

Vol.3 #10  
2-12-2023



## **Upcoming Programs and Events**

**Summit Metro Parks (Virtual) Program**

**Fall in Love with Native Plants**

**Monday, February 13, 2023 6:30 – 7:30 p.m.**



Grab your honey and join a naturalist virtually to discover the many reasons why native plants are a perfect match for your home landscape. To join: <https://Zoom.us/join> and enter meeting ID: 874 8656 1708

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## Western Reserve Land Conservancy Winter Virtual Symposium



### **Session 4: Insects with Benefits: Pollination and Natural Pest Control Wednesday, February 15, 2023 1:00 – 4:00 p.m.**

This session aims to dispel myths and improve our appreciation of wasps, moths, and spiders. These insects have long generated a swat, shriek, or scream when encountered, but after this session, you will hail them in your gardens! Session 4 will feature three renowned presenters in their fields:

- Eric R. Eaton, Author and Entomologist
  - Jim McCormac, Author and Field Botanist
  - Dr. Kefyn M. Catley, Biologist, Arthropod Systemics
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[Click here for more info and to register!](#)

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**Participate in the Great Backyard Bird Count  
February 17 – 20, 2023**



This ongoing community science effort is a great opportunity to engage some young people in our lives and perhaps spark an interest in birds. Spend time in your favorite places watching birds and then record your observations. In as little as 15 minutes, notice the birds around you. Identify them, count them, and submit them to help scientists better understand and protect birds around the world.

Bird and nature lovers everywhere, of all skill levels and all abilities, unite in the effort to tally as many of the world's bird species as possible over these four days. Combined with other bird counts, GBBC results help create a clearer picture of how birds are faring—whether individual species are declining, increasing, or holding steady in the face of habitat loss, climate change, and other threats.

To prepare for the count, there will be a special, free family-friendly webinar with the project coordinators from the Cornell Lab of Ornithology, Audubon, and Birds Canada;

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the **YouTube livestream webinar and Q & A session will be held on Wednesday, February 15, 2023 1:00 – 2:00 p.m.** A YouTube livestream page will be provided when you register and click 'submit.' This webinar will be recorded and all registrants, *even those who do not attend*, will receive the recording later that week and can view it by visiting [archived events](#). To register: [GBBC23 YTWebinar registration \(allaboutbirds.org\)](#).

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### Institute for Bird Populations



**Cloud Forest Bird Communities' Response to Forest Fragmentation**  
**Dr. Harry Jones, IBP Southwest Avian Ecologist**  
**Wednesday, February 15, 2023 2:00 p.m.**

Dr. Jones presents research he did in Colombia prior to joining IBP: How and Why do Cloud Forest Bird Communities Respond to Forest Fragmentation in an Andean Biodiversity Hotspot? For a lengthy talk description and/or to register for this event, see [IBP – Blog Post \(birdpop.org\)](#).

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**Live Program: Great Backyard Bird Count Eve  
Thursday, February 16, 2023 6:30 – 7:30 p.m.  
F.A. Seiberling Nature Realm Visitors Center  
1828 Smith Road, Akron, OH 44313**

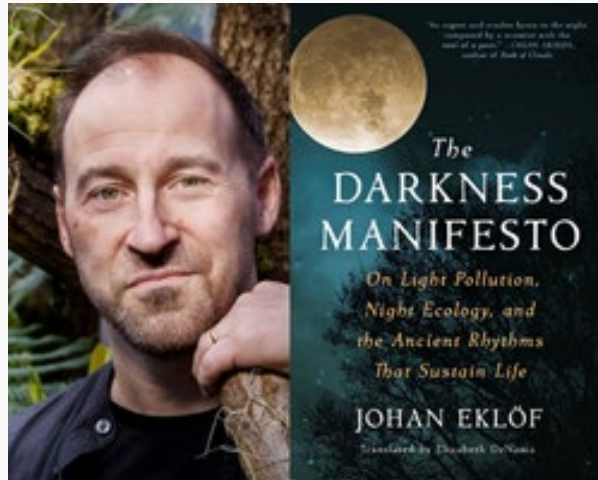
Explore this special convergence of birds, citizen science and you! This time each year, the world comes together to watch, count and celebrate birds. You (yes, YOU) can participate, too!

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**Hudson Library and Historical Society Presents (Virtually)  
An Afternoon with Scientist Johan Eklöf, Author of *The Darkness  
Manifesto: On Light Pollution, Night Ecology, and the Ancient Rhythms***

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*that Sustain Life*  
Saturday, February 18, 2023 1:00 p.m.



How much light is too much light? Join the Hudson Library & Historical Society on Saturday, February 18 at 1 p.m. for a live, virtual streaming event with scientist Johan Eklöf, who will discuss his new book, ***The Darkness Manifesto: On Light Pollution, Night Ecology, and the Ancient Rhythms that Sustain Life***. In the book *Kirkus Reviews* calls, “A captivating, poetic call for greater awareness of the natural cycles of the world,” *The Darkness Manifesto* explores the issue of light pollution and how in the last 150 years, we have extended our day—and in doing so have forced out the inhabitants of the night and disrupted the circadian rhythms necessary to sustain all living things, including ourselves.

*The Darkness Manifesto* depicts the domino effect of diminishing darkness: insects, dumbfounded by streetlamps, failing to reproduce; birds blinded and bewildered by artificial lights; and bats starving as they wait in vain for food insects that only come out in the dark of night. For humans, light-induced sleep disturbances impact our hormones and weight and can contribute to mental health problems, like chronic stress and depression. The streetlamps, floodlights, and neon signs of cities are altering entire ecosystems, and scientists are only just beginning to understand the long-term effects. *The Darkness Manifesto* outlines simple steps that we can take to benefit ourselves and the planet. In

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order to ensure a bright future, we must embrace the darkness.

Johan Eklöf is a Swedish bat scientist and writer, most known for his work on microbat vision and more recently, light pollution. He lives in the west of Sweden, where he works as a conservationist and copywriter. Eklöf has studied bats for almost twenty years and now has his own consultancy company, hired by authorities, wind companies, municipalities, city planners, and environmental organizations as an expert on bats, night ecology, and nature-friendly lighting. *The Darkness Manifesto* is his second book to be translated into English.

Registration for this program is required and a valid email address is required at the time of registration: [Library Events – HUDSON LIBRARY & HISTORICAL SOCIETY \(engagedpatrons.org\)](https://engagedpatrons.org). ***Participants will receive an email invitation to attend the program, hosted on Zoom, a day before the program begins.*** If you have any questions, please email [askus@hudson.lib.oh.us](mailto:askus@hudson.lib.oh.us) or call (330) 653-6658 x1010.

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**2023 Northeast Ohio Pollinator Society (Virtual) Winter Series  
Gardening Across the Lifespan  
Presented by Laura Akgerman, Wednesday, February 22, 2023 7:00 p.m.**

Gardening across the lifespan is an educational workshop from Ohio AgrAbility, which includes information on good body mechanics, ergonomic garden tools, safe lifting, sun safety, Universal Design and ideas for adapting your current work habits, tools and structures so you can continue gardening productively and safely as your abilities change. **Laura Akgerman** is the Disability Services Coordinator for Ohio AgrAbility & Ohio State University Extension. She is a two-time Ohio State University Alum, with degrees in English and Rehabilitation Services. She presents workshops on Gardening with Arthritis, Farming with a disability, AgriTourism, and other disability related issues for Ohio AgrAbility and OSU Extension. If you have not registered for any of the previous programs

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in this series, here is the link to register: [Webinar Registration - Zoom](#)

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**Vital Nature Connections: Inspiration from Nature**  
**Thursday, February 23, 2023 6:30 – 8:00 p.m.**  
**UA Field Station at Bath Nature Preserve**  
**4240 Ira Road, Bath, OH 44333**

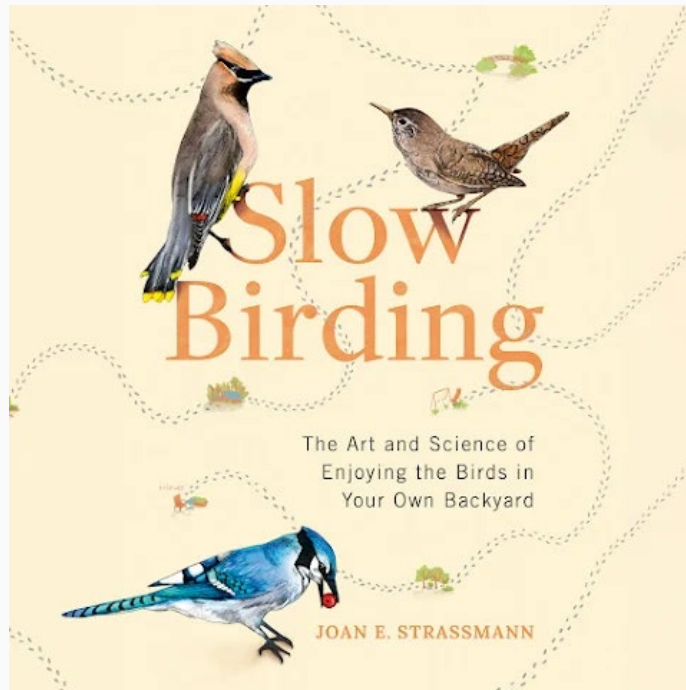
Join a Summit Metro Parks naturalist and Dr. Lara Roketenetz from The University of Akron for a hands-on night of games, microscopes and more to discover one of the most ground-breaking and hopeful fields of science: biomimicry. By copy-cattng the natural world, humans are learning to defy gravity, travel at high speeds and even regenerate brain cells! Discover what we've learned and what we've yet to uncover from our greatest teacher: Mother Nature. Enter the park off Ira Road and follow signs past the main parking lot and proceed all the way to the parking area of the Field Station.

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**Environment for the Americas**  
**February Book Club (Virtual)**  
**Slow Birding by Joan E. Strassmann**  
**Thursday, February 23, 2023, 8:00 p.m.**

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Many birders travel far and wide to popular birding destinations to catch sight of rare or “exotic” birds. In ***Slow Birding***, evolutionary biologist Joan E. Strassmann introduces readers to the joys of birding right where they are. In this inspiring guide to the art of slow birding, Strassmann tells colorful stories of the most common birds to be found in the United States—birds we often see but might not have considered deeply before.

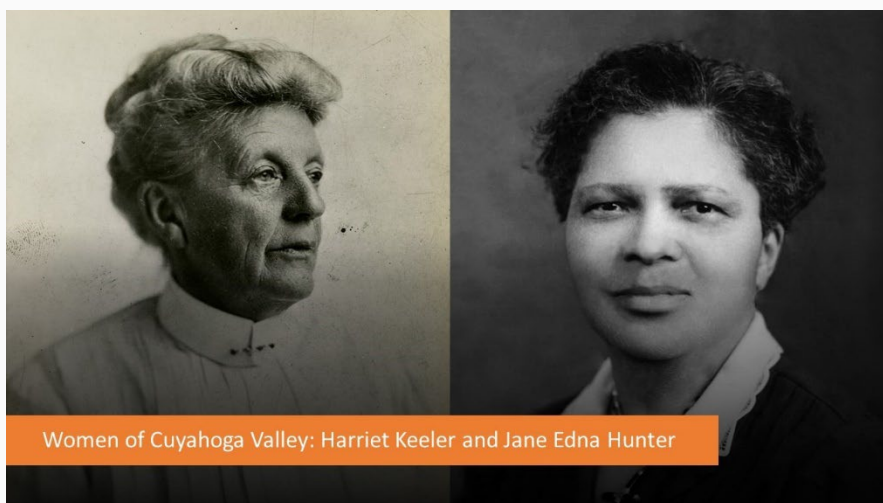
Slow Birding is the perfect guide for the birder looking to appreciate the beauty of the birds right in their own backyard, observing keenly how their behaviors change from day to day and season to season. Join Environment for the Americas’ book club session with the author as she shares the art and science of "slow birding." Register [HERE](#) in advance.

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**GAAS February (Virtual) Program**  
**Women of Cuyahoga Valley:**  
**Harriet Louise Keeler and Jane Edna Hunter**

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**Arrye Rosser, Tuesday, February 28, 2023 7:00 p.m.**



In the 1920s, one of the first areas of public parkland in Cuyahoga Valley—the Harriet Keeler Memorial Woods—was preserved in honor of this “Teacher-Author-Citizen.” It remains the heart of Brecksville Reservation. In the 1930s, the Phillis Wheatley Association—lead by Jane Edna Hunter—founded Camp Mueller just south of Peninsula. The camp served primarily African American youth from Cleveland until it was recently sold. Both Keeler and Hunter were remarkable women whose long professional careers were born from the social movements of the Progressive Era. Tune in to hear Ranger Arrye Rosser make the case that their achievements are nationally significant. This program will be jointly held with members of the Akron Area League of Women Voters. Please register in advance for this meeting: [Meeting Registration - Zoom](#) After registering, you will receive a confirmation email containing a link to join the meeting.

**Note:** This program will end our virtual winter program series. Please join us **live at Goodyear Heights Metro Park, West Room** on March 28, 2023 to hear Chuck Jakubchak’s program on *Feathered Miracles*.

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**Advance Notice: 2023 OBS Conference: Nesting in Nature**  
**Ashland University, John C. Myers Convocation Center**  
**638 Jefferson Street, Ashland, OH 44805**  
**Saturday, March 4, 2023 9:00 a.m. – 4:30 p.m.**



## **OHIO BLUEBIRD SOCIETY**

OBS will be returning to Ashland University in Ashland, OH for their 2023 conference. Once again, they are welcoming exciting speakers on a wide range of topics: Mark Dilley – The Trials and Travails of Creating a Certified Wildlife Habitat in Suburbia; Tim McDermott – Ticks and Lyme disease; Diana Steele – Bluebirds 101; Loyd Marshall – Conservation at Mosquito Creek; Heather Harris – Bluebirds Across Ohio, Facebook  
OBS panel – To be announced; Manon VanSchoyck – Tips from Ohio Nature Education  
For a conference flyer with more details and a mail-in registration form: [2023-OBS-Conf-Registration.pdf \(ohiobluebirdsociety.org\)](#) or for online registration, see [OBS Conference Registration Form \(paperform.co\)](#).

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### **Winter Bird Walks**

**Sunday, February 19, 2023 9:00 – 11:00 a.m.**  
**Valley View Area of Cascade Valley Metro Park**  
**1212 Cuyahoga St., Akron, OH 44313**

Join a naturalist to search for birds that reside in Ohio year-round, along with winter's winged visitors. Bring binoculars and dress for the weather.

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**Saturday, February 18, 2023 10:00 a.m. – 12:00 p.m.**  
**Medina County Park District: River Styx Park**  
**8200 River Styx Rd., Wadsworth, OH 44281**

Bundle up, bring a pair of binoculars, and join a naturalist for this walk to search for and observe various bird species, because a winter walk is always enhanced by the sights and sounds of local winter birds. Ages 10 and up. No registration is required. Free.

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**Saturday, February 25, 2023 10 a.m. – 12:00 p.m.**  
**Medina County Park District: Buckeye Woods Park**  
**6335 Wedgewood Rd., Medina, OH 44256**

Bundle up, bring a pair of binoculars, and join a naturalist for this walk to search for and observe various bird species, because a winter walk is always enhanced by the sights and sounds of local winter birds! Meet near the ball fields. Ages ten and up. No registration required. Free.

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## **News You Can Use**

### **Results of 2022 GAAS Christmas Bird Count**

Daniel Toth, our CBC Compiler, finalized the 123<sup>rd</sup> count year results on January 31, 2023. Below is the summary that he sent to all sector leaders. The official Count Summary

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Report, as approved by the regional compiler, can be found on the GAAS  
website: [CountSummary \(akronaudubon.org\)](https://akronaudubon.org/CountSummary)

Greater Akron Audubon Society  
Christmas Bird Count Summary  
Count Date: December 18, 2022

The 2022 Christmas Bird Count (CBC) was conducted under cloudy, cold and snowy conditions. Cold temperatures and gusting winds climbing up to 25mph made for a hard day. Most water bodies were ice covered and the combination of snow fall, and strong winds seemed to make most species hunker down or move very little. Temperatures hovered at 26-27 degrees throughout the day.

Total species counted increased this year, 79, from the previous year's count of 65. The count this year had high counts of Red-headed Woodpecker (*Melanerpes erythrocephalus*), Hairy Woodpecker (*Leuconotopicus villosus*), and Hermit Thrush (*Catharus guttatus*). Two new species were observed this count; Red-necked Grebe (*Podiceps grisegena*) and Northern Parula (*Setophaga americana*), which should be down in central America at this time of year. Total number of individuals (16,661) was down from the previous year (72,922).

Participation in the field was up this year [127], which is encouraging to see, and hopefully this trend continues next year. Feeder count participation was unfortunately down, but we are hopeful that this will improve next year. The great naturalist and conservationist Aldo Leopold once said, "There are some who can live without wild things, and some who cannot." You are those who cannot. It is because of your appreciation and love for the natural world that these species persist and thrive and that we have these natural spaces to enjoy them in. Thank you for your continued dedication and willingness to get out and count those birds. We look forward to the 2023 count that will be on Sunday, December 17th.

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## **Bird and Birdsong Encounters Improve Mental Health, Study Finds**

An English study from King's College London last year found that seeing or hearing birds does improve mental wellbeing and that everyday encounters with birds boosted the mood of people with depression, as well as the wider population.

The study, published in *Scientific Reports* (October 27, 2022), was written about in the *Guardian* ([Bird and birdsong encounters improve mental health, study finds | Birds | The Guardian](#)) and has been finding its way into American publications like the February issue of *Consumer Reports: On Health!*

The bottom line? Andrea Mechelli, professor of early intervention in mental health at King's College London, said, "We need to create and support environments, particularly urban environments, where bird life is a constant feature. To have a healthy population of birds, you also need plants, you also need trees. We need to nurture the whole ecosystem within our cities."

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**From Institute for Bird Populations: Bird Declines Correlate with Energy Development in the Athabasca Oil Sands Region of Alberta**

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Photo of Canada Warbler by Tom Murray/Flickr.

The Boreal Forest of Canada and the northern US has been called "North America's Bird Nursery" as it is important breeding and migratory habitat for billions of birds. In [a new paper that was featured as the "Editor's Choice" in the journal \*Ornithological Applications\*](#),

IBP research ecologist Jim Saracco, along with colleagues from IBP, Owl Moon Environmental Inc., and the University of Alberta, used 10 years of demographic data from the [MAPS bird banding program](#) to estimate trends over time and look at how the populations of 31 species are responding to habitat disturbance in the region. The study used data from 38 MAPS stations in the vicinity of Ft. McMurray, Alberta which sits atop the Athabasca Oil Sands, the largest deposit of crude oil on the planet. Energy development in this region has resulted in increasing habitat disturbance (such as mine sites and pipelines) in recent decades, including over the study period (from 2011 to 2020.)

Read the full IBP post from January 18, 2023 here: [IBP - Blog Post \(birdpop.org\)](#)

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## Researchers Find New Emperor Penguin Colony

Using images from the European Commission's Copernicus Sentinel-2 satellite mission, which were compared to and confirmed by high resolution images from the Maxar

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WorldView-3 satellite, scientists have identified the colony from the birds' guano stains which are brown in color, and easier to identify alongside the ice and rock. The new site, at Verleger Point West Antarctica, houses around 500 birds. For the last 15 years, British Antarctic Survey (BAS) scientists have been looking for new colonies by searching satellite imagery for their guano stains on the ice. Emperor Penguins need sea ice to breed and are located in areas that are difficult to study because they are remote and often inaccessible and can experience temperatures as low as -60°C (-76°F). Have a look at this one-minute video, from Amaze Lab and British Antarctic Survey:

[https://nv.vi-serve.com/vis-media/101/915/gveav3MBSZ4yGCoGuoqe\\_720p.mp4](https://nv.vi-serve.com/vis-media/101/915/gveav3MBSZ4yGCoGuoqe_720p.mp4)

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## District of Columbia Bird-Bill Victory

News from the February 2023 *Birding Community E-Bulletin* about use of bird-friendly glass in new construction or remodels involving glass:

“On 26 January, Mayor Muriel Bowser of the District of Columbia signed the Migratory Local Wildlife Protection Act. We described the importance of this model bill just last month: <https://conta.cc/3Cmx1zk>

Among other things, this "bird bill" *would require that for building permits for new construction or alterations involving glass the use of bird-friendly materials would be necessary.* The Department of Buildings, in consultation with the Department of Energy and Environment, would also have to issue regulations accordingly.

The "Bird Bill" has now made it through the major local hurdles. It still has to be accepted by Congress. (Yes, Congress has to approve all DC laws.) Also, the DC budget needs to include whatever funds the Department of Buildings needs to enforce it, but these should not be major barriers.”

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[You can access all the past E-bulletins on the National Wildlife Refuge Association (NWRA) website:

<https://www.refugeassociation.org/birding-community-e-bulletin>]

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*“Keep your love of nature, for that is the true way to understand art more and more.”*

*Vincent Van Gogh*

As always, please visit our website regularly: <https://www.akronaudubon.org> If you've missed or deleted these **For the Birds** emails, they are also posted in the **Archives** under the **News** tab on the Home Page. For more northeast Ohio bird-related programs, events (including some bird walks), please visit the [Northeast Ohio Regional Bird Calendar](#), hosted by Kirtland Bird Club of Northeast Ohio: [CALENDAR \(kirtlandbirdclub.org\)](#)

Note: A chronologic listing of past GAAS program pages with speaker bios and topics can be found by going to the GAAS Website Meeting Archives page: [Meeting Archives - Greater Akron Audubon Society](#) If a meeting was recorded and is available for watching, there will be a <Recording> button that can be selected to link to the recording on YouTube.

Please direct questions or comments [to info@akronaudubon.org](mailto:info@akronaudubon.org)

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