



## Fall 2021

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413-885-5725

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Indian Creek Nature Center  
PO Box 286  
Canton, NY 13617



### From the Board President, Nick Hamilton-Honey

Thank you all for the wonderful photos and posts you have put up on our Facebook page over the spring and summer of 2021. I know with COVID protocols, mask wearing, etc. during the winter and spring, we have all been excited to get outside and see/interact with people. It really is good to see and hear about your experiences at the Nature Center. Please continue to post photos or leave updates while you are out on the trails! My message this newsletter is two-fold. Pack it in, pack it out, and what plant/insect/bird is that?

While enjoying the trails, weather, exercise, and interaction with nature or people, please do remember that Indian Creek Nature Center does **not** have trash cans. Please don't litter. Take your trash home with you; or, if you pack it in, you should pack it out with you when you leave. While trash is always a problem, it is not the only thing we would like you to be thinking about while visiting ICNC. The seven principles of Leave No Trace provide an easy-to-understand framework to minimize your impact when visiting the outdoors. On page 3, I have listed the seven principles with examples for Indian Creek Nature Center. If you are interested in learning more about Leave No Trace (LNT), visit [LNT.org](https://www.lnt.org).

I have a love/hate relationship with technology. I am of a generation in which very few houses had computers, and cell phones did not even exist. I do, however, enjoy using some of the software/apps that are available for free on all Android devices or iPhones to identify fungus, plants, insects, amphibians, reptiles, and birds that I don't know. Please see page 5 for a short piece on a few of these apps.

I hope to see you at ICNC enjoying the outdoors!

## Fall 2021 and Winter 2022 Public Programs!

**Outdoor programs continue with mask and social distancing protocols.**

**Please check our website, Facebook, or Instagram for updates on programs**

Public programs are provided free of charge by volunteer naturalists and educators.

All programs take place at Indian Creek Nature Center, meeting at the main drive parking area off County Rt 14. Directions are available at [www.indiancreeknaturecenter.us](http://www.indiancreeknaturecenter.us). Please **RSVP** for programs by contacting [indiancreeknaturecenterny@gmail.com](mailto:indiancreeknaturecenterny@gmail.com) with your name and group size.

We recognize that COVID-19 continues to impact our communities. We encourage everyone to put safety first and mask wearing will be mandatory for all programs unless stated otherwise by leader(s). We reserve the right to ask you to leave the program should you not have/wear a mask.

### Fall Bird Walk

Join us for some fall birding on the Indian Creek Nature Center trails! This bird walk will be led by Eileen and Tom Wheeler. Extra binoculars will be provided, if needed. Please RSVP for this event by contacting [indiancreeknaturecenterny@gmail.com](mailto:indiancreeknaturecenterny@gmail.com) or call with your name and group number.

**Leaders:** Eileen and Tom Wheeler 315-386-2482

**Date:** Saturday, **September 25**, 8:00 AM – 10:00 AM

### Autumn Night Sky

Join Jeff Miller for an evening of star gazing. Tour the sky using a telescope, binoculars, and the unaided eye. Explore the mythology behind some of the constellations, view star clusters, and planets. This program has a rain/cloud date. Mask use is required.

**Leader:** Jeff Miller

**Date:** Saturday, **October 2**, 7:30 PM  
(Rain/Cloud date Sunday, October 3<sup>rd</sup> 7:30 PM)

### Annual Birdseed Sale

Please see the page later in this newsletter for details on ordering and pickup.

**Date:** Order by Friday, **October 8**

### Fall Workday

Join Board members for a workday to help clean-up the Nature Center from those strong summer storms and be ready for the winter. Tools will be supplied or bring your own. There is always plenty of work for all!

**Leader:** Roger Hutchinson 315-386-4795

**Date:** Saturday, **October 9**, 8:30 AM – 12:00 noon

### Autumn Nature Walk

This will be nothing too formal, but just a chance to get out to the Center and see how nature prepares for the coming winter. We will look at plants, ponds, and anything else we may come across.

**Leader:** Jan Trybula

**Date:** Saturday, **October 23**, 1:00 PM – 3:00 PM

### Family Snowshoe Days

Join us for some easy snowshoeing on Nature Center trails. We'll observe tracks and other signs to learn which animals are active and discover the wonder and beauty of nature in winter. Snowshoes are available to borrow for free. We have youth and adult sizes. Dress in layers and don't forget a drink and snack. Please check our Facebook page for dates and times!

**Leaders:** Nick Hamilton-Honey, Casey Sukeforth, and Jevonnah Foster

**Dates:** Check our Facebook page for various dates -

<https://www.facebook.com/IndianCreekNatureCenterNY/>

### Canton Winterfest Snowshoe/Walk

Join us for the first Saturday of Canton Winterfest 2022. We'll observe tracks and other signs to learn which animals are active and discover the wonder and beauty of nature in winter. Snowshoes are available to borrow for free. We have youth and adult sizes. Dress in layers and don't forget a drink and snack.

**Leader(s):** TBD

**Date:** First Saturday of Canton Winterfest 10:00 AM to 12:00 PM

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### Do you have something to say about your experience at the ICNC?

If so, please contact Indian Creek at: [indiancreeknaturecenterny@gmail.com](mailto:indiancreeknaturecenterny@gmail.com) or send us a Message through Facebook.

**If you have photos or other items for the newsletter, please send materials to the editor,** via email [trybulji@potdam.edu](mailto:trybulji@potdam.edu)

# Leave No Trace

By Nick Hamilton-Honey

Leave No Trace provides an easy-to-understand framework to minimize your impact when visiting the outdoors, whether at Indian Creek Nature Center or elsewhere. Hopefully you will find these seven principles as an easy-to-use set of principles to reduce your impact on Nature.



1. **Plan Ahead & Prepare:** I know this summer was very bad for black flies and deer flies, and that due to extreme weather events we had standing water over some of the trails. Whenever you visit, whether it be fall, winter, spring, or summer, make sure you have footwear and clothes for the conditions, bug spray and/or sunscreen depending on season, water, a snack, your phone (for photos to post to our Facebook page or for emergencies), a printout of the trail map (or take a picture when you arrive), and other essentials.
2. **Travel On Durable Surfaces:** Our trails at the Nature Center are marked with diamond shaped metal markers. Each trail has its own color marker. Traveling on the trails avoids unnecessary damage to vegetation or communities of organisms that are trampled when you leave the trail. Leaving the trail can also lead to soil erosion and the development of undesirable trails.
3. **Dispose Of Waste Properly:** As stated before, ICNC does not have trash receptacles, but we do have outhouses. Waste in this sense deals with both. Every workday, volunteers help us to make sure the Nature Center is clean, accessible, and ready for visitors. Part of that is picking up trash that visitors have left, but we also have outhouses. When using the outhouses, please return lids to the toilet paper containers - otherwise mice use them as bedding. Also, do not dispose of any hygiene items (most are not compostable) or other trash into the outhouses.
4. **Leave What You Find:** This is the take only photos and leave only footprints saying. Indian Creek Nature Center is home to many state-listed rare plant species. Please do not collect, forage, or move what you find at ICNC. Please do, however, take photos and post to our social media. You can also use the information in the second half of my message to help identify what you are looking at.
5. **Respect Wildlife:** R.E.S.P.E.C.T. Find out what it means to us! Observe wildlife from a distance. Do not touch, get close to, feed, or pick up wild animals. Indian Creek Nature Center is home to several state-listed rare bird, reptile, and amphibian species. This respect also applies to when you visit us with your dog(s). Please keep your pets leashed. Unleashed pets could scare or make wild animals flee, could injure the wildlife, or some could injure your pet. For the safety of both the wildlife and your pet – keep them leashed.
6. **Be Considerate Of Other Visitors:** Share the trail. Don't park others in if the parking lot is full; this is especially important when the gate is closed. Don't litter. Pick up after your pet AND take it with you. No one likes to step in dog poop! And, I will say it again here. Please keep pets on a leash. Some people do not like dogs, and most of us do not like getting wet or muddy paw prints on us. Listen to music through ear buds. I am sure we could all add more here. Please be considerate.
7. **Minimize Campfire Impacts:** This one is easy for ICNC. Do not light fires within the boundaries of the Nature Center. Even "small" fires can become forest fires. We want to be able to share with all visitors the natural beauty of ICNC.

For more information about how to Leave No Trace (LNT), visit [LNT.org](https://www.lnt.org).

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**Keep up with information about Indian Creek Nature Center!**  
**Visit us on Social Media!**

On the web: <https://www.indiancreeknaturecenter.us>

On Facebook: <https://www.facebook.com/IndianCreekNatureCenterNY/>

On Instagram: <https://www.instagram.com/indiancreeknaturecenterny/>

# Poetry Corner

This newsletter we present two poems! One by our regular poet Joan Gail Howlett and one contributed by ICNC member Thomas Robarge. Enjoy!

## RENEWAL

There are sounds  
There are illusions of sound  
The spiky night shoots rogue stars  
Dead heat  
The rage of fire impaling silence  
Surviving extinction in the space of my mind  
... Night and day the spin and tilt  
Epiphanies endure  
Strobe the heart with hope  
Everything is recoverable  
Everything counts  
Tamarac turns golden in the Adirondack Autumn  
A familiar face worn by a stranger  
And once again I behold the Kalmiopsis  
So long past  
A continent away  
Cobra lilies clattering in the wind  
Wind whistling with the soaring hawk  
Big milk snake feeding right before my eyes  
Hungry enough or trusting enough  
To show me the need  
Day and night the tilt and spin  
Thread that webs a restive earth  
In another time, in another place, in another face  
Renewed by blessings.

— Joan Gail Howlett

## Streeter Bridge

Sneaking and Winding Through the Meadow  
A little river loves her family.  
Winter Follies stay 'ever present'  
The galaxy's cold; Never do they Fall  
... But only escape.  
Sunshine fills the valley  
Luck. paths live above us.  
Souls witness springs' Beauty.  
their Babble is lost in time  
  
Wet trout fill the lake;  
As fisherman catch many fish.  
Questions, Bring Answers.  
'is the Day, Warm?'  
Angels and Saints Stop at a flower  
A Trillium. Small  
Monks rest and Meditate.  
Ponds and Bridges.  
Family  
Blood Thickens

— Thomas Robarge

### All memberships are on a calendar year schedule.

If you are a **LIFE** member or if you have already paid your membership for **2021**, Thank You!

**If not, consider becoming a MEMBER of the Indian Creek Nature Center!**

Student member (in school or college) \$10   
Senior Citizen member \$10   
Individual member \$20   
Family membership \$30   
ICNC Patron \$100   
ICNC Life Member (nontransferable) \$200

**Membership for 2021** New  Renewal

Please notify us of any address changes!

Name \_\_\_\_\_

Address \_\_\_\_\_

Please consider an additional donation! \$\_\_\_\_\_

City \_\_\_\_\_

Members!

State \_\_\_\_\_ ZIP \_\_\_\_\_

Do you want your newsletter sent to you:

- By email  
 By regular mail  
 both email and regular mail

Phone \_\_\_\_\_

Email \_\_\_\_\_

We **never** share member emails or contact information with any outside entities.

Please make checks payable to: **Indian Creek Nature Center**; PO Box 286; Canton, NY 13617

**You can also join or renew through PayPal on our website: <https://www.indiancreeknaturecenter.us/>**

Indian Creek Nature Center is run by North Country Conservation – Education Associates, Inc. a section 501(c)(3) organization that relies on memberships, grantors, and donors. Your donations are tax deductible.

# Helpful Wildlife Identification Apps

By Nick Hamilton-Honey

As I mentioned in my President's message, here are some of the software/apps that are available for free on all Android devices or iPhones that I use to identify fungus, plants, insects, amphibians, reptiles, and birds that I don't know. I have added screen shots of the apps so you know what they should look like.

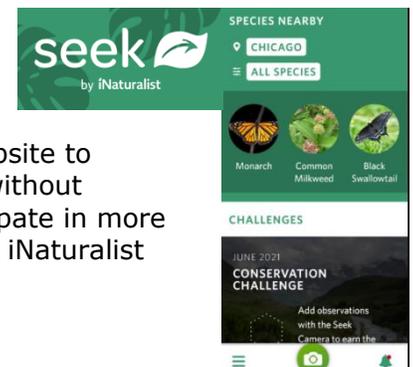
Cornell's Lab of Ornithology has two apps which I highly recommend. Merlin Bird ID app, which you can learn more about here: [merlin.allaboutbirds.org](https://merlin.allaboutbirds.org). This app allows you to download Bird Packs for just our region, US: Northeast, or for any region you may live in or be visiting. This includes countries and regions around the world. Each Bird Pack tells you how much space it will need on your phone, so be mindful of that. This app has gotten some very useful updates in the last year, including a photo ID and sound ID ability. I have a screen shot below of what that looks like on the Merlin App home screen. Just push "get photo ID" if you are using a photo or "sound ID" if you can't identify the bird you are hearing. These new functions are exceptionally helpful.



While you are adding the Merlin App, I also recommend eBird. eBird is the citizen science website/app from the Cornell Lab of Ornithology: <https://ebird.org/home>. You can use it online or off. Just update your lists when you have wifi/internet. If you have both apps on your phone, when you identify a bird in Merlin, you can add it to your eBird checklists. This data is used by scientists all over the world! Join us here at the Indian Creek Nature Center, at home, or your favorite birding spot as we and others around the world participate in the second-annual Global Bird Weekend October 8, 9, 10, 2021. Be a part of the global team and help set a new record for birding using Merlin and eBird! For more information about October Big Day - <https://ebird.org/news/october-big-day-2021> or Global Bird Weekend - <https://globalbirding.org/home>.



I also recommend Seek, an app by iNaturalist, which you can learn more about here: [https://www.inaturalist.org/pages/seek\\_app](https://www.inaturalist.org/pages/seek_app). This app uses image recognition technology to identify plants and animals all around you. There is a user's guide on this website to facilitate using the app. You can download the Seek App without downloading the iNaturalist App, but if you want to participate in more citizen science, you can download both. Learn more about iNaturalist here: <https://www.inaturalist.org/>.



The use of apps, such as eBird, Merlin Bird ID, iNaturalist, and Seek, can increase your general knowledge of the natural world and enhance your outdoor experience. If you are interested in these apps or websites, or if you have a club or group that would be interested in using the apps, but need more assistance please feel free to contact me at my day job. I am the Natural Resource and Sustainable Energy Educator at Cornell Cooperative Extension of St. Lawrence County. I love connecting people with the outdoors, and this technology is a wonderful way to do that. My email is [nh327@cornell.edu](mailto:nh327@cornell.edu) or 315-379-9192 ext. 230.



Photo by Thomas Labarge

I hope to see you at ICNC enjoying the outdoors!

# Nature in Focus:



## GOLDENRODS IN THE VICINITY OF THE NATURE CENTER.

by Nancy Eldblom and Anne Johnson  
with photos by Anne Johnson and Jan Trybula

For many people, these are very confusing plants, but all in all, they are not so hard and there are not so many that they should intimidate you.

Around Potsdam and Canton, the **Grass-leaved Goldenrod** is one of the first in this group to bloom; this species is now called *Euthamia graminifolia* (rather than *Solidago*, like most of the other goldenrods).



*Euthamia graminifolia*  
- photo by Jan Trybula

Another early blooming one (relative to other goldenrods) in old pastures and meadows is **Early Goldenrod**, *Solidago juncea*. Look at the base of an early flowering goldenrod and if you see a cluster of larger leaves (a basal rosette), it is likely this species.

In open areas, especially dry roadsides and old pastures, the **Gray Goldenrod** (*Solidago nemoralis*) grows and is recognizable by the grey hair on its stem and it's (usually) flower head curved in one direction. Much more noticeable and more ubiquitous in the late summer and fall are the taller old field goldenrods – **Canada and Tall** (*Solidago canadensis* and *S. altissima*).



*Solidago gigantea*  
- photo by Jan Trybula

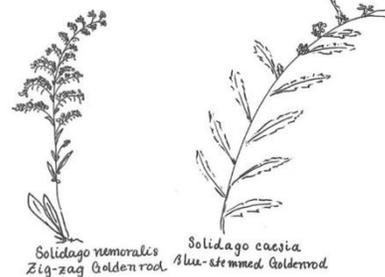
These are the goldenrods that get the round gall on the stem (caused by the parasitic larva of the goldenrod gall fly) and they can be quite hard to tell apart from each other. Both of these have some hairs on their stems, whereas the very similar **Late Goldenrod**, *S. gigantea*, has a very smooth, almost shiny stem.

**Rough-stemmed Goldenrod** (*S. rugosa*) is also common and is usually found in moister areas than the previous, it has hairy, toothed leaves.



*Solidago rugosa*  
- photo by Jan Trybula

In wooded areas, look for two other goldenrods which are relatively common and distinctive – **Zig-zag** and **Blue-stemmed** (*S. flexicaulis* and *S. caesia* respectively). Zig-zag has wider, pointier, and more toothed leaves on a



zig-zag stem, and blue-stemmed has very narrow leaves on a blue-violet wand-like stem. Finally, there is a white one, silverrod (*S. bicolor*), which

we don't see too much but which does grow close to the Raquette in Potsdam.

If you are in the southern portions of the county, keep an eye out for **Downy Goldenrod** (*S. puberula*) and **Stout Goldenrod** (*S. squarrosa*). If you look very closely at the flowers of the downy goldenrod, you will see that the bracts that hold the flower head are very pointy (acute); this is distinct in this genus and is diagnostic. The bracts below the flower heads of stout goldenrod are recurved, also a distinct and diagnostic feature.



*Solidago squarrosa*  
- photo by Anne Johnson

## ICNC Birdseed Sale 2021 – New prices this year!

The birdseed sale is one of the fundraisers for the ICNC and we need your financial support!

Your purchases are, in part, a contribution toward maintenance and overhead at ICNC.

Please use the form below or copy page.

If you have questions, please call Roger at 315-386-4795

<u>Wt.</u>	<u>Description</u>	<u>Qty.</u>	<u>Price</u>	<u>Total</u>	<u>Wt.</u>	<u>Description</u>	<u>Qty.</u>	<u>Price</u>	<u>Total</u>
20 lbs	Choice Blend	_____	\$23.50	_____	20 lbs	Choice Blend	_____	\$23.50	_____
40 lbs	Choice Blend	_____	\$42.50	_____	40 lbs	Choice Blend	_____	\$42.50	_____
20 lbs	Premium Blend	_____	\$25.50	_____	20 lbs	Premium Blend	_____	\$25.50	_____
40 lbs	Premium Blend	_____	\$47.00	_____	40 lbs	Premium Blend	_____	\$47.00	_____
20 lbs	Just Desserts	_____	\$39.00	_____	20 lbs	Just Desserts	_____	\$39.00	_____
18 lbs	Cardinal Blend	_____	\$22.00	_____	18 lbs	Cardinal Blend	_____	\$22.00	_____
20 lbs	Finch Blend	_____	\$33.00	_____	20 lbs	Finch Blend	_____	\$33.00	_____
20 lbs	Chickadee Blend	_____	\$27.00	_____	20 lbs	Chickadee Blend	_____	\$27.00	_____
30 lbs	Value Blend	_____	\$18.00	_____	30 lbs	Value Blend	_____	\$18.00	_____
25 lbs	Black Oil Sunflower	_____	\$16.50	_____	25 lbs	Black Oil Sunflower	_____	\$16.50	_____
50 lbs	Black Oil Sunflower	_____	\$27.00	_____	50 lbs	Black Oil Sunflower	_____	\$27.00	_____
50 lbs	Striped Sunflower	_____	\$40.00	_____	50 lbs	Striped Sunflower	_____	\$40.00	_____
25 lbs	Sunflower Kernels	_____	\$44.00	_____	25 lbs	Sunflower Kernels	_____	\$44.00	_____
50 lbs	Cracked Corn	_____	\$17.00	_____	50 lbs	Cracked Corn	_____	\$17.00	_____
10 lbs	Nyger (Niger Thistle)	_____	\$19.50	_____	10 lbs	Nyger (Niger Thistle)	_____	\$19.50	_____
25 lbs	Nyger (Niger Thistle)	_____	\$42.00	_____	25 lbs	Nyger (Niger Thistle)	_____	\$42.00	_____
Ea.	Nutty Butter Suet	_____	\$ 1.35	_____	Ea.	Nutty Butter Suet	_____	\$ 1.35	_____
Ea.	High Energy Suet	_____	\$ 1.35	_____	Ea.	High Energy Suet	_____	\$ 1.35	_____

Total Enclosed = \$\_\_\_\_\_ (Check # \_\_\_\_\_)

Total Enclosed = \$\_\_\_\_\_ (Check # \_\_\_\_\_)

Mail your order and payment by **Friday, Oct 8**

To: Roger Hutchinson  
 c/o Indian Creek Nature Center  
 24 Judson Street  
 Canton, NY 13617

Pick up order on **Saturday, October 23, 2021**  
 9:00AM to 12:00 Noon  
 at ICNS, County Road 14, Rensselaer Falls, NY

**Thank you!!**

**Make Checks Payable to:  
 Indian Creek Nature Center**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ ZIP \_\_\_\_\_

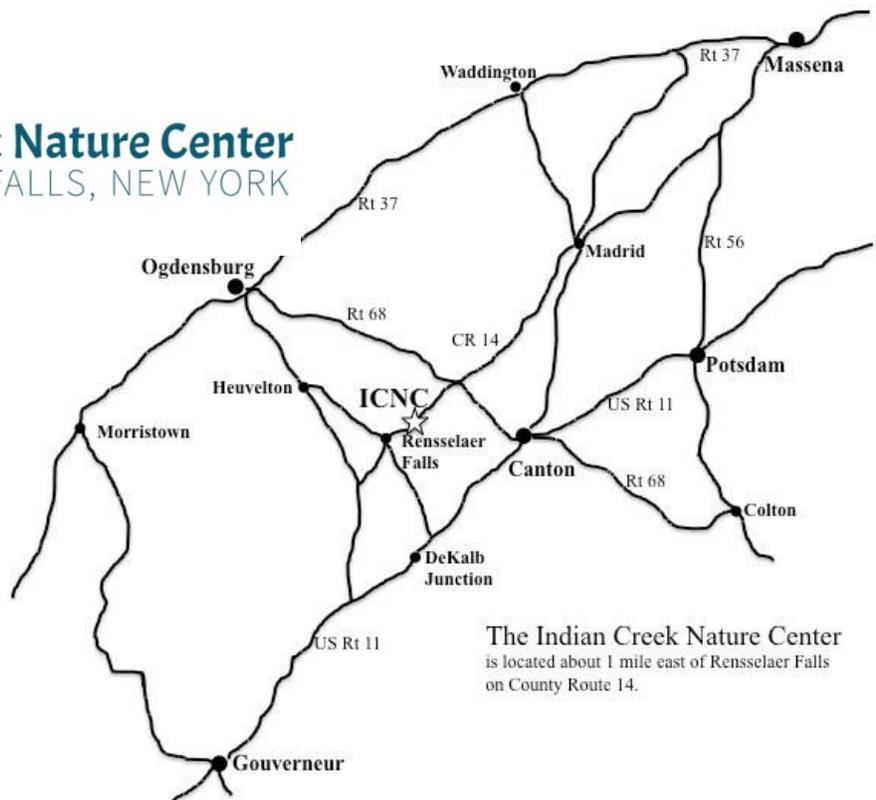
Phone \_\_\_\_\_

INDIAN CREEK NATURE CENTER  
PO BOX 286  
CANTON, NY 13617

**RETURN SERVICE REQUESTED**



**Indian Creek Nature Center**  
RENSSELAER FALLS, NEW YORK



The Indian Creek Nature Center  
is located about 1 mile east of Rensselaer Falls  
on County Route 14.