

JANUARY 2019

LAKE ROLAND

MONTHLY NEWSLETTER

1000 Lakeside Drive, Baltimore, MD, 21210

Upcoming Events

First Day Yoga

01/01 @9:00-10:00am

Join us for all-levels gentle yoga with a view! Ages 10 and up, minors must be accompanied by an adult. Please bring a yoga mat, some will be provided on a first come, first served basis.

First Day Hike

01/01 @10:00am

Start the year off right by enjoying the great outdoors! Join a park ranger for an easy hike observing nature's winter splendor. Dress warmly and bring water.

Primitive Fire Making

01/05 @ 2:00-3:30pm

Learn how to make a fire from various materials. Children must be registered with an adult. Limited to 15 participants.

All About Black Bears!

01/13 @1:00-2:30pm

What do black bears eat? Where do they live? How do they stay warm in the winter? Join us to learn all about Maryland's largest mammal!

Ongoing Programs:

Friday Strolls - 9:00am

Yoga in the Park - 1st and 3rd Saturday, 9:00-10:00am

Weed Warriors - 2nd Saturday, 9:00-10:00am

Ranger Talks - last Saturday of the month, 10:30am

And more!

To register or view our full calendar and program prices, please visit us at lakeroland.org

What to Look For in January!

Gray Squirrel Mating Season

We've all seen it - gray squirrels chasing each other on the forest floor, up and around trees, and along towering branches. These hectic behaviors are characteristic of the gray squirrel mating seasons.

Gray squirrels are less active in the winter months, but they do not hibernate. They are more active on warm, sunnier days and can be seen along all of our trails!

Bald Eagle Nesting

Did you know that there are Bald Eagles that call Lake Roland home? Eagles have recently returned to the Maryland area in high numbers, and are the largest local raptors.

Researchers in Dorchester County recently discovered that local female Bald Eagles lay their eggs during the last week of January.



Instagram Highlight



We cannot get enough of the amazing posts submitted by park visitors - check out this amazing shot taken back in November!

@sbcreative_

"Time spent amongst trees is never wasted time. Just get up and go..."

Follow us on Instagram @lake_roland for program information, park updates, daily activities, and more.

Tag us in your own posts from the park for a chance to be featured in next months newsletter!

Lake Roland Staff Spotlight



Meet John!

John Lehman is our newest Park Ranger here at Lake Roland, having transferred from Marshy Point Nature Center in Middle River back in summer. A Baltimore County native, John has always had an interest in the outdoors. He practices traditional bow hunting, fly fishing, and also dabbles with primitive technology. From friction fire making to pottery, he appreciates it all!

If you see him out on the trails, make sure to say hello!

Sustainability Tips

Environmentally-friendly Ways to Remove Ice and Snow

Most Common Method:

Salt: Road salt, while effective in melting snow, should be used sparingly. Road salt contains chemical compounds that can be harmful to pets, wildlife, and property. It also increases the salinity of local streams.

Alternatives to Salt:

Sand: Scatter sand along sidewalks and driveways to increase traction.

Coffee grounds: After making your morning cup of joe, dry out and save your grounds. Sprinkle some over ice and snow to help the melt.

Pickle brine: Many cities and states have started using pickle/cheese brine to help prevent snow and ice from bonding to roadways and sidewalks.





Naturalist's Corner

Pax's Panoply

With winter upon us, a lot changes in the park. There are fewer animals about, temperatures drop, and the sound of crunching leaves gives way to the soft sound of earth underfoot. All of this tends to chase many park goers indoors, but it doesn't have to. The park is still open, and the quiet of winter offers unique experiences to the well prepared.

First and foremost, it is key to keep warm and hydrated. Optimal clothing is layered, with the ability to easily stow or carry outer layers should you find you need to remove them to cool off. A good hood, hat, or thermal headband is a must, as a majority of body heat will leave through the scalp if left unprotected. Under layers of thermal wear, such as cold gear shirts or long johns, make it easier to put layers on top that don't restrict movement. Lined clothing is an excellent option to combine layers once temperatures bottom out for the season. The outermost layer, your coat, should be well insulated, preferably with vents to increase airflow underneath if possible. Good walking shoes should be insulated, and make sure to break in any new shoes before doing extended walking or hiking with them. The more formed they are to your foot, the less you'll have warm spots and blisters.

For hydration, any water pack you can wear underneath of your coat is a great option, as your body heat will naturally keep the water warm, saving you calories and preventing the water from freezing.

While warm drinks, such as tea, coffee, and hot chocolate are excellent for nourishment and keeping your internal temperature up, nothing can replace water.

A day-pack is always a good thing to have with you. Some food, a first-aid kit, and a couple of woods tools can make the difference between a bad hike and a good hike. Many day-packs also have a hydration pouch, combining a few elements you'll need.

It is important to be prepared when on the trail.

Pocket flashlights are generally inexpensive, and useful daily. A pocket knife or multi-tool always comes in handy. The most powerful thing you keep in your pockets, however, is your cell phone. Whether a flip phone or a smartphone, it's difficult to match the ability to navigate (if you have a data plan), and communicate when you're in nature. Make sure to have emergency numbers, such as the police, fire, and park authority numbers for the area in which you're walking.

Once you meet the priorities of warmth and hydration, a day at the park can be, well, a day at the park! Come into the park throughout the winter to enjoy the quiet beauty of sleeping nature.

- John "Pax" Crum

John is an Activity Specialist here at Lake Roland. While his experience in survival is not extensive, Pax definitely knows how to stay comfortable out on the trails! Thanks,

Pax!





Identification Station

Red-shouldered Hawk (*Buteo lineatus*)

These raptors spend their summers in the northeast, and travel south for the winter. They prefer woody forests to open fields.

Red-shouldered Hawks are identified most easily by the bands of white plumage on the underside of their wings and belly.



Red-tailed Hawk (*Buteo jamaicensis*)

Red-tailed Hawks can be seen year-round in the northeastern region of the U.S. They are primarily spotted near open fields, where they prey on mice, voles, and rabbits.

To identify a Red-tailed Hawk, look for the dark markings spreading from the top of the head to about halfway down the wings, as well as the prominent red tail.



Ranger Report

Memorial Bench Installation

Volunteers with the Nature Council recently installed these beautiful memorial benches at and around Lake Roland! The newest additions are at the fishing pier, on the paved loop past the Acorn Hill Play Area, and overlooking the dam. Stop by the park to enjoy these new rest spots!



Join Lake Roland!

We rely on membership fees and donations to fund the Lake Roland Nature Council's efforts and projects in the park. Every dollar of your membership goes to support those efforts.

Please join us in supporting Lake Roland.

To become a member:

Visit us at lakeroland.org - Join Lake Roland

For any questions and/or concerns, please contact us by email at LakeRol-RP@BaltimoreCountyMD.gov or by phone at 410-887-4156.



LAKE ROLAND
NATURE COUNCIL