



## Come to our Annual Picnic!!! Saturday, September 17<sup>th</sup>

Bring the kids – children, grandchildren!

4:00 We begin.

Games for kids

Photo Exhibit and Contest

A guided walk focusing on Nature's Sounds!

5:30 Potluck Supper

Bring your favorite dish to pass (hopefully **local** for lower carbon footprint!) Bring your table settings, perhaps chairs, card table (if possible), your appetites and singing voices.

7:00 Music with Mitzi Collins

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### Photo Contest Info



Bring your pictures! We will put them in plastic sleeves and hang them on a clothesline. You may take them home that evening. All picnic attendees are encouraged to vote!

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Any questions, please call Julie at 249-9489 or Marigrace at 383-8462.

## 2016 Allegany Nature Pilgrimage

What better way to enjoy and learn about the plants, animals, geology and history of our special “neck of the woods” than to immerse oneself in three days of workshops and activities in Allegany State Park.

I was able to learn about the history of the Red House area from Harold Stock. He told us about the Park Zoo, the Olympic Ski Jump area, Red House Lake, the CCC camps and the old saw mill.

I attended a workshop on art and conservation led by Jennifer Miller, the 2015 winner of the Federal Duck Stamp water fowl design. I was impressed with her innovative ways to share her love of birds and promote conservation through her art work which included paintings, cartoons and costumes, including the incredibly realistic and detailed bird masks she makes.

The large tent presentation by Ken Keffer: “Conservation Lessons from a Vagabond Naturalist” was both entertaining and inspiring. His adventures at home and abroad had an underlying theme of uniting people with diverse backgrounds through his love and exploration of the natural world, from prairie dogs out west to camels in the Gobi Desert.

Linda Ordiway shared her vast knowledge of birds and bird banding with us as she banded birds she had caught in nets at the pilgrimage, including chickadees, catbirds, a yellow warbler, a yellow-bellied sapsucker, a song sparrow, an American redstart and a common yellowthroat. After seeing all these birds up close and personal I decided to attend a workshop on making watercolor paintings of birds and learned some helpful techniques from the art teacher, Liz Farrel.

Barb Winner led a workshop, “Ten Weeds You Should love,” and explained the medicinal and culinary value of some wild herbs.

Robin Foster gave a fascinating large group presentation on the “Hellbender Salamander: Allegany’s Living Fossil” that can grow to two feet in length!

That is only the tip of the iceberg about the Allegany Nature Pilgrimage – 2016. My friends and I certainly appreciated the weekend!

*Lura Kelley*

## Family Nature Night at BANC

On Wednesday, June 29, several BANC members hosted a new event at the sanctuary called Family Nature Night. This event was open to the public and we were pleased to welcome thirty enthusiastic non-member participants. There were ten to twelve children in attendance and they took part in a scavenger hunt and a nature walk around the preserve. Several of our members volunteered to show displays and answer questions. Richard Ashworth led a photo scavenger hunt and thrilled all with his beautiful bird photographs. Paul Brach was on hand to answer questions about fungi and plants. Jon and Sandy Dombroski gave a mini-lesson in how to identify insects and arachnids. Kathie Henrie brought a cage filled with *Cecropia* moth larvae and talked about the life cycle of these voracious caterpillars.

Fred Haynes, Dan Krisher, Sam Ciurca, and Paul and Jutta Dudley hosted several tables displaying beautiful collections of rocks, minerals and fossils. Patty Haynes and Marigrace Piazza shared materials that encouraged children and adults to observe, notice and document nature. Chris Benard brought drawing pads and books in order to inspire participants to do some nature journaling. Chris was instrumental in partnering with the Victor Farmington Library for help with the promotion of the nature night. Tim Niver, the Community Services Librarian was on hand that night with a collection of books related to nature studies for visitors to check out. Julie Clayton played her guitar on the porch and served as a wonderful ambassador for BANC. Chris Benard, Marigrace Piazza, Fred and Patty Haynes were the organizers of the evening. Due to the success of the night, we are already planning to have a similar event next year.

### *Marigrace Piazza*



# The Tanager

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



**Volume 46, Number 3**

**September 2016**

## President's Message

It has been a very warm summer, but I hope you have all been able to enjoy the outdoors and that you have been making the most of each day!

As John Burroughs said, "I still find each day too short for all the thoughts I want to think, all the walks I want to take, all the books I want to read, and all the friends I want to see." I'm sure you can think of more in your own lives – "All the butterflies I want to discover, all the trees I want to learn more about, all the wildflowers I am able to see, all the bugs I am able to uncover." This list can go on and on!

As we have learned from John Burroughs and our friends in BANC, there is so much to discover! I had a great time at the July 16<sup>th</sup> Butterfly Trail walk led by Jennifer Markham and Joanne Altre. There were some lovely butterflies and all kinds of butterfly flowers attracting them near Erie Canal Lock 30 in Macedon. We also saw the three canals where they had come together in that area – the Barge (which is what is also called The Erie these days), the Old Erie (also called "Clinton's Ditch") and the Enlarged Erie Canal (which had been made deeper and wider). FYI – The Old Erie and the Enlarged Erie were man-made canals that had been dug all the way from the Hudson River to Lake Erie; whereas, the Barge (or Erie presently) uses lakes and rivers to complete it.

Carol and David Southby treated many members to a fascinating session at the Sanctuary building on July 22<sup>nd</sup> by showing how the male and female flower parts are different in various flowers. Our members and interested parties were like young school kids using magnifying glasses and a microscope to clearly see the flower parts. We had some young children present, as well. I really enjoyed Shirley Shaw and Lucretia Grosshans' field trip to Montezuma Wetlands Complex on August 9<sup>th</sup>. Unfortunately, because of the drought, the water level of the wetlands was quite low! However, we managed to see a great blue heron, wood duck, White Admiral, Black Swallowtail, Eastern Tailed Blue and many more. Also, we met up with Montezuma Wetlands Complex Director, Chris Lajewski, who led us on a hike behind the complex building and pointed out different waterfowl, a northern harrier, an immature bald eagle and more! We sat and ate our pack lunches. It was a memorable trip with many nice folks!

According to our Treasurer's Report, BANC is not doing as well as we would like, financially. Please encourage others to join us! The perks are that members can receive our Handbook of Information and Activities, as well as our newsletter, The Tanager. Members receive monthly reminders of our activities and, especially, are permitted and encouraged to enjoy our trails! Most importantly, our dues support our organization and enable wildlife (plants and animals) to thrive in our 30-acre sanctuary on Railroad Mills Road and our 90-acre nature preserve near Dansville. We welcome individuals who appreciate nature and are willing to work for its preservation. There are several ways to work and help the club; we have many committees that have various functions – from planting and watering to putting together our newsletter, from handling publicity to planning field trips and potlucks. Also, donations are always welcome to help support Burroughs Audubon Nature Club. (They are tax deductible.)

See you at the Annual Picnic on September 17th!

*Julie Clayton*

## WHITE SNAKEROOT: NATIVE WITH A PAST



Pulling into BANC's parking area, I'm often taken aback by the ever changing kaleidoscope of wildflowers. Spring brings the blue sea of forget-me-nots; early summer the pastel dame's rocket; and late summer, early autumn the stark white snakeroot.

White snakeroot is a shade-loving plant. It grows in the rich, moist soil of woods and thickets. In late summer, when the plant is in full bloom, it reaches a height of 18 to 48 inches and is laden with fluffy, snow-white flowers.

As lovely as the woods look illuminated by the snakeroot, in the 1800's the superstitious believed that a deadly disease came from a magic poison scattered by witches at this time of the year. In fact, in southern Illinois, some people talked of punishing those whom they suspected of causing this.

The disease came to be known as milk sickness or "the pukes," and it came from cattle browsing the shaded woods where the white snakeroot was blooming. White snakeroot contains tremetol, a toxin that causes vomiting, trembling and severe intestinal pain. It does not affect the taste of the milk or meat. Settlers new to the areas where the native snakeroot flourished were unfamiliar with the plant and allowed their cattle to browse in the woods during times of drought.

Dr. Anna Bixby, a frontier doctor in southern Illinois (1812-1873), was convinced that the illness to the cattle came from something they were eating at that time of the year and began to watch and record what she saw. She also consulted with an elderly Shawnee woman who knew the local plants and their uses. The woman shared with her that people and animals that ate the snakeroot became sick. Native Americans did use a poultice of the roots, however, as a remedy for snakebite, hence the common name.

Dr. Bixby published her findings and later cattle were prevented from browsing in the woods and elsewhere plants were removed and the disease faded away.

Unfortunately, not before Nancy Hanks Lincoln, Abraham Lincoln's mother died of it in 1818 after coming home from helping another family with sickness in the house.

*Chris Benard*

### *Our Friend, Art*

**Art Trimble** said that as a child in Pittsburgh, he was a "nature boy". Richard Ashworth's September, 2012 "Meet A Member" featured Art Trimble. It is a wonderful article and I recommend that our members give it another read.

Our friend, Art, passed away recently on July 5<sup>th</sup> at the age of 98. He had been a member of BANC since 1964. Art had been active in BANC in various ways for many years. However, since 2010, Art was a very active Council member. Art attended his final Council meeting on June 6. He informed us that he was very ill. He expressed gratitude and happiness for the precious life that he had been given.

While in his nineties, Art served on our Council, attending most meetings. He was always alert and offered sound advice. He compiled and printed our Annual Activities Booklets and copied our brochures. He made the Annual Banquet nametags via the computer. He was always there at members' meetings to help make sure presenters had it right on the computers with their Powerpoint programs. He did several presentations himself. He was sharp as a tack!

Art had been married to his high school sweetheart, Roberta, for 60 years and they had two daughters. Roberta passed away soon after moving to St. John's Meadows. Art leaves behind his daughters and families, his partner of 13 years, Barbara Binder, and her loving family. We express our sincere condolences to them.

Art had served as a navigator on B-17's based in England during World War II.

Art worked at Kodak for 32 years and then founded a photo systems company with three other men. He worked there another 32 years!

He truly loved the Rochester Civic Garden Center which he had joined in 1956 and spoke about often. He also touted the natural benefits of the Funeral Consumers Alliance of Rochester. Art was a longtime member of the Webster Presbyterian Church and he loved St. John's Meadows!

Art taught us to marvel at nature and showed us how to appreciate each other. He was truly a remarkable man!

*Julie Clayton*



## Do You Know What is in Your Food?

Genetically Modified Organisms are plants or animals in which scientists have altered their genes with DNA from different species of living organisms, bacteria or viruses to get desired traits such as resistance to disease or tolerance of pesticides. GMO's are now found in 60-70% of the foods sold in U.S. supermarkets, including most foods that contain corn, corn oil, cornstarch, corn syrup, soy, soybean oil or sugar. The FDA has not conducted safety studies on GM foods, but leaves those studies to the companies that make the foods and since no testing has been done in humans, we don't know if these foods are harmful to humans, can cause allergies, or even if they are nutritious.

How can we avoid eating foods containing GMO's if we are concerned about their safety? 64 countries around the world require clear text labeling on the packages of foods containing GMO's and polls show that 90% of Americans are also in favor of labeling GM foods. Several states including California have tried to pass laws requiring labeling, but most of the laws were defeated because of heavy lobbying by chemical and food companies. Monsanto, the company that created many of the GMO's, and the large food companies that sell foods made with GMO's, spent huge sums of money to fight these bills. They are afraid consumers will avoid foods containing GMO's like they have in the countries that have mandatory labeling. Some of those countries have even banned the cultivation of GM crops. Vermont was able to enact a mandatory GMO labeling law, but no labeling law was passed in New York.

At the national level, Congress passed the Stabenow-Roberts GMO Labeling bill and President Obama signed it in late July even though it is a *voluntary* labeling bill and he had promised to have mandatory labeling of GMO's when he was campaigning in 2007. Critics have called it the Dark (Deny Americans the Right-to-

Know) Act because this GMO labeling law allows companies to print QR codes that have to be scanned with a cellphone on food packages or 1-800 phone numbers for consumers to get the GMO information. That is not the most user-friendly way to get the facts needed for decision-making while you are grocery shopping and is no substitute for clear text labeling on the package.

This labeling bill is poorly-written and has serious flaws:

- It discriminates against the 100 million Americans that don't have smartphones, mostly poor, elderly, and minority citizens.
- It blocks the FDA from ever requiring mandatory labeling.
- It prevents individual states from having their own mandatory labeling laws so Vermont's law is nullified.
- It does not go into effect for two years and it has no penalty for non-compliance.
- The bill's narrow and ambiguous definition of bioengineering leaves a loophole so that many GM foods will not be subject to the labeling requirement.
- The bill allows food companies to continue to make misleading "natural" claims for foods containing GM ingredients.

Americans have the same right to know what is in their food and how it is grown as the people in the 64 countries that have mandatory labeling. This law is a sham and was a rushed backroom deal. It is a major assault on the democratic decision-making processes of states, erasing their laws with a vague federal law that provides less transparency to consumers. Many organizations fought for mandatory GMO labeling and tried to prevent this voluntary bill from passing and some of them are now planning to sue to block the bill from being implemented. Consumers should demand clear GMO labeling on packages so they will know what they are buying.

*Carol Hinkelman*

## MEET A MEMBER LINDA SMITH



I met Linda Smith last year at meetings of the club Executive Council. Recently I had the pleasure of sitting down for a conversation with her, and to get to know this busy lady a little better.

Linda was born in Chatham, New York, a rural community southeast of Albany in the foothills of the Berkshires. She grew up loving the outdoors and enjoying hiking, camping and fishing with her parents. Linda studied at the Crane School of Music in Potsdam and, after graduating, taught vocal music for five years before being certified for classroom teaching. She then entered a long time career which she loved: teaching fifth grade in Clifton Springs. Her musical activities continued with her participation in the Rochester Oratorio Society and the Eastman-Rochester Chorus, in addition to her church choir. She enjoys playing the piano (as you can see in the photograph).

With her late husband Norm she enjoyed extensive travel with their 5<sup>th</sup> wheel camper, including trips to Alaska and across the country. After Norm's death in 2011, she has continued traveling: as a self-confessed Neil Diamond 'groupie' she has attended many concerts, and with their four children widely scattered (with seventeen grandchildren and ten great

grandchildren), additional opportunities – and expectations? – for further travel are numerous. Recently Linda has fallen in love with New Mexico - particularly Taos, where she spent some time taking in the local history, art, culture and environment, and enjoying the warmth and friendliness of the people.

Linda is very committed and active in the local community. At her Presbyterian church she is on the Mission Committee and is also the church historian. Twelve years ago, at the urging of an interim pastor, she was a founder of Neighbors in Ministry to Seniors (NIMS), providing free car transportation to around eighty clients, and she still participates regularly in the program.

Since Linda's retirement in 1998 she has been a volunteer at the Serenity House hospice, where she has a regular weekly shift and is on call at other times.

For several years now she has been involved as a "Boost" tutor, as one of around a hundred retired teachers who volunteer their time helping children in Monroe and Ontario counties who are in treatment or otherwise missing out in their schooling due to cancer and other chronic diseases.

Although she doesn't count herself as a sports enthusiast, Linda has become very knowledgeable about baseball, as a Board member of RHYBL (the Rochester Hispanic Youth Baseball League). She also helps run the concession stand at their ball field.

I'm surprised that Linda has any 'spare time', but she says that in addition to playing the piano, she enjoys crossword puzzles and reading, both fiction and non-fiction.

Linda has been a BANC member for fifteen years. She and Norm attended a club event, after which Mary Gordon approached her as part of a search for a Treasurer. She declined, but offered to help in another capacity; shortly afterwards she took on the role of Corresponding Secretary. Linda currently serves on the Executive Council as a Trustee.

*Richard Ashworth*

### *In Memoriam*

Long-time member, Virginia Costich, passed away on June 21, at the age of eighty-six. You may have remembered Virginia's smiling face welcoming you to many an Annual Banquet! We will miss Ginny and we express our condolences to her family and many friends.

**Reserva de Marapendi**  
(To the tune of *Girl from Ipanema*)

South in Rio de Janeiro  
In Reserva de Marapendi  
Are salt marsh grasses  
and sand bar patches  
and swa-a-a-mps

Parana pines that are endangered  
Marmosets begging bananas from strangers  
And salt marsh grasses  
And sand bar patches  
And swa-a-a-mps

The colorful Channel-billed Toucans!  
The sloths, capybaras and caimans!  
The Olympic impact is disputed--  
They built the golf course by the sea  
Burrowing owls live next to the tees.

South in Rio de Janeiro  
In Reserva de Marapendi  
Are salt marsh grasses  
And sand bar patches  
And swa-a-a-mps  
Mangrove swa-a-a-mps...

by **Jennifer Markham**



Photo credits: Luis Miguel Bugallo Sánchez (toucan); Stefan Laube (sloth); Leonardo DaSilva (pines); Emiliano M. Gonzalez (marmoset); Alan D. Wilson (owl).

**Welcome to New Members**

Catherine Bedzyk  
Christine Berdan  
Emily Brincka  
Linda & Michael Burr  
Melissa & Ken Carlson  
Kelsey Lynn Checkak  
Patty Coates  
Marilyn Colby  
Laura & Bill Garrison  
Rita Gould  
Jeffrey Hennick  
Tom Jones  
Emily Jamberdino

Lura Kelley  
Joyce & Michael Kliman  
Sally & Joe McMullen  
Susan Nettleton  
Rosemary Pautz  
Ellen Prill  
Sam Sommers & Marcie Mathews  
Kate Stanford  
Duije & Molly Tadin  
Susan Tubbs  
Claudia & Daniel Walsh  
Robert W. White

# **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**

**Saturday, September 17, 4:00 PM  
Annual Picnic at BANC Sanctuary  
MITZIE COLLINS AND FRIENDS  
Hosts: Julie Clayton, 249-9489  
Marigrace Piazza, 383-8462**

**Friday, October 14, 7:30 PM  
St John's Meadows  
SENECA PARK ZOO  
Presenter: Pamela Reed Sanchez**

**Thursday, September 22, 9:30-11:30 AM  
BANC Sanctuary  
COME FOR COFFEE OPEN HOUSE  
Host: Chris Benard, 924-4979**

**Saturday, November 5, 10:00 AM-2:00 PM  
BANC Sanctuary  
FALL CLEAN-UP  
Leader: Dean Clayton, 249-9489  
Host: Becky Olson, 388-7779**

**Wednesday, October 5, 9:00 AM  
BANC's Slater Sanctuary, Dansville, NY  
NATURE EXPLORATION HIKE  
Leaders: Paul Brach, 342-5629  
Dean Clayton, 249-9489**

**Friday, November 11, 7:30 PM  
St. John's Meadows  
ANNUAL MEETING AND EXPERIENCE NIGHT  
Call Richard Ashworth, 381-2189 for a  
place on the program**