



Feb 2017 - April 2017

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> CONNECT

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Living a Biocentric Lifestyle

Tom Romito, President Emeritus, Western Cuyahoga Audubon

"One action can make a difference on your journey to living a biocentric lifestyle."

~ Stefanie Spear, Founder and CEO, EcoWatch

That's what Stefanie Spear, Founder and CEO, EcoWatch, told the audience at the December 6, 2016 Speaker Series presentation. In a video interview leading up to that meeting, Stefanie gave an introduction on this topic and we've shared excerpts below:

"A biocentric lifestyle is a journey from a humanistic viewpoint to a biocentric one. I feel that the majority of people over the last many decades are born into a very humanistic viewpoint. They believe that the human species is at the top, and that all other species are nice to look at or know about, but we're at the top. That's just not reality. Reality is that all species are dependent upon each other and that we must live in harmony with nature for long term survival of all species.

We are fortunate to live in Northeast Ohio where we have the Emerald Necklace and so many other natural areas. I'm a huge believer in getting people outdoors and on the waterways. I feel that in order to protect nature, you have to recreate in it. By 'recreating in it,' you realize the value that it brings to our lives and to the health of our planet. Connecting to nature is definitely the first step in caring for the planet.

Everyone should get educated about policy issues, communicate them, and engage with organizations that have the same mission and vision as you do. Right now, there's probably nothing more important than educating yourself on the most important environmental issues impacting human health and the environment, and communicating them to others."

Stefanie pointed out that most scientists agree that climate change exists and we are causing it, while many government officials deny it. Still, she notes, there are a lot of things we can do about it. In addition to the biocentric initiatives that people at the meeting noted they are taking, we discussed how we can engage in the climate change debate.



Photo: Coast Pano by Alice Merkel. Cleveland East 55th St. Marina, Cleveland, Ohio.

Legislative update: On December 27, Ohio Governor Kasich vetoed legislation that would have made state renewable-energy and efficiency standards voluntary for the next two years. The veto of House Bill 554 means Ohio's traditional utilities as well as any other power company selling electricity here must supply an annually increasing percentage of power generated by wind, solar and other renewable technologies until that percentage is 12.5 percent in 2027.

We'd like to hear from you! What simple daily practices do YOU recommend people follow to live a little more lightly on the planet? Post your comments to the blog. In case you missed it, here are a few tips for you from the December membership meeting:

- Have a yard? Plant a native tree or shrub.
- Dry your clothing using a solar clothes dryer...it's called a clothesline! Clothing dried outdoors saves money, energy resources and just makes clothing smell fresher and last longer.
- Be a careful shopper. Look at packaging to see if items are over packaged. Make your voice known to retailers if items you've purchased just have too much packaging.

FIELD TRIPS >>>



Photos: December Birders, American Tree Sparrow, March Birders, Black-capped Chickadee by Penny O'Connor, Chuck Slusarczyk Jr and Tom Fishburn.

Second Saturday Bird Walks at Rocky River Nature Center

UPCOMING DATES: February 11, 2017 / March 11, 2017 / April 8, 2017

Ken Gober, Dave Graskemper and Bill Deininger lead walks on the second Saturday of each month at 9:00 AM on trails around the Rocky River Reservation, home of the Rocky River Important Bird Area. New to birding? Grab some binoculars and join us. You'll be amazed how fast you can learn birds by sight and sound. Walks begin at the Rocky River Nature Center parking lot, 24000 Valley Pkwy, North Olmsted, OH 44070.



Photo: GBBC Birders at LENSAC 2013 by Penny O'Connor.

> Sunday, February 19, 9:00 AM - Noon

Field Trip to Lake Erie Nature and Science Center (LENSAC)

Date & Time: Sun, February 19, 2017 at 9:00am

Location: 28728 Wolf Rd. Bay Village, OH 44140

The Great Backyard Bird Count (GBBC) is a fun, easy, four-day citizen science event, sponsored annually by the Cornell Lab of Ornithology and the National Audubon Society. The dates are February 17-20. This trip celebrates GBBC at Lake Erie Nature and Science Center in the Huntington Reservation, Cleveland Metroparks. We'll count birds in the woods, fields and along the banks of Porter Creek and Lake Erie.

> Sunday, March 26, 9:00 AM

Field Trip to Carlisle Reservation Equestrian Area

Date & Time: Sun, March 26, 2017 at 9:00am

Location: Carlisle Reservation, Equestrian Area, Lorain County Metro Parks, Oberlin, OH 44074

Leader: Harry Spencer

Carlisle Reservation is the largest in Lorain County Metro Parks, 1,917 acres. Eastern Meadowlarks and Eastern Bluebirds are among the many species to be seen here. Black River Audubon maintains 70 bluebird boxes in the area. We'll walk Equestrian Area grassland, forest and ponds.



Photo: Lake Isaac by Alice Merkel.

> Sunday, April 30, 7:30 AM

Field Trip to Lake Isaac Waterfowl Sanctuary and Audubon Spring Bird Walk

Date & Time: Sun, April 30, 2017 at 7:30am - 11:30am

Location: Lake Isaac Waterfowl Sanctuary, Middleburg Heights, OH 44130

Leader: Nancy Howell

Target Species: All we can see in different habitats!

Nancy Howell leads this Audubon Spring Bird Walk at Lake Isaac, joined by Western Cuyahoga Audubon. This is the 84th annual series of Audubon Spring Bird Walks, held on the last three Sundays in April and the first three Sundays in May, at many locations throughout Northeast Ohio.

Preliminary Lakewood Circle - 2016 Christmas Bird Count

By Nancy Howell, Compiler for the Lakewood Christmas Bird Count, Western Cuyahoga Audubon Society

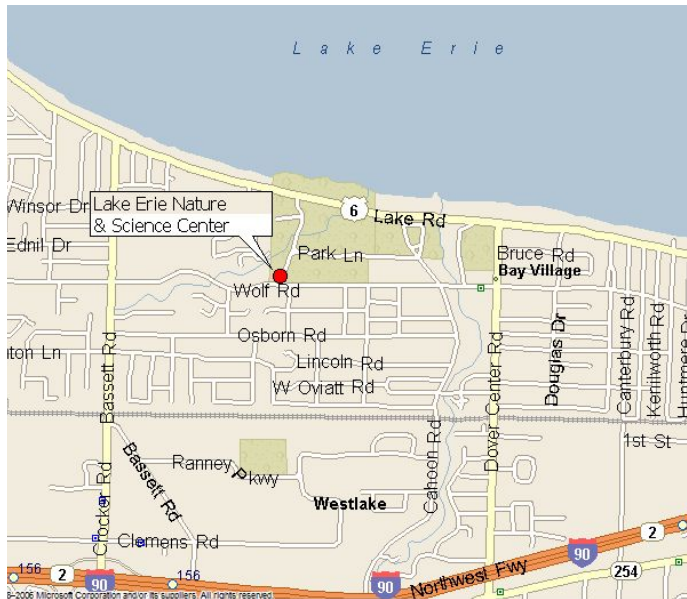
The Lakewood Circle CBC on Friday, December 30, 2016 turned out well. Temperatures were in the high 20's to low 30's throughout the day. A 2 inch snowfall on Dec. 29 covered most of the Circle area. Wind was a concern, especially in open areas and along the lakefront, with gusts bringing windchills and high waves on the lake. Skies were mostly overcast throughout the day, yet portions of the circle had some breaks in the clouds and sunshine. Scattered snow showers occurred throughout the day, but brought little to no accumulation. Lake Erie was ice free as were any moving waters (streams and rivers), but inland ponds and lakes were mostly frozen. Participants bundled up against the elements spending time in the field from 6:45 AM to 4:30 PM. Some individuals spent time owling in the morning. The list below contains most of the species found in the various habitats of the Lakewood Circle. A couple of nice surprises rounded out the sightings. The list includes **80 species** on count day and **4 during count week** for a total of **84 species**. Species in bold are rare or unusual sightings at this time of the year while those in **bold and italicized** are count week species. Look for the final Lakewood Count compilation published to the Member News Blog at the end of January.

- | | | |
|--------------------------------------|-------------------------------------|--|
| 1. Canada Goose | 32. Sandhill Crane | 61. Golden-crowned Kinglet |
| 2. Wood Duck | 33. Ring-billed Gull | 62. Eastern Bluebird |
| 3. Mallard | 34. Herring Gull | 63. American Robin |
| 4. American Black Duck | 35. Great Black-backed Gull | 64. European Starling |
| Northern Pintail - count week | 36. Lesser Black-backed Gull | 65. Cedar Waxwing |
| 5. Green-winged Teal | 37. Bonaparte's Gull - | 66. Yellow-rumped Warbler |
| 6. Redhead | Gull hybrid possibly GBBG x | 67. Common Yellowthroat |
| 7. Canvasback | HEGU | 68. American Tree Sparrow |
| 8. Ring-necked Duck | 38. Rock Pigeon | Fox Sparrow - count week |
| 9. Greater Scaup | 39. Mourning Dove | 69. Song Sparrow |
| 10. Lesser Scaup | 40. Great Horned Owl | 70. Swamp Sparrow |
| Greater Scaup/Lesser Scaup sp. | 41. Barred Owl | 71. White-throated Sparrow |
| 11. Surf Scoter | 42. Northern Saw-whet Owl | 72. Dark-eyed Junco |
| 12. Black Scoter | 43. Belted Kingfisher | 73. Northern Cardinal |
| 13. Bufflehead | 44. Red-headed Woodpecker | 74. Red-winged Blackbird |
| 14. Common Goldeneye | 45. Red-bellied Woodpecker | 75. Common Grackle |
| 15. Hooded Merganser | 46. Yellow-bellied Sapsucker | Brown-headed Cowbird - count week |
| 16. Red-breasted Merganser | 47. Downy Woodpecker | 76. Purple Finch |
| 17. Common Merganser | 48. Hairy Woodpecker | 77. House Finch |
| 18. Ruddy Duck | 49. Northern Flicker | 78. Pine Siskin |
| 19. Harlequin Duck | 50. Pileated Woodpecker | 79. American Goldfinch |
| 20. Wild Turkey | 51. American Kestrel | 80. House Sparrow |
| 21. Pied-billed Grebe | 52. Merlin | |
| 22. Double-crested Cormorant | 53. Peregrine Falcon | |
| 23. Great Blue Heron | 54. American Crow | |
| 24. Turkey Vulture | 55. Blue Jay | |
| 25. Bald Eagle | 56. Black-capped Chickadee | |
| 26. Sharp-shinned Hawk | 57. Tufted Titmouse | |
| 27. Cooper's Hawk | 58. White-breasted Nuthatch | |
| 28. Red-tailed Hawk | 59. Red-breasted Nuthatch | |
| 29. Red-shouldered Hawk | 60. Carolina Wren | |
| 30. Rough-legged Hawk | Winter Wren - count week | |
| 31. American Coot | | |



Photo: Chestnut Grove by Penny O'Connor.

MAPS AND DIRECTIONS >>>



LAKE ERIE NATURE AND SCIENCE CENTER *(see map, left)*

Directions: Meet at Lake Erie Nature and Science Center, 28728 Wolf Rd., Bay Village, OH 44140. The Center is located on Wolf Road, at the corner of Porter Creek Drive in the Huntington Reservation Cleveland Metroparks.

From the West, via Interstate 90 East:

- Exit 156, Crocker-Bassett Roads.
- Turn left on Crocker Road, which becomes Bassett Rd at the railroad tracks.
- Turn right on Wolf Road. Entrance will be .7 miles on the north (left) side of the road.

From the East, via Interstate 90 West:

- Exit 159, Columbia Road north.
- Turn right on Columbia Road.
- Turn left on Wolf Road. Entrance will be 1.9 miles on the right side of the road.

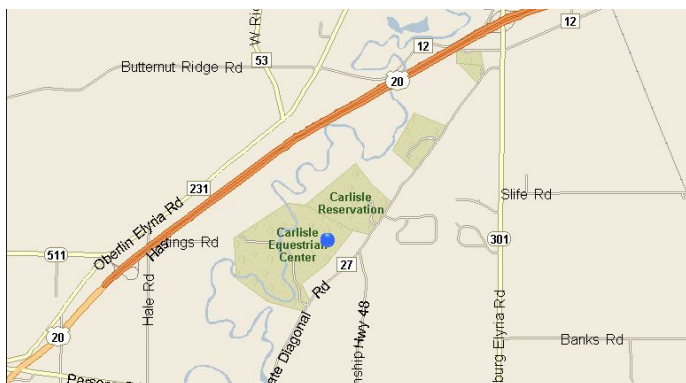
From the South, Interstate 480 East OR West:

- Exit 3, Stearns Road.
- From 480 Eastbound, turn left/ From 480 Westbound, turn right onto Stearns.
- Stearns will become Crocker Rd. After passing over I-90 at the railroad tracks, Crocker will become Bassett Road.
- Turn right on Wolf Road. Entrance will be .7 miles on the left side of the road.

CARLISLE RESERVATION, EQUESTRIAN AREA, LORAIN COUNTY METRO PARKS

(see map, below)

Directions to Carlisle Reservation, Oberlin, OH 44074 from Cleveland, OH: Take I-480 west to Rt. 10/20. Take Rt. 10/20 west to Rt. 301 South/LaGrange Rd. exit. Turn left onto Rt. 301 South. Drive a short distance to the second intersection on your right, Nickle Plate - Diagonal Rd., which is right after the Carlisle Township Fire Dept. Follow Nickle Plate - Diagonal Rd 2.3 miles, past the Duck Pond Picnic Area and Carlisle Visitor Center. The entrance to the Equestrian Center will be on your right.



LAKE ISAAC WATERFOWL SANCTUARY

Directions: Lake Isaac Waterfowl Sanctuary, 4101 Fulton Parkway, Cleveland, Ohio 44144 is located in Middleburg Heights, on Big Creek Parkway, just south of Fowles Road. Take I-71 south from Cleveland to Pearl Rd. (Rte. 42). Go north on Pearl Road and watch for Fowles Road, a short distance. Turn left on Fowles Road and follow to Big Creek Parkway and turn left. The parking lot for Lake Isaac is on the right.

PROGRAMS >>>

Western Cuyahoga Audubon programs are free and open to the public. Monthly programs are held the first Tuesday of each month, September through May, at the Rocky River Nature Center, Rocky River Reservation, 24000 Valley Pkwy, North Olmsted, OH 44070. Guests are welcome and invited to learn about the Audubon mission. For a map and directions, go to <http://www.wcaudubon.org/rocky-river-reservation.html>



The
University
of Akron

Tues, Feb 7, 7:30 PM >

Bumblebees of Ohio and the Great Lakes

Presenter: Dr. Randall J. Mitchell, Professor of Biology,
University of Akron

Date & Time: Tue, February 7, 2017 at 7:30pm

Nineteen species of bumble bee are historically known from Ohio, but only about 10 of them may be found now. Several once abundant species are now in steep decline with two species in danger of becoming extinct. Habitat loss, parasites, and pesticides are the most likely causes of these declines. Dr. Mitchell will show us bumble bee identification and how habitat management can help bumble bees survive.



Tues, March 7, 7:30 PM >

Formal Analysis of the Effects of Climate and Land Cover Change on Bird Distributions Using the Atlas Data

Presenter: Matthew Shumar, Program Coordinator, Ohio
Bird Conservation Initiative

Date & Time: Tue, March 7, 2017 at 7:30pm

The Second Atlas of Breeding Birds in Ohio was released as a major work this past summer. *Continued...*

Looking at the first Atlas, what information can be gleaned from the data about the status of Ohio's breeding bird species? We know habitats have changed through the decades, but are there other changes that have occurred? What species have increased, decreased, or are extirpated and why? Join Matthew Shumar of the Ohio Bird Conservation Initiative in his presentation, "Formal Analysis of the Effects of Climate and Land Cover Change on Bird Distributions Using the Atlas Data."



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Tues, April 4, 7:30 PM >

Invasive Plant Control Along the Lake Erie Shoreline in Northeast Ohio

Presenter: Zachary Kron, Northeast Ohio Coastal Invasives
Project Manager, The Nature Conservancy in Ohio
Date & Time: Tue, April 4, 2017 at 7:30pm

In 2016, The Nature Conservancy was awarded a Great Lakes Restoration Initiative Grant to control 1,000 acres of invasive plant species throughout the coastal habitats of Lake Erie in northeast Ohio. The project targets invasive woody and herbaceous species, considers timing to avoid impacts to birds during nesting and migration, and capitalizes on the opportunity to educate the visitors to Ohio's beaches on the importance of coastal health. Join Zachary Kron in his presentation discussing the approach and results of the initial treatment year.

NEWS >>>



Drink Bird-Friendly Coffee Today!

Western Cuyahoga Audubon has partnered with **Birds and Beans LLC** to provide “bird-friendly” coffee. Bird-friendly means that the Smithsonian Migratory Bird Center has certified the coffee plantations where the coffee beans are grown. Coffee is certified organic and 100% shade-grown. As a result, you get better-tasting coffee—its rich flavor comes from beans maturing slowly in the shade.

Seven Benefits of the Bird-Friendly Coffee Club:

1. Wholesale prices
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3. 5% of annual sales go back to Western Cuyahoga Audubon to support educational programs
4. The nearest retail outlet for Smithsonian certified Bird Friendly® coffee for Cleveland, OH residents is Oak Harbor, OH
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We challenge you to switch your brand to Birds and Beans for at least one month! Taste the difference!

Purchase Birds and Beans, Smithsonian Bird Friendly®, USDA Organic, Fair-Trade Certified Coffee online at <https://goo.gl/HcbbBi> or mail your check and order form available at chapter activities. Questions? Contact SuzanneAldrich@WCAudubon.org or (440) 465-6612. Orders are placed by the 10th of every month.

Mark Your Calendar!

Event: Great Backyard Bird Count
Hosts: Cornell Lab of Ornithology & Nat'l Audubon
Date: February 17 - 20, 2017
Location: Everywhere on the Planet!
Website: <http://gbbc.birdcount.org/>

Event: Shreve Spring Migration Sensation
Hosts: Village of Shreve & Gtr Mohican Audubon
Date & Time: Sat, March 18, 2017, 8:00am - 4:00pm
Location: 598 N Market St State Rt 226, Shreve, OH 44676
Website: <http://www.happypages.com/migration/index.htm>

Event: 2nd Annual Birds of Lake Erie Day
Host: Lake Erie Nature and Science Center (LENSC)
Date: Sat, April 29, 2017
Location: 28728 Wolf Rd, Bay Village, OH 44140
Website: www.lensc.org

Event: 2017 Biggest Week in American Birding
Host: Black Swamp Bird Observatory
Date: May 5 - 14, 2017
Location: Northwest Ohio
Website: www.biggestweekinamericanbirding.com

The Western Cuyahoga Audubon Chapter Newsletter is published four times per year in February, May, August and November.

Western Cuyahoga Audubon programs are free and open to the public. Donations are appreciated. Consult the calendar for dates www.wcaudubon.org/calendar

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Science Fair Judging Volunteer Opportunity

Western Cuyahoga Audubon Society makes Special Science Fair Awards at the annual Northeastern Ohio Science and Engineering Fair (NEOSEF). John Carroll University hosts this year's 64th NEOSEF. Judging is scheduled for Tuesday afternoon, March 7, 2017. During the four-day event, approximately 600 students in grades 7-12 from 80-plus schools, plus home-schooled students, show their science projects. They compete for \$35,000 in prizes and a chance to go to the International Science and Engineering Fair or the Broadcom Masters event. Western Cuyahoga Audubon selects the best projects relating to birds and/or conservation with emphasis on local watersheds. If you have some science background, and would like to encourage some amazing up-and-coming science students, please volunteer. Judges must be available on the afternoon of March 7. There is also a fun and interesting reception for judges at the end of the day. Contact Penny O'Connor at 216-676-4859 or pjo@earthlink.net.

Welcome New Members!

A warm welcome to new members Alissa Glenn, Ashli and Larry Gorbet, and Helen Rhynard.

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Download articles, newsletters, research and bird walk reports. Print off a copy of our nifty pocket-sized Bird Tally to use when you're in the field or make a donation to support chapter birding and conservation programs, and purchase or renew memberships. Visit the Store at wcaudubon.org/store

