

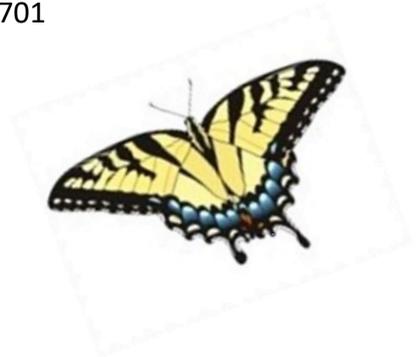
Allegany Nature Pilgrimage

61st Annual Gathering of Nature Enthusiasts

Friday - Sunday
May 31 - June 3, 2019

The Allegany Nature Pilgrimage is planned and executed by volunteers from:

- **Audubon Community Nature Center**
auduboncnc.org
1600 Riverside Road, Jamestown, New York 14701
- **Buffalo Audubon Society**
www.buffaloaudubon.org
1610 Welch Road, North Java, New York 14113
- **Burroughs Audubon Nature Club**
bancny.org
301 Railroad Mills Road, Victor, NY 14564
- **Presque Isle Audubon Society**
www.presqueisleaudubon.org
301 Peninsula Drive, Suite 8, Erie, PA 16505



Always the weekend after Memorial Day...

Mark your calendars for the 62nd Annual Pilgrimage: May 29-31, 2020

Welcome

We're glad you're here! If you have any questions, don't hesitate to ask!

How does this schedule work?

Programs are listed in order of appearance. Each program lasts between 1½ and 2 hours unless otherwise noted. Program descriptions and Leader Bios are included in this booklet. Remember, you can't do everything! Pick what programs you want to attend, and then plan to stay for the whole program.

Programs start in the field behind the registration building near the Big Tent unless otherwise noted.

Children under age 16 should be accompanied by an adult for all programs.

History

Attendance at the first Allegheny Nature Pilgrimage in 1959 was approximately 70 people. The first event was organized by the Jamestown Audubon Society under the leadership of O. Gilbert Burgeson who conceived the idea while attending the Spring Wildflower Pilgrimage in the Great Smokey Mountains. Over the years, attendance soared and the number of sponsoring organizations increased to four. Volunteers from the Audubon Societies of Jamestown, Buffalo, and Presque Isle, and the Burroughs Audubon Nature Center organize the annual event.

Feedback

We want to know what you think about the Pilgrimage. When you get home, please email your comments to alleghenyaturepilgrimage@gmail.com or go to our website using this address: <http://www.alleghenyaturepilgrimage.com/feedback.html> where you can make your comments anonymously. Your honest feedback helps us improve the event each year.

Spread the Word

We hope you'll visit our website where you can click over to our Facebook Page. "Like" the page and share your pictures and memories!



Program Descriptions

— 1:00 pm Friday —

Five Mile Hike: We will enjoy the quiet beauty of Allegany's Eastwood Meadows trail on this moderate hike. The pace will be leisurely as we observe and enjoy the wildflowers, birds and mammals found in this lush, quiet location of the Park. Bring water and maybe a light snack. **3-4 hours**
Teresa & Peter Corrigan

Landscape Solutions using Native Plants: Native plants can provide solutions to common landscape problems and are rarely considered when problems arise. This program will cover common landscape problems and native plant solutions. Solutions covered in this presentation will be useful for all gardens - bit or small - simple or elaborate. All levels of garden experience are welcome. *Kathleen M. Contrino*

History of Allegany State Park: Learn about the beginning of the park. Drive & Stop tour. *Andy Maliki*

Owl-i gami! Fold models of different owls that reside in New York State. Add accurate markings and details. Learn about the habits of these beautiful nocturnal birds of prey. *Judy Light*

Forest Schools & Nature Learning: Forest and nature schools are gaining popularity across the country. Learn about the measurable benefits of forest and nature school learning, emergent outdoor curriculum, and the role of teacher as a researcher and record keeper of learning. Topics include: free play, school readiness, self-led learning,



nurturing a sense of self, self-confidence, and self-esteem. *Megan*

Mills Hoffman

FIRE! Fire is an essential force in shaping our environment. When harnessed, it warms us and cooks our food. Learn about the impact of fire on the environment, learn about wood as a heat source, and build a fire from natural materials. *Tony DiGioia*



Insect Sweeping for Kids! Explore the fascinating world of insects! Kids will be able to observe insects in their natural habitat and use sweep nets and magnified viewers to check them out in the meadow! Ideal for kids 12 and under! *Lauren Makeyenko*

General Nature: We will explore the area around Camp Allegany. And explore we will. There are many types of habitats, plants, and animals. Changes in the land are also apparent and give rise to many different discussions. The walk will be suitable for all ages. *Laura Dustin*

Geologic History of ASP: The geology talk is held at Thunder Rocks and gives a brief history of the geology of the park. Children will not find it interesting, but can play on the rocks during talk. *Valerie Jill Podet*

Blacksnake Mountain Trail: A moderate hike, but we'll take **3 - 4 hours** to cover the 3 mile distance! This trail includes some exceptional areas for some special Allegany plants--including seeps lush with wildflowers, ferns, and great plant diversity. Although the focus will be on the plants, we won't overlook whatever else

Program Descriptions

happens to come our way--birds, butterflies, dragonflies, fungi. Bring water, binoculars, and camera. A hiking stick could be helpful. *Stephen Daniel*

— 2:30 pm Friday —

Gardening for Butterflies, Bees, and Birds

With Native Wildflowers: Are you wondering what's happening with the monarch butterflies? Have you ever wanted to create a garden that attracts butterflies and pollinators? Donna will introduce the session with the latest research, facts and photos about the monarch butterfly and provide you with up-to-date information about their status. Ellen will follow-up with her beautiful wildflower photographs while discussing the importance of attracting pollinators with native wildflowers. She will gladly address any questions or concerns that you may have about creating your own wildflower garden or enhancing your present garden with native flower species. After the presentation, depending on the weather, we'll take a short walk to Allegany's Butterfly Meadow and Interpretive Trail, located just across the road on ASP 2. *Donna Barski and Ellen Folts*

Iridescent Animals Presentation-Activity:

Some animals, such as the Blue Morpho butterfly and the Jewel beetle, have a bright metallic color also called iridescence. This interesting coloring is caused by nano-structures on their wings. I will first present a slide show with examples and explanations. Then, we will break into groups to explore the ideas through some activities. *Blair Tuttle*



Stenciling with Nature: Participants will take a short walk to gather items in nature to stencil a design on a card to send. All other materials will be provided. Bring your creativity and imagination! *Lois Donovan*

Underwater Monsters of Red House

Brook: Participants will catch aquatic creatures from Red House Brook just upstream of Camp Alleghany. Discussions will focus on identifying characteristics and natural history of stream inhabitants. *Wayne Gall*



WILD Creatures presents: Animals of the World: Join us as we embark on a trip that introduces us to amazing creatures from around the globe! From lush rainforests to harsh deserts and other habitats in between we'll learn how these animals have learned to adapt and survive! *Chris Duckett*

Geology for Kids, Educators, and the

Young at Heart: Because fun, approachable geology goes well beyond schist jokes. The earth is 4.5 billion years old and geological processes are often hard to detect so geology can be really hard to comprehend. So what better way to learn the basics of the rock cycle and mineralization than through group games? Come join in on the fun! *Hazel Stark & Joe Horn*



Handicap Accessible Bird-Watching Outing: We will venture out for an easy paced outing on hard, flat surfaces. We will learn some basic birdwatching skills while ob-

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serving nature at its finest. All ages are welcome. Children must be accompanied by an adult. This is a Handicap Accessible outing. *Garner Light*

Great Downhill Bird Hike The group will drive up to the Summit area and then hike down the Patterson Trail to Camp Alleghany, focusing on birding by ear as we go. (Drivers will then get driven to retrieve the cars from the Summit area.) Strenuous/long hike. *Frank Gardner*

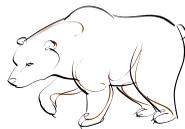
Headwaters Hike: Come and hike to a headwater stream to explore who lives there and how they all play a role in keeping water clean and ecosystems healthy! Strenuous/long hike. *Marcus Rosten*

— 6:00 pm Friday —

Beaver Walk: Learn all about the official mammal of New York State while visiting an active beaver colony. Meet at tent, short drive to location. *Kristen Rosenberg*

The Salamander Walk: Join Mitch and Andrew as we teach you about the different types of salamanders you can find in Alleghany State Park. After that we will go looking for them around Camp Alleghany.

This is a great program for all ages and gives you an opportunity to see the different types of salamanders up close! We hope to see you there! *Mitchell Light & Andrew Burroughs*



Bird Walk: See what is out at this time of day. *Jay Wopperer*

Make It and Take It-No Sew T-shirt Bag: Go green and be ready to shop without a

plastic bag by making a recycled no-sew t-shirt bag. With a couple of cuts with scissors and some knots, you will have a unique, functional, reusable and recycled bag. Bring a t-shirt from home or purchase a previous year ANP t-shirt for \$5.00. *Ro Woodard*

The ten essentials: being prepared for everything in the wilderness: The ten essentials are the basics of what to bring on any wilderness outing, whether it be a short day hike or a multi-day backpacking trip. Being prepared for weather changes, minor injuries, fire starting, and even having to spend an unexpected night outside will be discussed. Kids and adults are welcome. There will even be some free stuff given away at the end, to help you get started assembling your own 10 essentials kit. *Dan Farrel*



— 8:00 pm Friday (In the Big Tent) —

Jarod Miller, Television Host of Animal Explorations: Jarod will share his wildlife adventures from around the globe and bring live animals from his WNY farm.

— 9:30pm-ish Friday —

Bugs by Nightlight: Participants will observe live moths, beetles, flies, mayflies, caddisflies, stoneflies, etc., attracted to mercury vapor light at a white sheet. The identifying characteristics and natural history of these insects will be discussed. **After tent program at Camp Alleghany behind lower barracks.** *Wayne Gall & Steve Daniel*

Program Descriptions

Summer Sky Tour: This year we will look for star clusters and other deep sky objects while waiting for Jupiter to rise. Being a "New Moon" weekend we will hopefully have the opportunity to see more Deep Sky objects than usual. *Dave Wymer*

Night Walk: Explore nature from dusk to darkness. We will do a bit of everything – Stars, Planets, Owls, Frogs, and Fluorescent minerals. Again this year, we have an 8 inch SC Telescope dedicated to this walk. *Lon Myers*

Owl Prowl: Your leader will imitate owl calls in an effort to lure in these secretive nocturnal raptors. Meet at tent, carpool. *Chuck Rosenberg*

— 6:00 am Saturday —

Bird Walk: The early worm gets the birds. The 6am bird walks begin at the Red House Lake kayak launch parking lot nearest Maintenance Road. We'll begin by scanning the lake for eagles, waterfowl, and friends as we wait for stragglers. We'll continue the walk down Maintenance Road where we normally spot warblers, herons, egrets, flycatchers, and others. The walk utilizes the new boardwalk system over the marsh, and usually crosses the field towards the bridge over the creek at the bottom of the old Olympic ski hill. This walk is for birders of all skill levels. Rick will provide a spotting scope that he will set up on cooperative birds for all to see. Binoculars are suggested, but not needed. This is an easier flat-ground walk that is wheelchair accessible. *Rick Bacher*



— 7:00 am Saturday —

Bird Banding: Get a close view of warblers and other birds as our bird banders catch birds in nets and demonstrate how to band them.

Camp Allegany parking lot (across from Registration Building). *Linda Ordway with Jack Skinner*

Birding by Ear: Learn what to listen for when identifying bird songs on a birdwatching hike. Each participant will receive a CD of summer bird songs of Western New York. *Thomas Kerr*

Breath and Body: Very gentle class accessible to all bodies focusing on deep breathing and loosening up to prepare for a great day at the pilgrimage. *Ellen Kunselman*

— 8:00 am Saturday —

Pop Up Playdate Café: Bring children and grandchildren to play mud kitchen style. Water, soil, sand, dried herbs and flowers, and Loose Parts supplies available for digging, scooping, shaping, and pouring. Bring your picnic blanket, snacks, a change of clothes, and stay for a while. Ideal for age seven and younger. **3– 4 hrs. Behind the big tent.** *Megan Mills Hoffman*

— 9:00 am Saturday —

Digital Wildlife Photography for Beginners
Whether you use a cell phone or a camera, come learn some basic tips for taking better wildlife photos. Improve how you set up your shots. Discuss photography ethics. Vary your thinking and approach while taking pictures. Learn how scientists want your photos for citizen science projects. Together we will share photography questions and stories. This program will NOT focus on

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camera settings. *Heather Rutherford*

On the Trail of the Salamanca Conglomerate: We'll delve into the features and origin of the Salamanca Conglomerate (a pebbly sandstone) with a look at outcrop photos, hand samples, collections of smooth quartz pebbles, and 3-D terrain projections of the outcrop and related block fields through the Park. Based on these remote-sensing projections, we'll decide on a nearby hike to view conglomerate blocks and hopefully an outcrop. *James Craft*

Landscape Solutions using Native Plants: Native plants can provide solutions to common landscape problems and are rarely considered when problems arise. This program will cover common landscape problems and native plant solutions. Solutions covered in this presentation will be useful for all gardens - bit or small - simple or elaborate. All levels of garden experience are welcome. *Kathleen M Contrino*

Fire! See pg 2, Fri 1:00pm

Reading, Discussion & Advocacy
The leader of this program will provide a timely environmental article to read and discuss with participants. After quiet reflection and discussion, participants will develop actions to take based on the article. Letter writing materials will be made available to write legislatures and government agencies to promote advocacy. *Elizabeth Kerr*

Beginner Tree I.D.: We will take a small hike in the area around Camp Allegany, learning to identify trees typically found in Allegany State Park. Each hike will be to a different area around the Camp. *Marie Erck*



Owl-igami: Fold models of different owls that reside in New York State. Add accurate markings and details. Learn about the habits of these beautiful nocturnal birds of prey. *Judy Light*

Dragons & Damsels at Allenberg Bog (6-7 hrs.): All day bog slog to experience the flora and fauna typical of a northern peat bog, with special attention to identifying dragonflies and damselflies. Will get wet and mucky so wear old sneakers and pants. Bring lunch and water. Participants should have good mobility for walking on unstable substrates, and be in good health for a strenuous walk. Adults only. *Wayne Gall & Steve Daniel*



All Day Birding (6-7 hrs): This program is a look at the birds in several habitat types in Allegany State Park. We will car-pool from Camp Allegany to other areas within the Park. There is some moderate, but not strenuous, walking. The program is suitable for adults and older children. It is not necessary for participants to stay for the whole time if they have their own transportation. People should dress appropriately for the weather and bring a lunch. *Tim Baird*

Edible Wild Plants: Learn about the edible plants found in this area. *Adele Wellman*

The ten essentials-being prepared for everything in the wilderness: See pg 4, Fri 6:00pm

Spiders: Samuel, an 11 year old spider enthusiast, will talk about some of the common spiders found in the park and then take participants on a walk where they can try to find and identify various species. Following the walk will be an easy spider related craft for kids. *Samuel Martin*

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Exploring Cool Things and Interesting

Places in ASP: This program will start with a carpool to nearby Bridal Falls (depending on conditions) and/or another cool location for moderate hike(s). The program approximately 1-1 ½ hrs. plus drive times. This is a flexible program that will involve audience participation (if you know something share it). The talks will focus on the flora, fauna, geology, history and environment around us. Anything interesting and appropriate is fair game to talk about. Hikes may be on steep, uneven or slippery ground. *Brian Deck*

Kayaking a Water-Way to Observe Nature:

We will paddle slowly for about an hour along the perimeter of the lake. In certain spots we will stop and sit a while as we view shore birds, and if we are lucky, osprey and beaver. The shore birds are in plain view and can be observed easily from the boats. Your Safety comes first. Please wear and zip-up your lifejacket. Bring water, hat, sunscreen, and binoculars (optional). I will be the lead boat and there will be a sweep boat at the end of the line so everyone is in the same "flock". 10 rental kayaks available. People may bring their own boats too. **Meet at the Red House Lake boat rental shop.** Rental Form will be filled out there. \$8 per boat, cash preferred. Children and adults may participate. All equipment supplied. I will be wearing a yellow life jacket and have a solo canoe. I will give a safety talk, answer questions, and give some suggestions for observing flora and fauna from our flotilla. People may bring their own boats too. **10 rental kayaks available.** *Ellen Prill*

Dragonfly Walk: We will review the life cycle of these fascinating creatures and then attempt to get up close and personal with a few resi-

dent species in the park. Kids will love trying to catch the flying adults and dipping for the nymphs in the water. Most years we have been lucky enough to find them emerging. I will have some nets, but feel free to bring your own. *Jeremy Martin*

Fern Walk: Mostly a medium-easy fun walk where we learn taxonomy, how to use a dichotomous key, and how to identify our common regional ferns. Amaze your friends and stupefy your enemies. **Meet at flagpole behind Administration Bldg.** *Allen Podet*

Sharing Nature with Children –

Family: For families and their children ages 1-6, although older children are welcome. Immerse your family in nature, safely engaging in the natural environment, using all of the senses to interest children in nature. Come touch, smell, play and have fun exploring the out of doors. We will be near a creek, so come prepared to dip our toes in the water. **Meet at Beehunter Pavilion across from Red House Boat Launch.** *Lon Myers*



Birding in Aretas Saunders' Footsteps: In the summer of 1921, the Roosevelt Wild Life Station dispatched Aretas Saunders to survey the bird life of the newly-opened Allegany State Park. He found 105 species. Much has changed since. Join us for a casual walk retracing Saunders' footsteps as we compare and contrast his century-old checklist with our own findings. **Meet at Science Lake parking lot.** *Craig Thompson*

— 10:30 am Saturday—

Birding the Bova Road: We will walk up the Bova Road from Camp Allegany and look

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for birds in a variety of habitats, with a particular focus on birding by ear. *Frank Gardner*

What's Inside A Fossil Egg? Starting with a brief PowerPoint presentation describing our vertebrate paleontological research, we would include a short summary of our discoveries, a focus on the discovery of a number of fossil eggs with embryos inside them. The majority of our eggs, which are from several different types of taxa, have the unique preservational character to have within them preserved embryos. Over the past three years, we have been steadily CT scanning each of these eggs trying to find skulls and bones within them (with considerable success) and ultimately trying to determine the identity of each of the embryos. After the presentation, we will pass out images from the CT scans covered with tracing paper. Anyone interested in contributing to our research can examine these images and try to trace out any recognizable bones they see within these eggs. *William Parsons*

Birdfeeding Mastery: Learn the key elements to "Discover a Refuge in Your Own Backyard" and become a master of Birdfeeding. Learn how to identify at least two dozen species and which foods and feeders to use to attract them to your yard. *Danielle Pecoraro*

Watercolor Birding: Capture beautiful birds with paint. This course for both beginners and advanced artists will have you painting your own watercolor masterpiece using basic shapes and reference material on how to paint birds. We will supply watercolor paper, paint and brushes for you to use--this year's we'll include a discussion of techniques using natural and man-made materials to enhance your painting. You are invited to

bring your own printed bird photos or to use ours. Incorporating John James Audubon's 'natural state' methodology, we will reference photographs of birds in their natural state, while using John James' Audubon's paintings as a relevant reference. Appropriate for youth and adults ages 5 to 105.

Liz Urbanski Farrel

Exotic Creatures from Around the World:

We'll look at creatures from around the world and learn about the unique adaptations that help them survive in the habitats they come from. Insects, arachnids, reptiles, amphibians and fish will be represented. A program for all ages! *Mark Carra*

Handicap Accessible Bird-Watching Outing:

See pg 3, Fri 2:30pm

Hands-On Fern Basics: Flabbergasted by ferns?

Enjoy a table-top, hands-on, fun activity exploring the parts of a fern. A great introduction to the basic botanical parts commonly referred to when using a fern identification key. Program uses the "Fern Finder" by Anne C. Hallowell. Suitable for adults and children. *Susan Avery*

Seneca Social Dancing & Singing: Presented by the Seneca Iroquois National Museum. Members of the Seneca Nation dance group will present their social dances including the Robin Dance, Friendship Dance, Moccasin Dance and more. The lead singer will give the history of the dances. The audience will be invited to come and join in learning the simple steps. Participants are asked to bring a chair.

The Skeptical Naturalist: We've all heard some remarkable claims about local wildlife: that Daddy Longlegs are the most poisonous "spider", or that Flying Squirrels are our most abundant squirrel, or that the DEC is

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secretly releasing Mountain Lions and Coyotes. Join Bill and Steve from The Field Guides podcast as they hit the trail and share some of their "greatest hits" from recent episodes - what recent research reveals about those stories we've all heard, as well as what new discoveries about the wildlife we encounter on the trail. *Bill Michalek & Steve Fleck*

Stenciling With Nature: Participants will take a short walk to gather items in nature to stencil a design on a card to send. All other materials will be provided. Bring your creativity and imagination! *Lois Donovan*

Forest Bathing -- It's not what you think! Forest Bathing is the English translation of Shinrin-Yoku, a research-based Japanese practice of nature immersion that supports physiological health and psychological relaxation and well-being. Participants are guided on slow, pleasure-oriented walks and are offered invitations to explore sensory-based experiences, engagement in reciprocity with the "more-than-human" world, and opportunities along the way to share those experiences with others. Please note that this hour and a half program is an introduction to the practice, which typically is offered in 3 or more hour immersions. *Jennifer Fendya*



Mushroom Walk, Mushrooms under the Microscope: Walking nearby in the morning, looking at some selected finds in the early afternoon, a few microscopes will be available. Sampling some special finds for DNA barcoding and herbarium submission. Providing a good introduction to how to do the necessary work to determine our regions mycoflora. Preparing people for the nationwide foray August 12-19th: [http://](http://mycoflora.org/participate/continental-mycoblitz-2019)

mycoflora.org/participate/continental-mycoblitz-2019 *Garret Taylor*

Leave No Trace Workshop: Join us for a fun workshop where we explore the seven principles of leave no trace. This workshop is designed to engage through games, discussion, role play and more! Leave No Trace is built on seven core principles that are used to communicate the best available minimum impact guidance for enjoying the outdoors responsibly. The Seven Principles of Leave No Trace were developed to help educate and guide recreationists in sustainable minimum impact practices that mitigate or avoid recreation-related impacts. These Principles are the most robust and widely utilized minimum impact outdoor. Bring a mat to sit on and please wear sturdy shoes. *Andrea Vaillancourt-Alder*

Fairy Houses and Toad Abodes: Nature is full of lots of surprises – maybe even fairies! Using all natural materials from the woods, participants will be able to build a house for Camp Allegany's fairies and nature's friends to visit. A great way to be creative and just play. Please wear clothes that can get dirty. Embellishment supplies from nature will be provided. *Lauren Makeyenko*

Geologic History of ASP: See pg2, Fri 1:00pm
Headwaters Hike: See pg 4, Fri 2:30pm

— 12:00 pm Saturday —

BOY SCOUT HOT DOG SALE: Enjoy lunch and support a local Scout Troop!

Young Folks Drawings of Allegany: Beginning last year, this program is for children/adults who wish to draw pictures of what they saw during their experiences at the pilgrimage. We plan to pick out one of this year's pictures to print on the next year's

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pilgrimage T-shirt for children. *Judy Long*

— 1:00 pm Saturday —

Iridescent Animals: Presentation/Activity:

See pg 3, Fri 2:30pm

Watercolor Birding: *See Sat 10:30am*

On the Wings of Damsels and Dragons:

Dragonflies and damselflies are an ancient and unique group of insects. In a photo presentation, we'll review their remarkable lineage and traits including fossil evidence, life history, extraordinary vision and flight, predatory success, mating behavior, and for some, migration. Then we'll walk to a nearby waterbody to hopefully observe and photograph dragons and damsels on the wing and possibly emerging from the aquatic realm. *James Craft*

Ecosystems as Communities the Interdependence of Plants and Animals: The complexity of nature includes dependent relationships between many species. Plants and animals have both evolved to assist the other with survival. They communicate with each other, create mutually beneficial habitats, feed each other, and provide critical assistance with reproduction. Our presentation will introduce the intricacies of existence for various wildlife and plant life, the critical importance of biodiversity, and the impact of changing biotic and abiotic factors on the persistence of the unique ecosystems of Western New York. Participants will gain an appreciation of the complexity that surrounds them in places like Allegany State Park, and the role they can play in protecting wildlife and habitats starting with their own backyards. *Dave Reilly & Nicole Gerber*

Papermaking Drop-in Projects: Stop by and

create a sheet of handmade paper or make a paper bowl. We'll use recycled paper to make our pulp. There will be ongoing demonstrations and once you've got the hang of it you can get to work. *Mary Lynn Nutting*

Live Birds of Prey: What is a raptor? Why and how are they different from other birds? The audience will be introduced to different families of raptors. Learn the natural history, biology and physical adaptations of birds of prey. With many hands-on items we explore size, feathers, flying, hunting styles, beaks, feet and talons. **Inside the big tent.** EagleDreams Rehabilitation Center. *Mark Baker*

Spiders: *See pg 6, Sat 9:00am*

Shades of Green: Learn about some wild plants that grow in your backyard, some that don't, some that are edible and beneficial, and one or more of the invasive plants. We will partially follow a nearby stream. This will be more of a leisurely stroll than a hike. For all ages and abilities. *Nancy Jager*



Geology of the Area: A family oriented program with hands-on demonstrations where we will learn about the geologic history of the local region. *Chris Myers*

Life Under a Lens: Enter the world of all that is small as we explore species seldom seen. We will investigate tree bark, stumps, logs, rocks and everything in between! Bring a hand lens if you have one! *Matthew Nusstein*

Those Pesky Other Senses: Prepare to be blinded by fun! We sure rely a whole lot on our sense of sight to make observa-

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tions. What if we were to just take that away and focus on our other senses instead? How would your naturalist skills cope with this change in circumstance? Let's put those other senses to the test while we go on a blind walk and meet a tree! *Hazel Stark & Joe Horn*

Pop Up Playdate Café: *See pg 5, Sat 8:00am*

Science Lake Pond Exploration: Get your feet wet and join us as we search for tadpoles, newts, crayfish, caddisflies, and watersnakes!

We'll provide nets, pans, and magnifying glasses to help you explore the creatures living in Science Lake. Be prepared to get wet! Waders or water shoes recommended. *Tom Kerr*

Dragonfly Walk: *See pg 7, Sat 9:00am*

Splash Hike: Come prepared to get wet. Beavers, crayfish, salamanders, water... Did we mention you will get wet? Bring water shoes. A fun family activity! We will bushwhack through woods and tall grass and walk up a streambed. *Lon Myers*

History of ASP: *See pg 2, Fri. 1:00pm*



presentation on the importance of native plants. Native plants are essential to the survival of natural ecosystems. We can help enhance our ecosystems and support wildlife by planting natives plants in our yards. In this talk, you will learn the importance of native plants, the plight of monarchs and how you can help, and how to start a native plant garden. After the presentation, we will make seed bombs that you can plant in your yard or sow in the wild. (Older children are welcome.)

Stirling Cousins

WILD Creatures presents: Animals of the World: *See pg 3, Fri 2:30pm*

Logged In: Unplug from technology and log into nature as we explore the unique and diverse communities of stumps and logs! Focus will be on mosses, liverworts, lichens and fungi. Bring a hand lens if you have one! *Matthew Nusstein*

Edible Wild Plants: *See pg 6, Sat 9:00am*

Leave No Trace Workshop: *See pg 9, Sat 10:30am*

Beginner Tree ID: *See pg 6, Sat 9:00am*

Seneca Social Dancing & Singing: *See pg 8, Sat 10:30am*

Survival 101: Fire and Shelter: Building a fire and a shelter is essential to basic survival in the wilderness. This course will start with a review of the parts of a Bowdrill. Anybody under the age of twelve is extremely unlikely to have the muscle mass required to make a coal using a Bowdrill, but kids will be given a chance to try so they understand how friction fires work. Once attendees are willing to move on from practicing Bowdrill, they will be given a crash course in creating a debris hut. After the attendees create a debris

— 2:30 pm Saturday —

What's Inside a Fossil Egg: *See sat 10:30am*

Story Time with Make & Take: Come to our program to listen to a story, make a simple themed craft, and meet new friends. Perfect for kids to practice active listening skills and get a little creative. (Same program 2 times but it will be a different reading/craft) *Maggie Atterbury*

Why Native Plants are Essential to Maintaining Healthy Ecosystems (and What You Can Do!): This is a PowerPoint

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hut, it will be tested for water resistance. Program attendees will leave the program with an understanding of friction fire making methods, the ability to create a debris hut, and a new appreciation for fire and shelter. *Siegrid Tuttle*

Old Growth Forest - A fascinating look at Allegany's old growth forest. **Carpool.**
Frank Crombe

Fern Walk: *See pg 7, Sat 9:00am*

Exploring Cool places and interesting things in ASP: *See pg 6, Sat 9:00am*

Gardening for Butterflies, Bees, and Birds With Native Wildflowers: *See pg 3, Fri 2:30pm*

— 4:00 pm Saturday —

Kayaking a Waterway to Observe Nature:
See pg 7, Sat 9:00am

— 5:00 to 6:00 pm Saturday —

Chicken BBQ/Vegetarian Meal: Tickets for this need to be purchased in advance when registering. Bring a blanket or lawn chair to listen to the music during/after.

— 5:30 pm Saturday —

Folk Concert with Nan Hoffman: Enjoy the music during and after your chicken or vegetarian dinner.

— 6:00 pm Saturday —

6:00pm Beaver Walk: *See pg 4, Fri 6:00pm*

Salamander Walk: *See pg 4, Friday 6:00pm*

Singing Yin Yoga: Tired? Exhausted? No time to take care of yourself? Wish you could just hit the pause button on life? Then it's time to say yes to you! Recharge your energy one breath at a time by join-

ing us for Singing Yin Yoga! Singing Yin Yoga incorporates the use of sound in specific ways. We use singing bowls and do some cool chanting in Sanskrit while melting into several beginner and (adaptable) intermediate yoga postures that make our bodies more receptive to vibrational healing. We call it Yinning. The chanting is simple-a few words and mantras that are easy to pronounce, and you don't need to memorize them or have any prior knowledge. You'll enjoy feeling refreshed, relaxed, connected and focused, taking with you a sense of peace and purpose. *Lisa Czejdo*

Climate Change, wildlife and hope: A multi-media presentation that educates the audience on the science of global warming, its existing and projected impacts on the environment and why there is, indeed, hope to avoid the worst case impacts that have been predicted. The goal of his presentation is to motivate people that there are very positive trends in our society to create a new green and sustainable world that will be our last best chance to beat this challenge. The Allegany presentation will be customized to present a 10 minute module on what is in store for a world that ignores the changes needed vs. a world that creates a new sustainable society. *Jack S Kozuchowski*

Bird Walk: *See pg 4, Fri 6:00pm*

Young Folks Drawing: *See pg 9, Sat 12:00pm*

— 8:00pm Saturday (In the Big Tent) —

The Nature of Phenology: A Calendar Year in Downeast Maine. *Hazel Stark & Joe Horn*

Program Descriptions

— 9:30pm-ish Saturday —

Bugs by Nightlight: *See pg 4, Fri 9:30pm*

Owl Prowl: *See pg 5, Fri 9:30pm*

Summer Sky Tour: *See pg 5, Fri 9:30pm*

Night Hike: Explore nature from dusk to darkness. We will do a bit of everything – stars, planets, owls, frogs, fluorescent minerals. Again this year, we will have an 8-inch SC telescope dedicated to this walk. *Chris Myers*

— 6:00 am Sunday —

Bird Walk: *See pg 5, Sat 6:00am*

— 7:00 am Sunday —

Bird Banding: *See pg 5 Saturday 7:00am*

Breath and Body: *See pg 5, Sat 7:00am*

Singing Yin Yoga: *See pg 12, Sat 6:00pm*

Birding By Ear: *See pg 5, Sat 7:00am*

— 9:00 am Sunday —

Digital Wildlife Photography for Beginners: *See pg 5, Sat 9:00am*

Influence of Wisconsin Glaciation in the Park region: This program involves carpooling to view some local sites that provide evidence of the impacts of the Wisconsin glaciation on the area. Though Allegany State Park escaped direct coverage by the Wisconsin ice sheet, areas adjacent to the Park were affected and provide evidence of the glaciation. **Approx. 3-4 hrs.**
Tim Baird

“Adult Content” Talk: We will have a discussion on the culture and mythology of the plants and animals of the park. Part of our discussion will focus on the mating rituals of the animals of the park. *Lon Myers*

Hands on-Tree Basics: Do tree parts trip

you up? Join us for a table-top, hands on, fun activity to help you identify parts of trees and their leaves commonly referred to when using a tree identification key. The program is based on "Tree Finder" by May Theilgaard Watts. Great for beginners, adults and kids who want to know the basic botanical terms to be successful using tree keys. *Susan Avery*

Ecosystems as Communities The Interdependence of Plants and Animals: *See pg 9, Sat 1:00pm*

Forest Bathing -- It's not what you think!
See pg 8, Sat 10:30am

Water Resource Explorations: This will be a 1 1/2 walk along a river environment aimed at appreciating the wildlife and water resources at a slow pace. The hike will be conducted in a participatory mode, encouraging attendees to share their own identification skills and focusing on how to quiet your mind to attune to the wonders of nature along your journey. It will conclude with the challenge of a 10 minute "silent walk" to appreciate the quietude of nature. *Jack S Kozuchowski*

Shades of Green: *See pg 10, Sat 1:00pm*

Survival 101-Fire and Shelter: *See pg 11, Sat 2:30pm*

Kayaking A Water-Way to Observe Nature:
See pg 7, Sat 9:00am

Birding in Aretas Saunder' Footsteps: *See pg 7, Sat 9:00am*

Grasses, Rushes, and Sedges - Oh My! An introduction to these fascinating, yet maligned, groups of plants, that have an undeserved reputation for being difficult, if not impossible to learn. So we will "Learn 10" graminoids and it shouldn't be too painful! "Learn 10" is a program begun by

Program Leader Bios

the New York Flora Association to help make various groups of plants accessible to non-botanists. Bring a hand lens or magnifying glass if you have one. *Steven Daniel*

— 10:30 am Sunday —

Why Native Plants are Essential to Maintaining Healthy Ecosystems (and What You Can Do!): *See pg 11, Sat 2:30pm*

Story Time Make & Take: *See pg 11, Sat 2:30pm*

Birdfeeding Mastery: *See pg 8, Sat 10:30am*
Exotic Creatures from Around the World:
See pg 8, Sat 10:30am

Nature Journals-Simple bookbinding:

We'll use a simple bookbinding technique to create a nature journal. If you made a sheet of paper in Saturday's papermaking workshop, bring it along and we'll use it for the cover. *Mary Lyn Nutting*

Hands-on Trees Exploratory Walk: Using the "Tree Finder" by May May Theilgaard Watts, participants will take a short stroll and use her well-developed handy key to identify a dozen or more trees of the northern hardwood forest. The walk is a follow-up to the classroom hands-on program, but it isn't necessary to attend the classroom portion of the activity. *Susan Avery*

General Nature Walk: *See pg 2, Fri 1:00pm*

Beginning Tree ID: *See pg 6, Sat 9:00am*

Geology of the Area: *See pg, 10, Sat 1:00pm*

Animal Signs: An easy walk for all ages, looking for signs of animals. *Valerie Podet*

— Leader Bios —

Atterbury, Maggie - Newark, DE - Maggie is a Geologist living and working in Delaware. Her hobbies include outdoors activities, cooking, and DIY projects. She frequently gives presentations to her peers as well as school groups and young children. This is her first year as a leader at Allegany.

Avery, Susan - Great Valley, NY - Trained in nature and her ways through years of scouting and the ever restless need to explore the outdoors. Susan is a self-trained naturalist, licensed New York State Outdoor Guide, certified Florida Master Naturalist, and National Park Services volunteer naturalist/docent. She is always looking for opportunities to share those marvelous moments in nature with fellow explorers of all ages. Her areas of interest are trees, old growth forests, spring ephemeral flowers, local historic geology, and marine and freshwater invertebrates.

Bacher, Rick - Grand Island, NY - Rick is a full-time English professor and avid outdoor educator. Rick volunteers time as a Junior Audubon leader at Buffalo Audubon, Program leader and photographer at Tiffit Nature Preserve, Raptor ID workshop leader for the Buffalo Ornithological Society, Hawk counter for the Hawk Migration Association of North America, and has spent time banding both passerines and raptors. Rick specializes in the identification of raptors, but has a general passion and knowledge for all birds and life. Rick is also a wildlife photographer and avid birder. You can follow Rick's photography at <http://instagram.com/rickbee> or read his birding blog at <http://rickbee.weebly.com/adventure-blog.html>.

Baird, Timothy - Salamanca, NY - United States- is a retired science educator. His interests include all aspects of nature including nature photography. Tim has been a leader at the Allegany Nature Pilgrimage for many years. His programs have focused on Allegany State Park birds and bird habitats, forest types of Allegany State Park, and regional glacial impacts. Tim has provided many programs for area bird clubs, nature clubs, and garden clubs.

Baker, Mark - Olean, NY - Runs Eagle Dream Rehabilitation Center.

Program Leader Bios

Barski, Donna - Arcade, NY - Born and raised in Idaho. Her love for nature was kindled during family camping trips to the Bitterroot Range. In later years, hiking, climbing, canoeing, skiing, cycling, and snowshoeing fed the flames of her passion for nature and the outdoors. She received her BS degree in Education from the University of Oregon in 1978, and relocated to Arcade, in 1980. She has been a volunteer at Beaver Meadow Nature Center since 1986, and in 2005 earned her environmental studies degree from Empire State College. She has been active in the promotion of environmental education, animal rights, and ecological sustainability. Donna's lifelong interest in native wildflowers intensified after moving to New York, where she identified and collected nearly one hundred species found on her property. In 1996, she began to focus her attention on insects, particularly monarch butterflies and dragonflies, raising numerous monarch larvae, studying and documenting in detail the process of metamorphosis. In 2013, she became aware that the population of eastern monarch butterflies was plummeting, primarily due to habitat loss and pesticide use. Concerned, and not wanting to witness the demise of these iconic insects, she joined Journey North and Monarch Watch, becoming a 'citizen scientist' tracking the monarch migration and promoting gardening for monarchs and other beneficial pollinators.

Burroughs, Andrew - Watersport, NY - I am a graduate student at the College at Brockport studying School Counseling. I have been involved in the ANP ever since I was a little kid. My friend Mitchel Light and I used to help our parents run the Salamander Walk and now they have passed the torch onto us. I love being outdoors and exploring nature.

Carra, Mark - North Java, NY - Mark started as a wildlife educator in 1989 and has spoken to more than 500,000 people since then. He currently serves as the naturalist in residence for the Beaver Meadow Audubon Center. Mark has also worked as a representative and presenter for Animal Planet, National Geographic Channel, and public television and has handled animals for many of their celebrities. His passion for learning and obsession to communicate what he has learned has kept him going all these years and loving the entire jour-

ney.

Contrino, Kathleen - Akron, NY - A graduate of University at Buffalo, promotes the use of native plants in residential gardens in order to improve ecological diversity. Kathy has been designing native plant gardens since 1997 and is an avid birder. Kathy participates in Cornell Cooperative's FeederWatch program/Habitat Network as well as volunteers for Iroquois National Wildlife Refuge and the Buffalo Audubon Society leading tours.

Cousins, Stirling - Jamesville, NY - Stirling Noel Cousins is a naturalist/activist/artist from Central New York. She is currently working on earning her Master Naturalist certification. Her background is biology, public education and Waldorf education she currently works at Baltimore Woods as an environmental educator. She loves to work with, and teach people about, native plants.

Craft, James - Rochester, NY - Jim spent much of his youth roaming the hills and gulls of the Bristol Hills while helping his Dad build their family cabin. Those experiences led to interest and degrees in geology from SUNY-Brockport and Binghamton and a stint in the oil patch of offshore California. After some backpacking adventures in the Sierra Nevadas and Cascades, Jim's eco-focus brought him back to greener pastures and employment with the NYSDEC as an engineering geologist. With the good fortune of the Twin Cedars Nature Center and a 20-acre pond at the Avon NY work location, an incessant interest in dragonflies and damselflies led to countless photos, ode walks/talks, and a 2016 Conservationist magazine cover/article. Soon thereafter, Jim retired after 30+ years of chasing groundwater plumes and pollutants and completed a 2017 study on the Salamanca Conglomerate in Rock City State Forest. Currently, he is using newly-available remote sensing data with GIS to track the Salamanca and other conglomerates across Allegany State Park and beyond.

Crombe, Frank - Scottsville, NY - Frank's extensive knowledge of trees, shrubs, wildflowers, etc. comes from his hobby interest working outdoors and gardening, growing native plants and membership in various conservation organizations. Frank has a Masters degree in Education.

Czejdjo, Lisa - Erie, PA - RYT® 200, MA Ed. C.P.C.

Program Leader Bios

Lisa is a certified yoga instructor, master educator, speaker, and life coach. She's been practicing yoga for over twenty years, and is owner and CEO of Yoga Energy Summit. She leads the Singing Yin Yoga classes. Lisa's favorite quote is from Benjamin Disraeli, "The greatest good you can do for another is not just share your riches, but reveal to him his own."

Daniel, Steven - Pittsford, NY - Steven has spent the better part of a lifetime studying natural history and teaching others, formally and informally. He took an early retirement from teaching to develop Nature Discoveries, an ecotour company which he co-founded, and for whom he has led some 140 trips to some of the world's finest natural areas. He was a founder and first president of the Rochester Area Mycological Association. He developed biotic inventories and master plans for The Nature Conservancy preserves, and the Genesee Country Museum Nature Center. He teaches Field Natural History (a class he developed nearly 40 years ago) at Monroe Community College. In recent years he has grown quite passionate about dragonflies, butterflies and moths, and sedges. Now semi-retired, he spends much of his time exploring the great ecological treasures of New York's North Country. He is a board member of the New York Flora Association, co-curator of the Rochester Academy of Science Herbarium, and has served on the executive council of Burroughs Audubon Nature Club. He has an M.S. in science and environmental education from Cornell University.

Deck, Brian - Java Center, NY - A self-taught naturalist with experience leading group and individual tours. These tours focus on generalized, easy to understand, experiential learning and interpretive talks on: geology, plants, hydrology, animal life and behavior, wilderness survival skills, edible plants, natural resource ecology, and general history. He has previously led tours for ANP, Buffalo Audubon, Tiffit Nature Preserve, worked at a wilderness camp in NC, been a white water guide, as well as worked as an interpretive canoe guide for an Outdoor outfitter in Big Bend National Park, TX. Personal trip experience includes bush plane kayaking, backpacking the 100 mile wilderness on the Appalachian trail, numerous hikes and/or canoe-kayak trips in Algonquin, The Adirondacks, and multiple State

and National parks, and a recent trip to Hawaii, Australia and New Zealand.

DiGioia, Tony - Phoenixville, PA - Tony has a passion for the outdoors and a lifelong quest for learning and education. Tony has traveled extensively in the U.S. and abroad with family and friends. He and his family have explored 29 U.S. national parks with the goal of visiting them all. Tony has a degree in biology, has served in corporate education, and is currently using his MBA and law degree in his role as Editor in Chief of a Philadelphia-based publishing firm.

Donovan, Lois - East Aurora, NY - Lois has been a volunteer at Beaver Meadow Audubon Center for close to 50 years! She is the driving force behind the very successful Enchanted Forest event that takes place annually at Beaver Meadow--from costumes to schedules, she does it all! Happily married to Terry Donovan for the past 54 years, they both have been enjoying going to the Pilgrimage for many years. In her spare time, she enjoys crafting, sewing, gardening and baking.

Duckett, Christopher - Jamestown, NY - Starting at a young age I've always been fascinated with the natural world around me. From catching crayfish and frogs at local park streams to flipping logs in the woods looking for insects and salamanders and everything in between. For the past ten years I've been taking in unwanted exotic animals and placing some in new homes while using others as part of my educational crew. I also work with and assist other local animal rescue groups, wildlife rehabbers and lead nature walks for families in the spring and summer at local parks.

Dustin, Laura - Honeoye Falls, NY- It seems I have always loved the outdoors and Allegany State Park. As an undergrad and graduate student I explored the wonders of the natural world, especially vascular plant taxonomy. I started leading at the ANP as an undergrad. Later, much later, I began my career as an educator, facilitating students' love of the sciences. Now that I am retired a dabble in outdoor activities and Physics.

Erck, Marie - Lockport, NY - Marie has always enjoyed being outside in nature. Trees, especially, were her favorite. There were so many different kinds! Over time she eventually learned how to identify them--both through training as a Master Gardener and from studies

Program Leader Bios

in horticulture.

Farrell, Dan - Buffalo, NY - I have been attending the Pilgrimage for over 20 years, and I enjoy backpacking and hiking.

Fendya, Jennifer - Buffalo, NY - Ph.D., Psychologist, is a certified Nature and Forest Therapy Guide, a Level I Miksang contemplative photographer and a psychotherapist in private practice in Buffalo, NY. She is a first-time participant in the Allegany Nature Pilgrimage and is excited to introduce Forest Bathing to Western New Yorkers.

Fleck, Steve - Hamburg, NY - Born and raised in western NY, Steve has an undergraduate degree in philosophy (with a focus on logic and ethics) and an upcoming graduate degree in molecular biology. While Steve is not preparing for or editing an episode of The Field Guides, he's probably listening to other podcasts, reading manga, or hiking with a few field guides in tow.

Folts, Ellen - Springwater, NY - Ellen Folts is the owner of Amanda's Garden Native Perennial Nursery in Springwater, NY. She has a degree in agricultural and natural resources from SUNY Cobleskill and has worked in the horticultural field for over 31 years. She is a Senior New York State Certified Nursery and Landscape Professional. Ellen's philosophy has been one of creating sustainable landscapes that give back to the environment. She accomplishes this by planting and growing native plants that are not only lovely to look at, but also suited for the ecological community in which they grow.

Gall, Wayne - Lancaster, NY - BA, Biology, SUNY Buffalo. MS, Entomology, University of Wisconsin-Madison. PhD, Zoology, University of Toronto. Administrator, Tiffit Nature Preserve, 1983-1987. Research Fellow, Associate Curator & Curator of Entomology, Buffalo Museum of Science, 1987-2001. Western Regional Entomologist, NYS Dept. of Health 2001-2016. Entomologist (Identifier), US Dept. of Agriculture, 2016-present. 2019 will be Wayne's 36th year as a leader at the Pilgrimage!

Gardner, Frank - Bedford, MA - Frank has been an amateur birder for over 35 years. He has served as a Christmas Bird Count coordinator for 20 years in Massachusetts and was a contributor to the New York State breeding bird atlas project. He has been a field trip leader at ANP for over 30 years. Frank also developed the bird checklist for the Allegany Nature Pilgrimage.

Dr. Gerber, Nicole - Received her PhD in Biological Sciences at the State University of New York at Buffalo.

She serves as the Roswell Park Comprehensive Cancer Center's Emergency Manager and Biosafety Officer and her responsibilities include educating and training staff on a variety of policies and procedures. She is a certified Wildlife Rehabilitator and a Wildlife Control Officer.

Hoffman, Megan Mills - Derby, NY - Megan Mills Hoffman grew up in Alaska, studied in Mississippi, Montana, and Oregon, and now lives south of Buffalo, NY. She is fascinated with the quality of emergent learning in nature, where learning happens as a process of self-initiated discovery.

Horn, Joe and Hazel Stark are Co-Founders of Maine Outdoor School, L3C. They are passionate about the natural world and getting people curious and excited about the outdoors. Connecting science concepts outdoors through fun and games is a key part of their work!

Jager, Nancy - Dunkirk, NY- Nancy is a nature enthusiast who enjoys nature photography and learning about plants. Nancy is a Chautauqua Master Gardener of Cornell Cooperative Extension. She holds a M.S. in Education from the State University of New York at Fredonia. She has NYS teacher certification in 4 areas: TESOL, Spanish, Home Economics, and Elementary Education. She has been a participant of Allegany Nature Pilgrimage since 2009. Nancy has given talks about Wild and Wonderful Weeds at Chautauqua Institution, has given a presentation on deer and other animals in your yard at the annual 'Grow Jamestown'. Nancy was a participant in the Wildflower Pilgrimage at the Great Smoky Mountains National Park (Gatlinburg, TN) (April 2014). Nancy is also a returned Peace Corps Volunteer from Paraguay.

Kerr, Elizabeth - Tonawanda, NY- Elizabeth Kerr is a mom of two great boys and works in Student Support at Villa Maria College. She has come to Allegheny yearly growing up, and has been a regular attendee of the pilgrimage for the last several years.

Kerr, Tom - North Java, NY- Tom has been educating others about the natural world since he began to understand it. With the help of his neighbors as a child, he created a bug zoo from his Tonawanda backyard, and gathered other neighborhood kids to view his collections. Inspired by many family vacations to National Parks,

Tom studied environmental science in college. At SUNY ESF he was part of the first class that graduated with a Natural History and Interpretation degree, selecting the major because he understood the growing need to com-

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municate the scientific world. Tom has spent his entire professional career in environmental education. He worked as a Park Ranger in the New York City Parks for five years, teaching school programs, leading an after school program for high school students, and monitoring piping plover habitat. Living in a major migration fly way in a dense urban environment, it was in NYC he developed a love of birding. Tom came to Buffalo Audubon to lead the For the Birds! program for elementary school students, and now as a naturalist enjoys leading bird tours and teaching people about all nature in Western New York. If you catch Tom in his free time, you will most likely find him with pair of binoculars around his neck, setting up his spotting scope to make sure everyone gets a chance to view whatever wildlife is around. He also enjoys raising his two sons to appreciate the wonderful natural landscape of Western New York

Kozuchowski, Jack - Cross River, NY- Jack is a retired Environmental Scientist with a B.S. in Biology and a a Master of Science in Water Resources. He was the Environmental Director of Danbury, Connecticut for 27 years and was the sole proprietor for Kozuchowski Environmental Consulting for 20 years. Jack has dedicated his retirement years to educating the public on climate change challenge and has been personally trained by former Vice President Al Gore, certifying him as a Climate Reality Leader. His slide show has been presented to a variety of civic and environmental organizations.

Kuebler, Kit - Hamburg, NY- Kit is a certified Yoga Instructor with experience in the Babtiste yoga philosophy. She is a Camp Counselor at YMCA Camp Onyahsa on Lake Chautauqua and and advocate for outdoor education programs. She believes in the healing power of bringing nature and yoga together to promote well-being for all ages and abilities.

Kunselman, Ellen - Erie, PA - I'm an avid gardener focusing more and more on native plants and animals. In the midst of a 13-year-long battle to be diagnosed with the disorder causing my chronic pain, I discovered yoga. I've been a daily practitioner for nearly 6 years and it has transformed my life.

Light, Garner - Gasport, NY - Garner is on the board of directors of The Friends of Iroquois National Wildlife Refuge. Active with the Iroquois Observations Na-

ture Programs at INWR.

Compiler for the Wilson-Lake Plains Christmas Bird Count. Coordinator for the Len Anderson Memorial Bluebird Trail in Clarence & Lockport, NY Lay Leader at Middleport United Methodist Church Advocate for Handicap Accessibility. Admin on Facebook for: Accessibility Now!, Handicap Accessible Trails of WNY, Wilson-Lake Plains CBC, Len Anderson Memorial Bluebird Trail, American Wildlife, Middleport United Methodist Church, Friends of INWR and Iroquois Observations **Light, Judy** - Gasport, NY - art educator in Medina NY; pilgrimage attendee/leader for many years; origami artist; stampin up demonstrator; obsessed nature tanger!

Light, Mitchel - Milford, NY - I have been participating in the Allegany Nature Pilgrimage since I was very young. Andrew and I took over leading the Salamander Walk when we were in high school and have been leading it ever since. I grew up being in and around nature and volunteering with the Buffalo Audubon Society. I have since graduated college with an Agricultural Business degree and I hope to start a small regenerative/ sustainable farm with my Fiance. I love being a leader for this event and I am super excited for another year! Hope to see you at the Salamander Walk!

Long, Judy - Jamestown, NY - ANP committee member, special education teacher in early childhood program. She has a strong interest in nature, recycling, saving the Earth.

Makeyenko, Lauren - Buffalo, NY - Lauren grew up in the village of Hamburg exploring natural areas around the Eighteen Mile Creek. She is the Director of Education for the Buffalo Audubon Society and previously held education positions with Tiffit Nature Preserve and at Reinstein Woods Nature Preserve. In her free time, she enjoys venturing into the natural areas of Western NY with her family throughout the year.

Martin, Jeremy - Friendship, NY - Jeremy has had an interest in nature for as long as he can remember. His patient mother tolerated pans of pond water in his bedroom and encouraged his early butterfly collections by making (and then frequently repairing) a butterfly net. While that early interest in ponds and entomology never became a career, Jeremy is lucky enough to now relive those early days of discovery with his two boys.

Program Leader Bios

Through photography he enjoys documenting nature all over western NY including wildflowers, dragonflies, moths and butterflies, and various other insects. He also participates in various citizen science projects including the New York Dragonfly and Damselfly survey where from 2005 to 2009 Jeremy volunteered as citizen scientist on discovering numerous county/species records in western New York.

Martin, Samuel - Friendship, NY- Samuel has been interested in spiders and other creepy animals such as snakes, and scorpions for many years. He enjoys collecting spiders in jars and identifying them using books and doing research on the internet (and then letting them go).

Michalek, Bill - West Falls, NY- Bill is a native of Western New York and has grown up learning the stories of the local flora and fauna. He was a naturalist with Earth Spirit and director of Buffalo Audubon's Beaver Meadow Audubon Center before earning his graduate degree in education. He currently teaches second grade in the Iroquois School District, teaches classes in UB's environmental studies department, runs the bird banding program at Beaver Meadow, and co-hosts The Field Guides podcast. He loves to share stories of the natural world and to hear them from anyone willing to share.

Miller, Jarod - Growing up in New York, Jarod studied and raised a variety of animals, developed educational programs, earned a degree in zoology, and started appearing on national television. He started his zoo career at the Columbus Zoo and Aquarium in OH and became the youngest zoo director in the nation at age 25, when hired to operate and develop the Binghamton Zoo in NY. Jarod is best known as a popular television host and guest, with hundreds of regular appearances on late night and daytime talk shows. His own television series include *Animal Exploration with Jarod Miller* (airing in worldwide syndication since 2007), *Petfinder* on Animal Planet, and CBS's primetime hit *Greatest American Dog*. He is also an advocate and advisor for many animal and human service causes.

Myers, Chris - Newark, DE- Chris studied geology at the University of Delaware and now works as an environmental geologist in the Northeast. He first attended the ANP in 1992, when he was 6 months old. He comes

from a family that has great admiration and appreciation for nature (his parents Lon and Becky currently serve on the ANP Committee). Chris loves learning and sharing knowledge with others.

Myers, Lon - West Chester, PA- Is an avid self-taught naturalist with a lifelong passion for nature. He has led walks at the Pilgrimage for 45 years including Beginning Birds, Sharing Nature with Children, Family Nature, The Splash Hike, Stream Adventure, Night Hike, and Adults Only.

Nusstein, Matthew - Cheektowaga, NY - A student of the natural world, Matt is interested in every aspect of nature. His goal is to learn about the great diversity of life we spend our time with and share it with others. Matt currently works for the New York State Parks as a Park Naturalist.

Nutting, Mary Lyn - East Aurora NY- Mary Lyn Nutting is a long time ANP presenter and attendee. She is an artist and a Waldorf teacher and she just loves being out in the woods or out on the water, hiking or paddling

Parsons, William - South Wales, NY- For the past twenty-six years, I and my wife, Kristen Parsons have been partners in conducting a long term vertebrate paleontological study of the paleo-faunal community found at an Early Cretaceous site (106-8 million years old) in central Montana. We have published the results of our research in a number of accredited peer-reviewed journals. Our discoveries have included several specimens of the theropod "raptor" dinosaur *Deinonychus*, the newly named (by us) nodosaurid dinosaur, *Tatankacephalus*, as well as several other types of dinosaurs, birds, reptiles, and mammals. Our collection also includes invertebrates such as bivalves and snails, flowers, insect traces and pupae cases, burrows, coprolites (fossil poop) and even a pine cone. The current focus of our research is on a number of fossil eggs containing embryos and the unique circumstances that brought about this preservation.

Pecoraro, Danielle - Blasdell, NY - Danielle and her mother, Marilyn, have owned Wild Birds Unlimited in Blasdell, NY for 21 years, though their love for nature began many years prior. In 1987, Danielle bought Marilyn her first Golden Guide to birds in the Allegany State Park Gift Shop. Ten years later, Marilyn opened Wild Birds Unlimited near the McKinley Mall in Blasdell. Danielle graduated from the University at Buffalo in 2000 with a BA in Math & Economics and joined her mother at the

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store. Danielle became part owner in 2005 and can't imagine doing anything else. Danielle had no idea at the age of 10, how the purchase of a \$3 book would change the course of her life forever. Danielle is thrilled to be presenting at the Pilgrimage for the second year and sharing her love of birdfeeding. Who knows, maybe the life of someone else will be changed this weekend

Podet, Allen - Williamsville, NY - Ph.D. & DHL & DD, he has been leading field trips at Pilgrimage for 20 years. Dr. Podet learned about ferns through classes, clinics & experience. When not at Allegany State Park, Dr. Podet is a professor in the philosophy and humanities departments at Buffalo State College.

Podet, Valerie Jill - Williamsville, NY - Valerie Jill has been leading Pilgrimage walks for over 20 years. She holds an M.S. in zoology and is ABD for a doctorate in geology. The Allegany Nature Pilgrimage is the high light of her year.

Prill, Ellen - Rochester, NY- Ellen is a retired ESL and reading teacher with experience in kayaking and canoeing on flat, moving and whitewater who currently owns 9 boats. She lives on Irondequoit Bay and has a lot of on-the-water experience. Ellen has led boating trips for the Genesee Valley ADK Club and on many informal trips with friends.

Dr. Reilly, Dave - Grand Island, NY - Director of International Studies and chair of the Department of Political Science at Niagara University, where he teaches a variety of courses that include Environmental Thought and Environmental Policy. Together, Nicole and Dave have started the Citizen Coalition for Wildlife and the Environment, a non-profit based in Western New York. The organization's mission is to be the voice of wildlife and stewards of the environment, to encourage and enlist citizens in the practice and promotion of compassionate coexistence and the realization of a kind and compassionate world, and to use education and action to protect our ecosystems and the lives of animals. Nicole and Dave are Master Naturalist trainees and have developed a number of environmental educational programs for children and adults. They live on Grand Island with their goats, chickens, dogs, and have created native plant habitats for their many wildlife friends.

Rosenburg, Chuck - Elma, NY- Chuck has a B.S. degree in wildlife management from Purdue University

and an M.S. degree in biology from the College of William and Mary. His master's thesis focused on barn owl habitat use, as determined using radio-telemetry. For the first 15 years of his professional career, Chuck worked as a private environmental consultant completing a broad variety of ecological studies. Since 2006, he has served as a wetlands ecologist with the NYS Department of Environmental Conservation, where he also leads the NYS DEC's winter raptor study in Region 9. Chuck is an avid birder and has led numerous Owl Prowls for Buffalo Audubon Society and other groups.

Rosenburg, Kristen - Elma, NY - Kristen has always enjoyed spending time outdoors, nurtured by family camping trips to the Adirondacks, Algonquin Provincial Park and Yellowstone National Park. As a child, she attended her very first beaver colony tour and owl prowl at Allegany State Park. While attending graduate school at SUNY-ESF, Kristen returned to Allegany State Park to conduct field research studying beaver behavior. After completing a master's degree in wildlife biology, she has been employed since 2000 by the New York State Department of Environmental Conservation as an Environmental Educator at Reinstein Woods Nature Preserve in Depew, NY.

Rosten, Marcus - Tonawanda, NY - Inspired after spending many summers camping in green cabins, he attended SUNY ESF and graduated with a degree in Environmental Education and Interpretation. Currently Marcus works for Buffalo Niagara Waterkeeper where he works to protect and restore the Niagara River Watershed. Previously he was a Fish and Wildlife Technician with the U.S. Fish and Wildlife Service and NYS DEC, and was an educator at Reinstein Woods Nature Center, the Tongass National Forest in Alaska, and Grand Canyon National Park.

Rutherford, Heather - Medina, NY- earned her NC Environmental Education Certification and MEd in Science Education while teaching fourth and second grades in North Carolina. Back in NY, she is on a quest to become a better naturalist by learning from others and taking time to observe changes and animal behaviors through her photography.

Stark, Hazel and Joe Horn are Co-Founders of Maine Outdoor School, L3C. They are passionate about the natural world and getting people curious and excited

Program Leader Bios

about the outdoors. Connecting science concepts outdoors through fun and games is a key part of their work!
Taylor, Garrett - Salamanca, NY- Amateur mycologist and mushroom photographer: @fungiee on iNaturalist, @cappy on mushroomobserver.org. Current member of the following NAMA mushroom clubs: WNYMC, WPaMC, CPaMC, RAMA and MST. Interested in clarifying and cataloging all the diversity we can see with the naked eye.

Thompson, Craig - Falconer, NY- learned his birds on France Brook Road while still in grammar school. He was a teacher/naturalist at Jamestown's Audubon Community Nature Center in 1978-79 and thereafter served as an Environmental Educator for 34 years with NYS Department of Environmental Conservation in Albany. He is the Vice Chair of the Audubon Council of New York State.

Tuttle, Blair - Fairview, PA - A professor of Physics at Penn State Behrend. He and his family have attended the Allegany Nature Pilgrimage since 2002. Recently, he has been examining the nano-structural materials which create iridescent coloring in a variety of animals.

Tuttle, Siegrid - Fairview, PA - Siegrid Tuttle is a rising senior at Fairview High School who went to a survival camp called Coyote Tracks for six years and interned at that camp. She spent last semester at a school in Wisconsin focused on environmental stewardship. She is very excited to teach interested kids and adults basic survival skills!

Urbanski-Farrell, Liz - Buffalo, NY - Has been an avid birder since her first effort to put salt on a robin's tail as a toddler. Originally a journalist, writer and editor by training and trade, Ms. Urbanski-Farrell holds a minor concentration in fine art from Buffalo State College and enjoys trying new ways of involving children and adults in art and the natural world, has participated in the Allegany Nature Pilgrimage with her family for 20 years. She has been a Cub Scout leader and is currently a member of the parent committee for Boy Scout Troop 5 and Sea Scout Ship 1 in Buffalo, NY and is director of member services and government relations for the Western New York Healthcare Association.

Vaillancourt-Alder, Andrea - Derby, NY - Andrea has been sharing her passion for the outdoors and conservation for over three decades. A native western New Yorker she is a Leave No Trace Master Educator and has had many exciting experiences working around the globe in

country parks, zoos, botanical gardens, national parks, community gardens and more. Andrea lived and worked in the United Kingdom for twenty years encouraging stewardship of the environment through holistic education conservation programming and community development linked to the reclamation and restoration of public spaces. Andrea relocated back to Western NY five years ago and owns Seabirds International, www.seabirds.co, a paddle sports instruction company that incorporates leave no trace principles into each session. Additionally Andrea has trained UB students and SCA members to become LNT Trainers and is excited to be back in the states sharing her love of and for our planet!

Wellman, Adele - Salamanca, NY - I am the Environmental Educator for the Allegany region after working at Allegany State Park as a naturalist since 2000. My degree is in Biology and Horticulture. I am happiest in the woods and enjoy them from a bike, skis or on foot.

Woodard, Ro - Falconer, NY - Retired NYS Parks Environmental Educator, current Audubon Community Nature Center volunteer, and longtime Girl Scout volunteer.

Wopperer, Jay - Williamsville NY - Graduate of Intermediate Birding, Buffalo Museum of Science. Longtime member of Buffalo Audubon and East Aurora Birding Club & has led many field trips for both

Wymer, David - Portville, NY- I enjoy sharing the night sky as it is rarely seen these days with anyone who has a passion for nature. I have done astrophotography for many years and was involved in 2 Astronomy organizations in the past. I have been involved in dozens of public events to share views of the planets, stars and deep sky objects including many years at ANP.

2019 ANP Committee Members

Kim Alexander-Thomson, Jim Backlas, Peter Christensen-Treasurer, Barbara Conklin, Frank Crombe-Secretary, Mary Dahl, Lisa Danko-Event Co-Chair/Tent Programs, Steve Danko, Dan Farrell, Kathy Henrie, Judy Long, Andy Malicki, Lon Myers-Marketing, Becky Myers-Leader Registrations, Marcia Nixon-Event Co-Chair/Registrar, Ellen Prill, Robert Reeves-Webmaster, Jack Skinner, Rob Thomson-Field Trips Coordinator, Dawn Townsend, Elizabeth Urbanski-Farrell

Additional Information

Program Design

In addition to a wide variety of topics, you will find a mixture of program styles from sit-down discussion or classroom lectures, to walks—short or long, to field trips requiring carpooling. Check both the program description in this booklet and the program grid if you're not sure about your program start location.

You will notice that we have two morning time slots and two afternoon time slots. If you select programs that are near Camp Allegany, you might be able to make it to two morning and two afternoon programs. However, we recommend that if you are interested in the field trips, pick only one or the other, because you will not be back in time for the very next program!

Displays

When the Classroom space is not in use for a program, please feel free to browse the displays and demonstrations on tables around the room. You will find information from our sponsor organizations, and from other friends and supporters.

Camp Chairs

There are a very limited amount of park benches in the Big Tent for our Friday and Saturday night programs. Please bring your own camp chair.

T-Shirts

There are Pilgrimage T-shirts for sale in the same room as registration.

Food

Participants are responsible for their own food, but the event does offer these options:

Saturday Hot Dog Lunch – a fundraiser offered by a Boy Scout troop. Hot dogs, chips, soda, and bottled water are available for sale in a tent behind the Registration Building.

Saturday Dinner – 5-6:00pm Chicken BBQ and Vegetarian Dinners can be pre-ordered when you register. There's a place on the registration form for Saturday dinners. If you didn't pre-order before your arrival, check in at the registration table to see if dinners are still available. NOTE: The Chicken BBQ will be served in the Big Tent. Vegetarian Dinners will be served in the Dining Hall and can be carried to the Big Tent to eat.

Nearby Restaurants: There is a restaurant at the Park Administration Building near Red House Lake. There are also places in nearby Salamanca, NY and Bradford, PA.

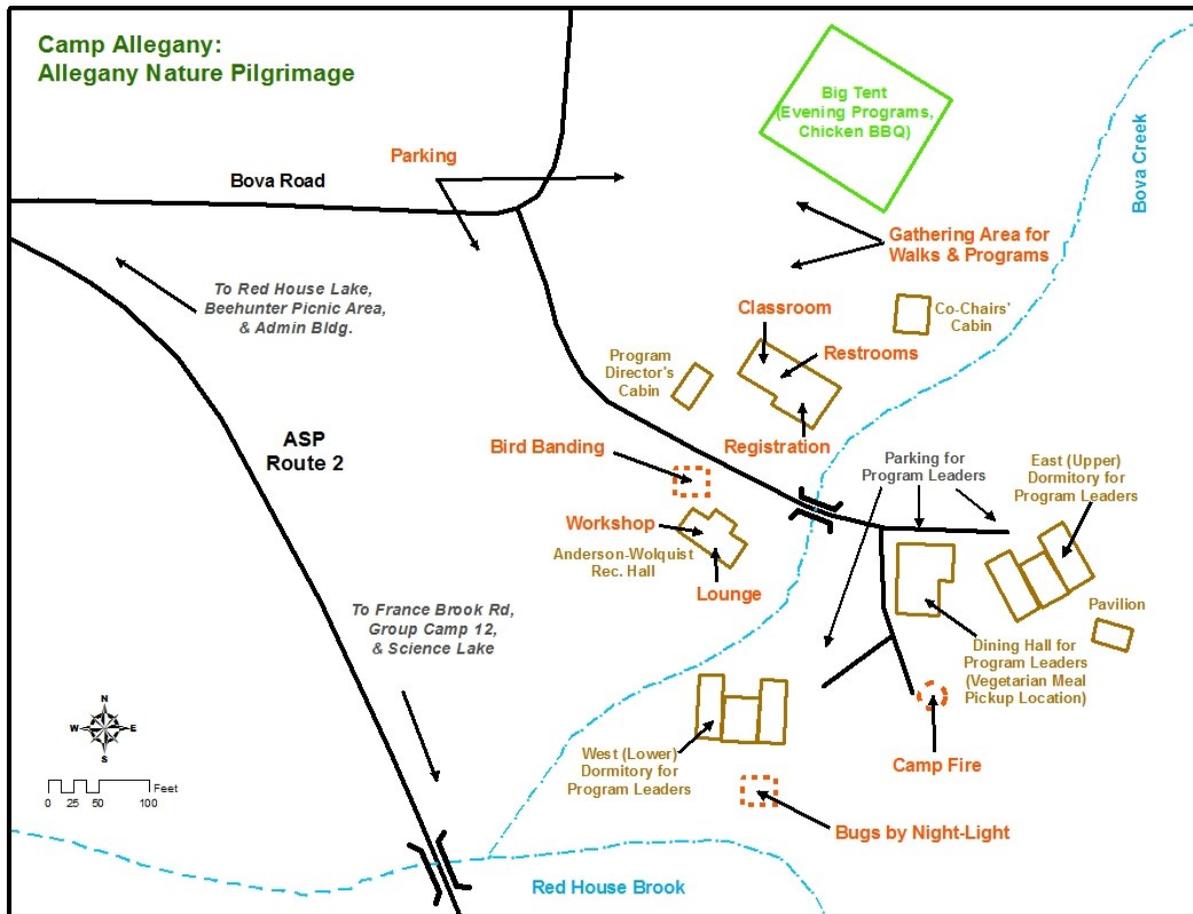
Coffee: Coffee is provided in the program center. In our effort to be as green as possible there will be no cups provided. Pilgrimage travel mugs are available for a small fee.

Emergencies

Call the Park Police at 716-354-9111

Where is My Program?

Unless noted, programs will start in the field between the registration building and the Big Tent. Some programs will require car-pooling.



Feedback Requested

Your feedback is important to us—be it compliments or suggestions for improvement. You can send your comments via email to AlleganyNaturePilgrimage@gmail.com, or use the feedback form on our website anonymously.

<http://alleganynaturepilgrimage.com/feedback>