



# Meadowlark

The Newsletter of Genesee Valley Audubon Society

May-June 2022

Vol. 49, No. 5

## President's Column

### By June Summers

Last spring in the May-June Meadowlark I wrote an article about how to treat your windows so that they don't kill birds during migration. If you remember it came down to a rule, the 2x4 rule. You need to have something on your window every 2 inches horizontally or every 4 inches vertically. So the easiest thing to do is use glass paint markers to draw lines every 2 inches horizontally or every 4 inches vertically. If you don't want to use glass markers use tempura paint, it washes off.

This year I want to introduce you or reinforce the idea of Lights Out or Dark Skies. Every year, billions of birds migrate north in the spring and south in the fall, the majority of them flying at night, navigating with the night sky. However, as they pass over big cities on their way, they can become disoriented by bright artificial lights and skyglow, often causing them to collide with buildings or windows. If you need more information go to <https://www.audubon.org/news/reducing-collisions-glass> or contact me at [summers@frontiernet.net](mailto:summers@frontiernet.net).

Audubon's Lights Out program is a national effort to reduce the problem of birds running into buildings at night. We need to convince building owners and managers to reduce excess lighting during migration, both spring and fall, to provide safe passage for the birds. We can make migration safer for birds by doing some of the following:

- Turn off outdoor decorative lights from at least 12:00 am to 6:00 am.
- If you work in a tall building, ask the building owner or office manager to turn off interior lighting, especially on higher stories late at night, or pull the shades.
- Put shields on exterior lighting to point them down to eliminate horizontal glare and all lights directed upward. It is important to keep light pointed down.
- Install automatic motion sensors and controls wherever possible.

- When adding or changing your outdoor light assess your needs. Don't over light: keep the light focused on the area you need and not too bright.
- Use lights that are more on the warm or yellow side of the color wheel than the blue side; blue light can disrupt your sleep cycle.

After watching Dr. Tallamy's program in February I realized how much the white light of our outdoor house lights affects moths by attracting them like moths to a flame. So when I had to change my garage lights this month I changed them to yellow ones to stop attracting moths.

Now back to how to change the lighting at our home and work. To learn more about how to make our skies darker, our partner the International Dark Skies Association, <https://www.darksky.org/>, has plenty of information. They have information on how excess light at night can affect other wildlife other than birds. It can also cause sleep problems for people. They have information on light fixtures that are Dark Skies approved.

## Water Chestnut Pulls

### Volunteer Opportunity

For years Genesee Valley Audubon has been working with the Department of Environmental Conservation and the Finger Lakes PRISM (Partnership for Regional Invasive Species Management) to remove European Water Chestnut from Braddock Bay. Our work removing European Water Chestnut has kept it from covering the bay and cutting the light and the oxygen from the water. This keeps the bay healthy for the fish and other wildlife. The work that GVAS does is very important, and we need your help. If you have a kayak or canoe, please join us on July 16 and/or August 6. We will meet at the Braddock Bay Tavern at 372 Manitou Rd in Hilton at 9:00 am.

To register contact June Summers, [summers@frontiernet.net](mailto:summers@frontiernet.net) or (585) 355-1824.

# Programs

## Coming this fall...

### **The Magic Stump, Its Secrets were Forged in Fire and Ice.**

From the filmmakers of Monty and Rose, the story about the Piping Plovers. “The Magic Stump” tells the story of an Illinois tree stump that’s attracted a phenomenal variety of wintering raptors through the years, including two rare Prairie Falcons.

### ***The Secret Perfume of Birds: Uncovering the Science of Avian Scent***

Danielle Whittaker, an evolutionary biologist and the author of this new book, will describe the emerging research showing birds’ ability to produce complex chemical signals that influence everything from where they build a nest to when they pick a fight and why they fly away. If you would like to purchase the book for summer reading go to John’s Hopkins Press, <https://www.press.jhu.edu/books/title/12467/secret-perfume-birds> (they have the ebook), or Amazon.



## **Meadowlark–Go Green**

If you want to reduce the amount of mail you receive, send GVAS an email to [gvaudubon@gmail.com](mailto:gvaudubon@gmail.com). Put Opt-Out in the subject line. Include your name, nine digit zip code and email address. We will send you a notice when a new issue of the Meadowlark is available on our website.

## **Thank You!**

Thank you to all who gave to the GVAS 2022 Annual Appeal. We know that each and every gift came from the heart.

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# Field Trips

**Monday, May 7, 2022**

**High Acres Nature Area and Christine Sevilla Overlook, Fairport, NY, 9:00am** Early May is the perfect time of the year to be out looking for wild flowers and song birds. We will be walking around a wetland area, and also exploring another trail in this Nature Preserve managed by the Genesee Land Trust. Please dress for the weather and wear sturdy footwear. They may get wet and possibly muddy. We strongly suggest you bring along sunscreen and bug spray. Binoculars will enhance your viewing. Terrain is natural, but relatively flat. For questions or to register, contact Loretta Morrell at [loretta.morrell.gvas@gmail.com](mailto:loretta.morrell.gvas@gmail.com) by Saturday, May 5.

**Sunday, May 15**

**Mt. Hope Cemetery, 8:00am-10:00am.**

Join us at the North Gate of Mt Hope Cemetery for birding and history as we stroll through the older section of this 1838 Victorian cemetery. The large mature trees and bushes are very attractive to migrating birds. Bring your binoculars.

The North Gate is on Mt Hope Ave across from Robinson Dr. (This is NOT the gate that is across from the Distillery Restaurant.) Preregistration is required and will be available at the Friends of Mount Hope website at [FOMH.org/event/bird-watcher-tour/](http://FOMH.org/event/bird-watcher-tour/). There is a \$12 fee for this tour; all money goes toward restoration efforts in the cemetery. Most of the walking will be on a paved road but there is a hill and a short walk on an uneven dirt path. For questions, email Joanne Mitchell at [jwmitchell@rochester.rr.com](mailto:jwmitchell@rochester.rr.com).

**Wednesday, May 25, 2022**

**Field trip to Sterling Nature Center, 15730 Jenvold Rd, 10:00am-noon**

This small nature center has so much to offer, with trails that wander on a bluff above Lake Ontario or you can take a stroll along the shoreline itself. Varying habitats abound including a heron rookery. Come explore. Sterling Nature Center is about an hour and a half from downtown Rochester off 104A. The trails are not difficult, but they are not graded to accommodate wheelchairs or strollers. This is a nature preserve area. At the time of our visit the young herons should still be in their nests and being tended to by the adults. You will want sturdy footwear that will keep your feet dry, if the trail is wet. Also consider sunscreen and bug spray. Binoculars will enhance your viewing. A spotting scope will be available. For questions or to register contact

Loretta Morrell at [loretta.morrell.gvas@gmail.com](mailto:loretta.morrell.gvas@gmail.com). Register no later than Monday, May 23.

**Saturday, June 11, 2022**

**Tinker Nature Park – Beginning Bird Walk, 1525 Calkins Road, 8:00am-10:00am**

We will be walking trails that lead us through multiple habitats looking for several different species of both resident birds and summer visitors. This is a nice walk for the novice bird watcher. Trail is a combination of crushed stone, boardwalk and natural surface, but is quite flat. Wear sturdy footwear. You may want sunscreen and bug spray. Binoculars will enhance your enjoyment. Bring along your smartphone, if you have one. There will be a discussion on apps that will assist you in your bird watching ventures. For questions or to register email [loretta.morrell.gvas@gmail.com](mailto:loretta.morrell.gvas@gmail.com). Register by Thursday, June 9.

**Monday, July 18, 2022**

**Channing H. Philbrick Park, 1 Linear Park Drive 10:00am-12:00pm**

This pretty trail will take us along Irondequoit Creek where we will encounter waterfalls and other sites along the way. Trail surface is natural and may be uneven in spots. Wear sturdy footwear. Sunscreen and possibly bug spray is strongly suggested. Binoculars will enhance your enjoyment. For questions or to register email [loretta.morrell.gvas@gmail.com](mailto:loretta.morrell.gvas@gmail.com). Register no later than Saturday, July 16.

**Monday, August 8, 2022**

**Hidden Sidewalk/Charlotte Pier, 10:00am-12:00pm**

Participants will meet up at the parking lot across from the Roger Robach Community Center, 180 Beach Avenue just west of the Ontario Beach end of Lake Avenue. From there we will walk down to the neighborhood along Beach Avenue and explore the beautifully maintained gardens along the hidden sidewalk. After a rest stop at the community center, those who are interested in a longer walk will proceed down to the river and walk out to end of the pier and back. The walkway consists of sidewalks, boardwalk, and pavement, and is flat. For question or to register contact Loretta Morrell at [loretta.morrell.gvas@gmail.com](mailto:loretta.morrell.gvas@gmail.com). Register no later than Saturday August 6.

*Continued on back page*

# Genesee Valley Audubon Society

Meadowlark

P.O. Box 15512, Rochester, NY 14615-0512

GVAS: A chapter of the National Audubon Society

The vision of Genesee Valley Audubon Society (GVAS) is to promote environmental conservation. Our mission is to educate and advocate for protection of the environment, focusing on birds, wildlife and habitat.

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**For the most up-to-date information, please visit our website, [gvaudubon.org](http://gvaudubon.org), or our Facebook page, <https://www.facebook.com/groups/gvaudubon/>.**

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*The Meadowlark* is published the 1st of September, November, January, March, and April. Articles for the *Meadowlark* should be submitted four weeks prior to the date of publication. Send articles to Joanne Mitchell, 169 Black Walnut Dr., Rochester, NY 14615, or at [jwmitchell@rochester.rr.com](mailto:jwmitchell@rochester.rr.com).

**Meadowlark staff:** *Editor & Layout*, Joanne Mitchell; *Business Editor*, vacant; *Printing*, Minuteman Press; *Distribution*, vacant.

*Field Trips, continued from page 3*

**Monday, September 5, 2022**

**Burger Park, part of the Braddock Bay Wildlife Management Area, 99 Hogan Point Road, Hilton NY 14468, 10:00am**

Fall migration will have begun. We will be looking for grassland bird species as well as osprey, eagles and hawks that could be migrating overhead. We also will be checking out the woods near the lake hoping to catch sights of some of the songbirds fueling up for their often long treks to their winter feeding habitats. Trails could be muddy so wear sturdy footwear. Sunscreen and bug spray are recommended. Binoculars will enhance your enjoyment. For questions or to register email [loretta.morrell.gvas@gmail.com](mailto:loretta.morrell.gvas@gmail.com). Register by Saturday September 3.