

**FEBRUARY 2019**

# **LAKE ROLAND**

## **MONTHLY NEWSLETTER**

1000 Lakeside Drive, Baltimore, MD, 21210

### **Upcoming Events**

#### **Linoleum Block Printing/Card Making**

02/02 & 02/09 @ 11:00am-1:00pm

Learn how to carve a linoleum block and create multiple prints during the first class. In the second class, make unique cards with your original prints. \*Must sign up for both classes\*

#### **Bird Extravaganza**

02/16 & 02/17 @ 10:00am-1:00pm

Join us for birding activities and search for birds in the Great Backyard Bird Count! Meet live birds, make crafts, join birding hikes, play games, and enjoy hot drinks & a campfire!

#### **The Lore of Archery**

02/23 @ 1:00-3:00pm

The bow and arrow have been one of mankind's greatest tools for thousands of years. Learn the history behind this ancient skill, discover proper shooting technique, and see if you can hit your mark. Children must be registered with an adult.

#### *Ongoing Programs:*

**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

To register or view our full calendar/program prices, please visit us at [lakeroland.org](http://lakeroland.org)

### **What to Look For in February!**

#### **A Birders Paradise**

February, despite its harsh cold, is a great time to spot waterfowl. At Lake Roland, we observe active populations of Gadwalls, Hooded Mergansers, Buffleheads, and Canadian Geese throughout the winter months.

*Citizen science opportunity:* the Great Backyard Bird Count, February 15-18 in 2019, is a wonderful way of becoming involved in local bird watching and monitoring. So far, almost 30 million birds have been documented worldwide through this movement! Visit [gbbc.birdcount.org](http://gbbc.birdcount.org) for more information.

#### **Skunk Cabbage Flowering**

Winter is seldom associated with new plant life, but amidst the chill, one plant is beginning to flower - the Skunk Cabbage! This awesome plant is one of the few that is able to survive (and thrive) in the brisk winter months.

See the identification section for more details!



# Instagram Highlight



Thank you to everyone mentioning us or tagging us in photos from Lake Roland. We love to see how the community enjoys the park!

*@darryndeshong: "Barred owllet fresh out of the nest. It took a few hours, but it found its balance..."*

*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 month's newsletter!*

## Animal Ambassador Spotlight

### Meet Dory!



Dory is Lake Roland's newest animal ambassador. She is a domestic rabbit who was placed at the Nature Center by the Phoenix Wildlife Center. She was found by a couple after she had been hit by a car. Because of her coloration, Dory was mistaken for a native Eastern Cottontail Rabbit. Based on her size, ears, and facial shape, we know that she is not a cottontail and was a pet that someone released into the wild.

One of her back legs was broken when she was found and Dory still has limitations to her mobility because of this, but she has been a trooper through it all!

Stop by the Nature Center to meet her!

## Sustainability Tips

### Green Produce Shopping for Winter Months

The February cold is in full-swing! We hope you have managed to stay comfortable so far without boosting your energy consumption too much. If you are worried about your impact, here is one small effort you can make to make a difference on a global scale:

Try shopping for seasonal produce. Modern transportation has made it possible to purchase exotic produce from all over the world at any time of the year. All of these fruits and veggies have to arrive here somehow, though. Unfortunately, a large amount of fossil fuels are burned during these long trips.

Seasonal and local produce will not only lessen your carbon footprint, but these foods are likely to be more nutritious! Purchasing local produce ensures that there is less time between farm and table, wherein key nutrients might otherwise be lost. Shopping this way also bolsters your the economy, protects nearby green space, and promotes a safer food supply.





# Naturalist's Corner

## *Pax's Panoply - Animals in Winter*

Winter is generally thought of as a time of rest for animals, but there is plenty of activity among those species who stay in the area. Many species, rather than hibernating or migrating, adapt to the colder weather and continue to be visible to the quiet and patient park patron. These species generally put on more fat and/or fur and change their eating habits to accommodate a lower level of activity. These adaptations allow them to keep warm without burning excessive calories, which is important with a reduced food supply.

It is fairly well-known that squirrels hide food in caches throughout their territory during their more active periods in the spring and summer, and the winter is when they cash in on those investments. In fact, because of the prolific nature of their caching, squirrels see little reduction in their activity during colder months, making them among the most visible of Maryland's winter residents.

In preparation for winter, deer put on extra weight by consuming more of the food supply, which peaks at late summer. This also allows them to grow their winter coat, which has two layers. Additionally, deer start to gather into larger groups to share warmth and protect against predators, bedding in areas called deer yards. Deer yards are usually located in stands of fragrant evergreens, such as cedar.

Beavers, who are visible at very rare times from the northeast section of the Yellow and Blue trails, are innately adapted to the cold. For one thing, they produce an insulating oil, which they groom onto their fur. In addition to this, their tails store a great deal of fat, giving them ample stored energy. Beavers also have double-layered fur. The main change beavers go through for winter is an increase in fat storage throughout their body. Possibly the most fascinating adaptation is the construction of the beaver's lodge, for which they are well known. A beaver's lodge is a marvel of natural architecture, being insulated by a cement-like mud mixture, and having a lower level for drying and eating, and a higher level, kept dry for sleeping. Beaver activity continues throughout the winter, as they refresh their food stockpiles with small efforts, however, beavers are primarily nocturnal, so catching them awake in the park may take some tricky timing, given park hours.

Don't let the cold keep *you* inside either. Come out to the park and see who you can visit during these cold months.

*- John "Pax" Crum*

*John is an Activity Specialist here at Lake Roland.*

*Thanks, Pax!*

## Lake Roland Wish List

Lake Roland is a not-for-profit organization. We rely on donations in order to provide educational programs, general park upkeep, and animal care. Please email us at [LakeRol-RP@BaltimoreCountyMD.gov](mailto:LakeRol-RP@BaltimoreCountyMD.gov) if you are able to help out. Thank you! Currently, we are in need of the following items:

- 2-gallon plastic milk jugs (empty)
- Fresh bird seed
- Craft supplies (children's paint brushes, crayons, glue sticks, markers, etc.)
- Unscented clay litter

## Job/Internship Opportunities

**Summer Camp Director/Counselor:** The Lake Roland Nature Center is seeking a responsible, self-motivated, and enthusiastic individual to plan, coordinate, and lead nature camp during the summer of 2019. Major responsibilities include presenting environmental-based games, crafts, and activities; ensuring safety and well-being of campers; and working in cooperation with rangers, camp counselors, and interns. Please email Elizabeth Kadow at [ekadow@baltimorecountymd.gov](mailto:ekadow@baltimorecountymd.gov) for more details concerning the position.



# Ranger Report

## Maple Sugaring

Come late February, the weather conditions become just right for the tree tapping season. Locally, this season generally runs from late February to early March. Tree tapping is best done when night temperatures drop below 40 degrees and day temperatures rise above 40 degrees. These specific conditions allow for gases inside of the tree to force sap from within xylem cells to the outer parts of the tree trunk. The most commonly tapped trees are those within the maple family. Here at Lake Roland, we tap silver maple, red maple, box elder, and black walnut (not in the maple family).

We host two Maple Sugaring programs: March 2 and March 3 at 2:00pm. Visit our website for more details on prices and registration.



*Example of a tree being tapped for sap*

## Identification Station

### Skunk Cabbage

*(Symplocarpus foetidus)*

While most notably recognized by the pungent odor produced by the plant through breaking leaves, skunk cabbage is fairly unique in many other ways!

Skunk cabbage can actually generate their own heat - keep an eye out for a small ring of melted snow right around this plant. This not only helps the skunk cabbage survive the winter, but the heat produced by the skunk cabbage aids in attracting pollinators such as flies, beetles, and spiders.

This plant has a unique growing pattern. The roots of skunk cabbage dig deeper into the ground as the plant grows, making it seem as if it is remaining the same size year after year while simultaneously making them difficult to dig up!



*Skunk cabbage in the snow*



*Skunk cabbage in summer*

## 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](http://lakeroland.org) - Join Lake Roland

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