



**Come to our Annual Picnic!!!**

**Saturday, September 13th**

**Bring the kids – children, grandchildren!**

**Learn about honeybees!**

**Meet local beekeeper, Amy Gravitz.**

**3:00 Sanctuary Opens**

**3:30 Build a bee hive box with Amy. Learn about the tools of beekeeping.  
Other children's activities, as well.**

**5:30 Pot Luck Supper**

**7:00 What about Bees? Presentation by Amy Gravitz.**



**This is a Pot Luck Dinner, so please bring your finest dish to pass, your table-  
settings and a card table (if you can). **Try to use local ingredients to lower our  
carbon footprint!****

**Any questions – call Julie at 249-9489.**

## Crickets, Anyone?

Austin, Texas, may soon be known for more than being the hip music center of America. Three young people are trying to form a company to market an energy bar they call Hopper Energy Bars. This snack comes in three flavors: Peanut Butter, Cherry and Cacao; Blueberry, Cranberry and Pistachio; and Kale, Green Tea, Seaweed and Ginger. The novel, or perhaps game changer in these enticing flavors is that they utilize protein from cricket flour. They are also gluten, soy, dairy and GMO free.

According to Food and Agriculture Organization of United Nations report in 2013 [www.fao.org/docrep/018/i3253e/i3253e01.pdf](http://www.fao.org/docrep/018/i3253e/i3253e01.pdf),

“Insects are healthy, nutritious, alternatives to mainstream staples such as chicken, pork, beef and even fish. Because they are cold-blooded, insects are very efficient at converting feed into protein (crickets, for example, need 12 times less feed than cattle, four times less feed than sheep, and half as much feed as pigs and broiler chickens to produce the same amount of protein).”

Founders Jack Ceadel, Marta Hudecova and John Tucker report almost 60% of people have no problem trying the bars, 30% are hesitant but willing to give them a try and the rest won't even think about it. “The greatest success so far is with kids, who all really love trying bugs...”

The crickets are raised in California on a non-GMO grain based diet and shipped to Austin where they are roasted and ground into powder.

There are approximately 25 crickets in each bar. However, since these crickets have been ground very finely before being cooked there is no danger of finding any piece of them stuck in your teeth.

Crickets are cold blooded so they go into stasis when cold. To harvest them, the temperature is brought down slowly and then when they are asleep it is dropped rapidly and they are frozen. They experience no fear, pain or panic.

Crickets share 90% of their DNA with other arthropods like lobster, crab and crawfish. If you are allergic to any of these things then you should avoid eating Hopper Bars. These young innovators think that insects are too great a resource for us to continue to overlook, given the challenges of population growth, plus land and water degradation.

### Unrelated Cricket Tidbits

Crickets are considered good luck by most Native American tribes. Cricket wisdom is said to represent joy, intuition and power of belief. A cricket's ability to jump is said to offer the power to leap over a difficult situation.

Farmer's Almanac notes the number of chirps a cricket makes can be an indicator for temperature. To convert cricket chirps to degrees Fahrenheit, count number of chirps in 14 seconds then add 40 to get temperature. Example: 30 chirps + 40 = 70°F



*Chris Benard*

### **EXPERIENCE NIGHT 2014!**

You have the knowledge and the talent! Don't hide them under a bushel! Come to our Annual Meeting and Experience Night on Friday, November 14<sup>th</sup> at 7:30 PM at St. John's Meadows. You experienced members know what I'm talking about. Following our Annual Meeting (election of officers and the President's report), Experience Night is your opportunity to share an experience or aspect of nature that is important to you. You can do so via a PowerPoint presentation, a poem, a story, a play, a song, photos you have taken or whatever method you choose. Also, you don't have to be an expert. It's just fun to share your knowledge and love of nature. Experience Night is a highlight of BANC's year. We are all family and it is sharing the experiences of our "amazing family" that unites us! Please consider this chance to express your knowledge and share it with our members. After all, the goal of BANC is educational and that is what Experience Night is all about! Have your presentation last a maximum of 10 minutes so that all who wish to will have a chance to participate. Please call Julie Clayton at 249-9489 or e-mail her at [juliec@rochester.rr.com](mailto:juliec@rochester.rr.com). E-mail is preferred. I'm looking forward to November 14<sup>th</sup> and the fun that it entails!

*Julie Clayton*

# The Tanager



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## PRESIDENT'S MESSAGE

It was the height of butterfly season—mid July—and I was with the Southbys and some others from the Rochester Butterfly Club when we came upon patch of early goldenrod, almost ready to open its yellow flowers. Beautiful plant—sad to see—because it signals that our summer is all too quickly winding down.

Wasn't BANC's summer glorious? Take a look at the photos of some of our recent events in this issue. Then think: What memories do you have? What did you see? What did you do? Where did you go? Please share with us. You can brighten the night of November 14<sup>th</sup> by participating in BANC's annual Experience Night. Read Julie Clayton's article, and I hope you'll be one of the ones sharing experiences with us.

I'm getting ahead of myself because there's a lot to do before then. Check your booklet or [www.bancny.org](http://www.bancny.org) for details. There are two great field trips—to Gosnell Big Woods in Webster and to Hopkins Point in Mendon Ponds Park. Also, we'll hear from Babette Huber, Victor Town Historian, on October 10 at our members' meeting, and don't forget our Sanctuary clean-up day, October 25.

Speaking of clean-up day, we need help. Many hands make light work, and younger bodies can rake and bend farther and faster than some of us. We're looking for some young people to help us out. If you know a school group, scout group, or some other youth organization that is looking for a community service project, refer them to Julie Clayton. We'll provide soup and dessert for their lunch, and the young people will have a chance to see our wonderful sanctuary plus experience the satisfaction that comes with service to others.

Needless to say, it's our members with their invaluable contributions as committee chairs, hosts for open houses, program presenters, work crews, and more who keep our organization functioning. I would especially like to thank Heleen DeCory, who has volunteered to assist Paul Dudley with maintenance of our web site and e-mailing notices to the BANC membership. Every job needs at least two people who understand the task and can share the work. Paul has done a great job single-handedly, and we're grateful he now has help.

We value all our members, and we like to see big turnouts for all our events. When our "regulars" are missing, it's not the same, so there's relief that two of our stalwarts are on the mend: Carol Hinkelman is recovering from a heart attack and Marilyn Schindler from injuries she suffered in an automobile accident.

*Shirley Shaw*

## Volunteer as a Citizen Scientist

Looking for something fun to do connected to nature, maybe in a moment of newly found free time or on a rainy day? You can volunteer as a “citizen scientist” for a scientific research project, for a few minutes here and there, or as long as you wish.

The term “citizen science” originated at Cornell’s Laboratory of Ornithology around 1981 and is about public participation in scientific research. Many are familiar with The Audubon Society’s Christmas Bird Count, E-Bird, and the North American Butterfly Association’s Fourth of July Butterfly Count, all benefitting from large numbers of volunteers. Now, new scientific projects are digitizing vast natural history collections so that their distributional and phenological (flowering, fruiting, and leafing-out times) data and images can be used for research on climate change and land use activities. The data are important to researchers and policy makers, so your volunteer help would be greatly appreciated. As the saying goes, “many hands make light work.”

“Take Notes From Nature” – transcribe museum and herbarium records of your favorite organisms; select from birds, insects, macrofungi, and vascular plants. Visit [www.notesfromnature.org](http://www.notesfromnature.org) to get started with a simple web interface to record data from labels and earn “badges” along the way. Click “Sign Up” in the upper right corner of the page; then “Sign In” and click on “Start Transcribing,” select a “collection” to start and “Start Transcribing.” Click and drag a square/border around the specimen label information, then click “Start this record.” Select the appropriate entry from the select box for each field (such as country, state, county, and date) and fill-in a few blanks for text (such as locality, habitat, collector name and number). Reminiscent of earning merit badges in scouting, you can earn “badges” on this site by entering data for a designated number of labels. I earned my Spore, Mycelium, and Mushroom badges on this site by entering data for 100 macrofungi labels, plus my Seed, Seedling, and Sprout badges for 25 vascular plant herbarium labels.

For enthusiasts of lichens and bryophytes (mosses, liverworts, hornworts), check out :

<http://lbcc1.acis.ufl.edu/volunteer> and contribute to scientific projects researching these sensitive indicators of environmental quality and change. Two years ago, I participated in this scientific project by entering basic data and photographing labels. Now, many of the label images are available online.

Please note that there are separate volunteer login pages for the lichen and bryophyte collections.

As an example to get started, visit <http://lbcc1.acis.ufl.edu/node/21> for lichen record sets, then go to the bottom of the page and select United States and New York, and Farlow Herbarium (Harvard University), then “Click to go to records,” “Create an account now,” then Login, and then click on a “Symbiota ID” to get to the data-entry form. Enlarge the respective label image by clicking on and dragging the border of the image. The form for these label collections is slightly more complicated than the [notesfromnature.org](http://notesfromnature.org) site; but, just fill-in a few of the blanks for any data that are clearly understood and just leave the other data fields “as is.” Particularly useful fields (blanks to fill-in) for ecological research are date, locality, habitat, and substrate. Click “Save Edits” and click on the arrow to get to the next label. There is something for everyone – familiar localities, many historic collections, and a number of lichens themselves managed to get their pictures taken. I think that you will find this to be a rewarding activity. Thank you!

*Anthony R. Brach*, PhD, Curatorial Assistant at the Harvard University Herbaria and a BANC Member who lives in Massachusetts

### Mark your calendar! Fall Clean-Up at the Sanctuary Saturday, October 25, 10:00 – 2:00

As members of BANC, we are a team. Come to the Sanctuary on Saturday, October 25<sup>th</sup>. From 10:00 am until about 2:00 pm we will be getting the Sanctuary building and grounds ready for winter. Bring your rakes, working gloves and your smile. Many workers are needed. We need to clean up the inside of the building and also the grounds. The trees will probably have done their thing. After providing the world with lovely colors, many leaves will have fallen to the ground. We will need to do some raking and clearing. Many of our hard-working members are getting on in years. They need the help of some of our younger members. Our members work hard at many things – pot lucks, open houses and wonderful field trips! You know how much you enjoy them! Let’s all come together on the 25<sup>th</sup> and pitch in with our muscle power!

We’ll provide hot soups and beverages. Bring something to share, if you wish. See you there!

*Julie Clayton*

## SUMMER 2014 FIELD TRIPS Mendon Ponds Park



Richard Ashworth photographs a wildflower



Oh, those pesky skippers! Joanne Altre trying to identify a butterfly.



Looking for warblers and sparrows

### Book Sale



Shoppers



Suzanne Wheatcraft purchased a divia, an heirloom house plant, from the family of Frank Crombe.

### More Book Sale photos



Carolyn Dancy, Nancy Rice, Joanne Altre, and Julie Clayton ready to sample the refreshments.



Helene Case, Julie Clayton, Shirley Shaw, and sale organizer Chris Benard between customers

Thank you to everyone who supported our June 21 book sale. We raised over \$400.00



BANC member Roger Cass, in the back on the keyboard, and his group Over and Under, entertaining us at the July 18 pot luck dinner. Fred Viera is on the bass, John Bowen-Moore on guitar, Sue Napier on fiddle.



Sarah Conley manning ('womanning'?) the BANC booth at the Monroe Farmers' Market and holding her Madagascar Hissing cockroaches!

*Photo by Richard Ashworth*



Audience for the "Over and Under" concert



John Dombrowski, Mary Gordon, Nancy Rice, Shirley Shaw, Carol Southby, Bill McLeary, David Southby, Mary Jane Proschel, and Sally McCreedy at our joint field trip with the Rochester Butterfly Club to Hemlock Canadice State Forest. Missing from the photo are Paul Brach and Joanne Altre, who had left a little early.



Martha Zettel's presentation about bats.  
*Photo by Richard Ashworth*



Almost 30 people, including several guests, attended our potluck supper on August 8. After dinner, Martha Zettel and Bill O'Neill gave a program about bats, followed by a walk to locate bats flying about the Sanctuary.

*Photo by Richard Ashworth*



Birds seen on the "A Morning In The Park" Field Trip in Mendon Ponds Park on June 7.

*Photos by Richard Ashworth*

**MEET A MEMBER (OR TWO) – THE GORDONS**

Why the umbrella? The Gordons are outdoor people. It was raining heavily when I visited them but they opted for an outdoor picture rather than one in the house.

Mary and John come to BANC from rather different backgrounds. Mary was brought up on the family farm in Ohio. Her parents were very interested in conservation and her mother was a bird club member. John grew up in Rhode Island and had no particular interest in nature as a youngster. They met at Cornell University, where John was an engineer and Mary studied Russian linguistics. They were married soon after, but were separated by John's service on an aircraft carrier with three tours in the Mediterranean and deployment during the Cuba missile crisis.

Mary started tutoring, but spent most of her career teaching at elementary and pre-K levels, mainly at Christ Clarion. She also taught and led nature hikes at the Rochester Museum and Science Center. John attended MIT and then joined Bausch & Lomb, where he became a lens product and plant manager. He later served as Boston area manager before returning to Rochester in 1969. After leaving B&L, John owned the AAMCO Transmission business in East Rochester, where he is still the landlord. He is also a pilot and owned his own plane until very recently.

After retirement in 1998, Mary joined WOW (a hiking group) and met Marilyn Schindler. Marilyn and Ruth Morrill introduced her to RBA and BANC, where she and John became members in 2004. Both have since served the club in several capacities.

John's first involvement was in planning field trips with Jerry Jenkins. He soon was on the Finance Committee with Carl Benedict and Steve Weber and took over as Treasurer when Steve died. (He and Steve had already discussed this transition but

Steve's unexpected passing left John with some difficult challenges to work through.) John has experience as Treasurer for his flying club and swim club, and this is evident in his quiet and efficient administration of the BANC finances.

Mary is active on the Banquet and Refreshment committees and she has also served on the Nominating Committee and Sanctuary clean-up crews. She manages to combine these activities with her other responsibilities as business manager for the family farm and still find time to enjoy birds (her primary interest) and butterflies. She maintains a broad interest in the natural world and subscribes to the belief that "all nature teaches God's love to man."

*Richard Ashworth*

**The New Canoe**

We've had our canoe  
A week? – No, two -  
And we love it more and more.

But it's good to dry the boat three days  
Invasive species to deglaze-  
Our arms get a little sore.

Mendon Ponds was our boat's first trip.  
The water was sparkling, and we did not flip.

The Irondequoit was floating fun,  
To the Bay from Ellison.

The dog knows nothing quite as nice  
As fetching on the shores of Canandice.

Black Creek was a winding woodland palace  
Jeweled with ruby stalks of *Lobelia cardinalis*.

We saw no otters  
In Erie Canal waters,  
But across from old Lock 60 we had some luck-  
In a dirt-bank hole we saw a young woodchuck.

Do you keep a log?  
Do you write a blog?  
Are your photos numbered in a catalog?

I often let memories fade  
Like sun into shade  
Content in the knowledge that we've had fun.

But it's good to write this poem  
To record where we were rowin'.  
It *would* be a treasure to keep notes of what we've  
done.

Either way, we look forward to another shore  
Where we can dip a gentle oar  
And find more nature to explore.

*-Jennifer Markham*



## Honeybee Mystery

We take for granted having an abundance of fresh fruits and vegetables this time of year, but most of them are dependent on bees for pollination and our honeybees are disappearing. Since 2006, nearly one third of all US honeybee colonies have vanished, putting fifteen billion dollars worth of US food crops in jeopardy.

Honeybees are not native to the US, but were imported from Europe because they are prolific and easier to manage for commercial crop pollination. Because the US has large areas where only a single crop is grown, farmers are dependent on honeybees that are shipped in for pollination. These areas are forage deserts the rest of the year with no food for honeybees. For instance, 80% of the world's almonds are grown in California and they are entirely dependent for pollination on honeybees that are trucked in by commercial beekeepers. Without those honeybees there would be no almonds.

What is happening to the honeybees? The mysterious phenomenon has been named Colony Collapse Disorder, with the adult worker bees just disappearing from the hive. Since no dead bees are found, it is hard to determine what happened to them, but current thinking is that there are multiple interacting causes of CCD including pathogens, pesticides, habitat loss, viruses, poor nutrition and genetics.

Honeybees are an artificially bred species lacking genetic variation and vigor and more prone to diseases. They have natural genetic defenses against parasites like Varroa mites which carry bee diseases, but these defenses become weakened by exposure to all the herbicides and pesticides used on genetically modified crops. Trucking the hives around the country to pollinate monoculture crops stresses the bees and helps to spread mites and viruses.

Honeybees can also suffer from poor nutrition because of a lack of food plant diversity in crop monocultures. So many acres have been planted with corn and soybeans to make more money, that there aren't clover and alfalfa fields or many wild plants anymore for the bees to feed on. As a result, honeybees are not producing as much honey as they did previously, so there is now a honey shortage. Honeybees normally feed on their own honey in the cold months when pollen and nectar isn't available,

but modern beekeepers remove all the honey from the hives so they can sell it. They substitute high fructose corn syrup which does not provide as much nutrition as bees need for a healthy immune system.

Our industrial agriculture system is dependent on using many chemicals. Recent research has found that plant pollen that bees brought back to the hive for food is contaminated by over 35 pesticides and fungicides. The neonicotinoid pesticides (neonics for short), that were introduced in the 1990's, are systemic neurotoxic pesticides. They are used to treat the seeds of hundreds of crops and the toxins spread through all parts of the plants as they grow. Neonics are very persistent in the soil, get into ground water, and cannot be washed off food. Honeybees are particularly vulnerable to neonics even at low doses and they undermine the honeybees' immunity making them susceptible to pathogens. Neonics also damage their central nervous system so the honeybees become disoriented and can't find their way back to the hive. Several European countries have banned neonics because their bees were vanishing, but neonics are still the most commonly used pesticides in the US. The EPA won't consider any action until they finish their study of neonic pesticides in 2018.

While honeybees are disappearing at an alarming rate, wild bees and other pollinators are also declining. If this trend continues, there will be lower crop yields and a much smaller variety of foods available. The prevalence of genetically modified crops has brought with it the escalating use of more and stronger herbicides and pesticides. Honeybees are an indicator species that is warning us that our current agricultural system is unsustainable.



*Carol Hinkelman*

# **The Tanager**

**Burroughs Audubon  
Nature Club  
c/o John E. Gordon  
126 Ayrault Rd.  
Fairport, NY 14450**

**TO:**

**If you haven't renewed  
Your membership,  
Please do it now**

## **CALENDAR OF UPCOMING EVENTS**

**Tuesday, September 9, 10:00 AM**

**Gosnell Big Woods**

**A WALK IN THE GOSNELL BIG WOODS AND FIELD**

Leader: Norma Platt, 671-9639

**Saturday, September 13, 3:00 PM**

**BANC Sanctuary**

**ANNUAL PICNIC**

**BEES – ONE OF NATURE'S FINEST GIFTS**

Hosts: Sabrina Commisso, 385-9573

& Julie Clayton, 249-9489

**Saturday, October 4, 10:00 AM**

**Mendon Ponds Park**

**FUNGI AND FOLIAGE AT HOPKINS POINT**

Leader: June Johnston, 377-0259

**Friday, October 10, 7:30 PM**

**St. Johns Meadows**

**THE HISTORIC HAMLET OF FISHERS**

Presenter: Babette Huber

**Saturday, October 25, 10:00 – 2:00 PM**

**BANC Sanctuary**

**FALL CLEAN-UP**

Leader: Dean Clayton, 249-9489

**Friday, November 14, 7:30 PM**

**St. Johns Meadow**

**ANNUAL MEETING & EXPERIENCE NIGHT**

Leader: Julie Clayton, 249-9489