mores, tree climbing, and more! Three-hour shifts are available.

### STEWARDSHIP SATURDAY

**Saturday, Oct 21 | 10AM–12PM**

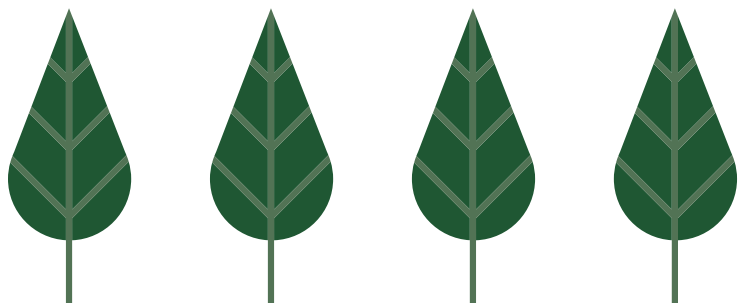
Join our Natural Resources Manager in completing land management and trail maintenance tasks at the Nature Center. This is a great volunteer opportunity for families with school-aged children.

### PROJECT FEEDERWATCH

**Nov 1–April 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!

**Volunteers are essential to our special events and daily operations at the Nature Center. View the Volunteer Calendar to learn more at [shakerlakes.volunteerhub.com](https://shakerlakes.volunteerhub.com). To learn more and register, call Sara Borse, Volunteer Coordinator (216) 321-5935, ext. 237 or email [sara@shakerlakes.org](mailto:sara@shakerlakes.org).**



## ART ON VIEW

### NATURE TRANSPARENT AND OBSCURED

BY AMELIA C. JOYNES

*Opening reception*

**Thursday, Nov 2 | 5:30–7PM**

Amelia C. Joyne's work on display represents the many ways to see nature—both transparent and obscured. The enamels and mixed media artworks represent an exploration of the how texture and color in fused glass on copper, or printing on paper, or woven onto fiber and metals, challenges the viewer to re-evaluate creativity in all surroundings. **Free to view. Pieces may be purchased for a fee with proceeds benefiting the Nature Center.**



# junior NATURALIST

## BIRD IDENTIFICATION

Our marsh overlook is a prime spot for bird enthusiasts and visitors to observe a diverse avian population. Identifying birds by sound can be a rewarding experience, enhancing our connection to nature.

Here are a few birds you may see or hear in the marsh and how to identify them by their unique calls:

**Northern Cardinal (*Cardinalis cardinalis*):** The vibrant red plumage of the male Northern Cardinal makes it easy to spot. Their song is a combination of whistles and sweet phrases. The famous “what-cheer, cheer, cheer” call of the male is a treat to hear.

**Red-winged Blackbird (*Agelaius phoeniceus*):** Found near wetlands and marshes, the Red-winged Blackbird is known for its distinctive “conk-la-ree” song. The male’s call is a sign of spring, defending its territory.

As you immerse yourself in the sounds of these common birds, remember that birdwatching is a meditative and peaceful activity.

Visit us on one of our upcoming guided bird walks.

The second bird walk of each month is fully accessible with an ASL interpreter!



**Blue Jay (*Cyanocitta cristata*):** The Blue Jay is a striking bird with its vibrant blue plumage and distinctive crest. Apart from its own harsh calls, the Blue Jay is interesting because it has the ability to mimic the calls of other birds, especially hawk calls, as a defense mechanism. Their calls are bold and loud, and they often emit a raspy “jay, jay” sound.

**American Goldfinch (*Spinus tristis*):** The American Goldfinch is a small, bright yellow bird. It has a sweet, twittering song that has been described to sound like “po-ta-to-chip.” They are common visitors to backyard feeders.



### BIRD

## Northern Cardinal

(*Cardinalis cardinalis*)

### SONG

“what-cheer, cheer, cheer”

### LISTEN



### BIRD

## Red-winged Blackbird

(*Agelaius phoeniceus*)

### SONG

“conk-la-ree”

### LISTEN



### BIRD

## Blue Jay

(*Cyanocitta cristata*)

### SONG

“jay, jay”

### LISTEN



### BIRD

## American Goldfinch

(*Spinus tristis*)

### SONG

“po-ta-to-chip”

### LISTEN







ANNUAL  
ONLINE  
**BIRD SEED  
SALE**  
FUNDRAISER

OCTOBER 1 – 27  
at  
**SHAKERLAKES.ORG**

Support the Nature Center at Shaker Lakes  
and your feathered friends!

Visit [shakerlakes.org](https://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 Friday, November 3 and Saturday,  
November 4 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.

3<sup>RD</sup> ANNUAL

## MEMBER APPRECIATION WEEK

OCTOBER 9 – 15

Our members make it possible for us to sustain our ongoing  
operations and achieve our mission. To show our gratitude,  
we're celebrating our 3<sup>rd</sup> Annual Member Appreciation Week  
with special members-only perks, including:

• **SPECIAL DISCOUNTS** •  
FROM LOCAL RESTAURANT AND RETAIL PARTNERS

• **25% OFF DISCOUNT** •  
AT OUR DUCK POND GIFT SHOP  
(excluding consignment and food items)

• **FREE MEMBERS-ONLY RAFFLE** •  
TO WIN A B'EARTHDAY PARTY OR EVENT ROOM RENTAL

• **HERON & HOPS ANNUAL RECEPTION** •  
FOR HERON SOCIETY MEMBERS

### AND MORE!

Stay tuned for more information and details being sent directly  
to members soon! Contact Cara Anderson, Development Associate  
at [cara@shakerlakes.org](mailto:cara@shakerlakes.org) with any questions.

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



Answer: Cicada

## CREATURE FEATURE: CAN YOU GUESS?

I sing loud and unique songs to attract mates. Each species of my kind has its own distinct song,  
and you can often hear us singing in chorus during the warm months.

I am the world's best sleeper! I spend the majority of my life sleeping underground,  
sometimes up to 17 years.

My wings are transparent, colorful and delicate.



RECYCLED  
FPO

ADDRESS SERVICE REQUESTED



#SHAKERLAKES

*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 9.17.23

**7AM**  
**REGISTRATION**  
**OPENS\***

**Registration (Now through September 16)**

**\$25** 1 Mile Fun Run & family hike  
**\$30** 5K and all other hikes  
**\$35** 10K

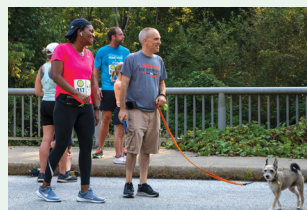
**Day-Of Registration (September 17)**

**\$30** 1 Mile Fun Run & family hike  
**\$35** 5K and all other hikes  
**\$40** 10K

**REGISTER EARLY AND**  
**SAVE!**

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

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



**8:45AM**  
**GUIDED HIKES**  
**DEPART**

**1–2 Mile**  
**Easy**  
Pet-friendly hike through  
Nature Center & Southerly Park

**2–3 Mile**  
**Easy**  
Botany hike through  
Shaker Parklands

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

**6 Mile**  
**Strenuous**  
Doan Brook Gorge hike

All children ages 3–12 may register for any race, any distance throughout the registration period for \$20.  
Visit [shakerlakes.org/hikerun](https://shakerlakes.org/hikerun) for registration, packet pick-up, course map, parking and other important race and race-day info.

\*Ages 0–2 free. Registration includes a t-shirt and post-race refreshments. Members receive a \$5 discount off any registration.  
Contact [cara@shakerlakes.org](mailto:cara@shakerlakes.org) to become a member or to request your discount code.

THANK YOU TO OUR SPONSORS

BakerHostetler



Thank you to our partners Luna Bakery, Cleveland Hiking Club, & The Wine Spot

The annual Shaker Lakes Hike & Run benefits environmental education and promotes health and wellness while celebrating the Shaker Parklands.  
Partial proceeds also support the Jenny Goldman Memorial Nature Outreach Fund.