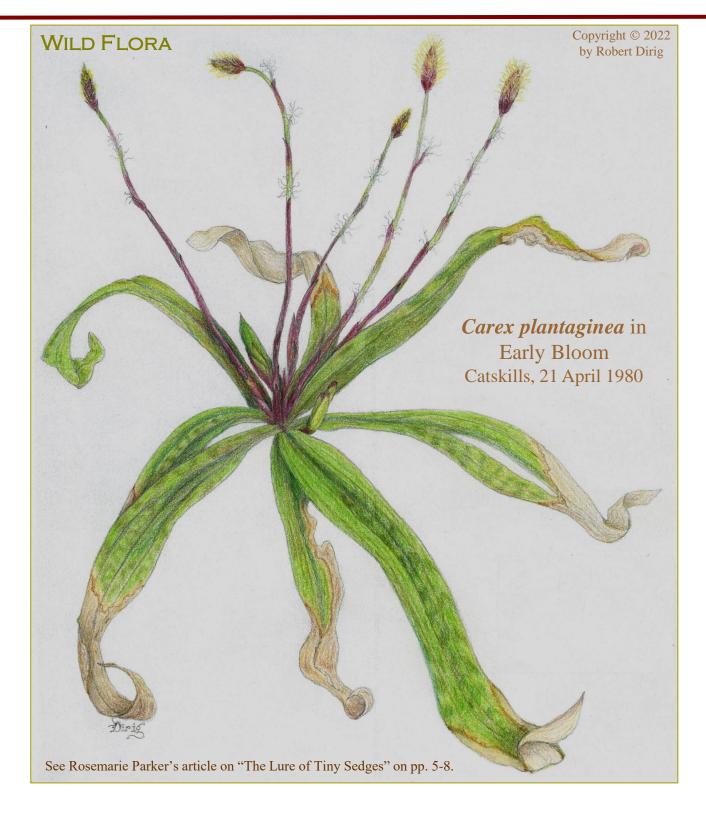
Solidago Newsletter of the Finger Lakes Native Plant Society Founded in 1997.

Logo art of Tall Goldenrod, Solidago altissima, by Nat Cleavitt, 2006.

Volume 23, No. 1

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March 2022



THE FINGER LAKES NATIVE PLANT SOCIETY STEERING COMMITTEE

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Rosemarie Parker: Webmaster & Assistant

Newsletter Editor

David Werier: Newsletter Editor Emeritus

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Please Contribute to Solidago

We welcome contributions that feature wild plants of the Finger Lakes Region of New York and nearby. We include cryptogams (bryophytes, lichens, fungi, and algae) as "flora," and recognize that green plants provide habitats and substrates for these and many animals, especially insects. We are interested in zoological associations as long as plants are an integral part of the story.

We can use a wide spectrum of material in a variety of writing styles. Our regular columns include LOCAL FLORA (plant lists or details of species from specific sites), OUTINGS (reports of FLNPS-sponsored excursions), and PLANT PROFILES (on specific local plants). We also occasionally publish APPRECIATIONS (memorials to local botanists and naturalists), REVIEWS (of books, talks, meetings, workshops, and nurseries), LETTERS (commentaries and letters to the editor), ESSAYS (on botanical themes), VERSE (haiku, limericks, sonnets, and poems of less formal structure), ART (botanical illustrations, plant designs, pencil sketches, decorations), and PHOTOGRAPHS (stand-alone images, photo essays, and full-page composite plates, or originals that can be scanned and returned). We also can always use FILLERS (very short notes, small images, cartoons) for the last few inches of a column.

Solidago
Newsletter of the
Finger Lakes Native Plant Society

Volume 23, No.1

March 2022

Published quarterly at Ithaca, New York, USA.

FLNPS (founded in 1997) is dedicated to the promotion of our native flora. We sponsor talks, walks, and other activities related to conservation of native plants and their habitats. Solidago is published as a colorful online version, and a B&W paper version that is mailed. The online format is posted 3 months after publication. Please see www.finps.org for details of membership, past Solidago issues, and updates about our programs.



Skunk Cabbage (Symplocarpus foetidus) is always welcome as a sign of spring! Photographed at the Mundy Wildflower Garden on the Cornell University campus on 4 April 1997 by Robert Dirig.

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*Please send Solidago contributions & correspondence to Robert Dirig, Editor, at editorofsolidago@gmail.com

Deadline for the June 2022 issue is May 15th!



NAME THAT PLANT CONTEST

The photo from last issue's [Solidago 22(4), December 2021, p. 4] Contest was of Shrubby CINQUEFOIL (Dasiphora fruticosa), a sweet small shrub that is associated with high pH soils. This species is variable throughout its range, and some consider the plants in New York (and elsewhere) to be a distinct species, Dasiphora floribunda. Bob Dirig wrote "I've seen it west of Mackinaw City on the shore of Lake Michigan, with the rare Dorcas Copper butterfly (Lycaena dorcas) associated with it. It's the only larval host. The only other place I've seen this butterfly is in the large Crystal Fen in northern Maine." Thanks to all those who entered the contest, and congratulations to the winners: Bob Dirig, Susanne Lorbeer, and Rosemarie Parker.

THIS ISSUE'S MYSTERY PLANT IS SHOWN BELOW.



The true mosses in the background are not part of the mystery. Additional hints and suggestions are often provided to contest participants who try. Common and/or scientific names are acceptable, and more than one guess is allowed. Please submit your answer to **David Werier** at

Nakita@lightlink.com

The photographs were taken in New York by David Werier in Orange County on 13 July 2011 (background) and 31 May 2011 (bottom right insert); and on 21 May 2018 in Tompkins County (bottom left insert); also by Kyle Webster on 1 April 2020 in Tompkins County (strobili, upper left insert).

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Plant Trivia

by Norm Trigoboff

1. How did ancient humans use this aquatic plant, now often grown as an ornamental?

[Photo by **David J. Stang**, via Creative Commons Attribution-Share Alike 4.0 International license (https://creativecommons. org/licenses/by-sa/4.0/deed.en). Original image cropped.]



- **2.** The *Robigalia*, an April 25th festival of ancient Rome, sought to please Robigus, the god of agricultural disease. The key ritual, a dog sacrifice, addressed a certain plant disease. Which disease did they fear, why did they choose a dog, did it work, and how would those ancients feel about today's world?
- 3. Name the odd man out: bread wheat, Einkorn wheat, Emmer wheat, hulled wheat, durum, club wheat, Triticale, dinkle wheat, Ethiopian wheat, Armenian wild emmer, Polish wheat, Persian wheat, Timopheeve's wheat, Zanduri wheat, Zhukovsky's wheat, Khorasan wheat, Oriental wheat, pasta wheat, red wild einkorn wheat, common wheat.
 - 4. Which one of these is false?
- **A.** Canadian doctors may write health care prescriptions for time in nature.
- **B.** The poppy seeds on your bagel come from the same species that gives opium.
- **C.** The rainforest trees that yield cocoa are pollinated by a dozen species of bees, which take pollen and nectar almost entirely from these trees.
- **D.** Each year, a bar in England hosts the World Nettle Eating Championship.
- **5.** Which is the biggest crop in the world in terms of tons of harvest? Hint: It's in the grass family.
- **6.** Which is the biggest crop in the world in terms of the area planted? Hint: It's in the grass family.
- **7.** Road salt in more northern areas of North America often gets mixed with a plant product to improve the effect. Name the plant and the plant substance that does the trick.
 - 8. Which plant has the oldest leaves?
- **9.** Which plant has the longest (fully functioning) leaves?
- 10. Welwitschia mirabilis lives in the Namib desert in Namibia and Angola on the west coast of Africa. Disease, fungus, overgrazing, off-road traffic, and collectors may threaten the plants at times. Still, the plants do fine. The plants are safer in war torn Angola than in Namibia. Why?

See answers on page 4.

Have Tech Skills? Want To Help FLNPS?

by Rosemarie Parker

I am looking for a person or two to help get content onto the FLNPS website. Two important projects are moving way too slowly - adding older Solidago newsletters to the site, and ensuring that each species listed on our site has at least one photo of the plant. Skills and equipment needed are:

Solidago Project:

Scan a document to PDF format and OCR the result (Acrobat or equivalent); or be able to scan image and insert within a Word Doc and save to PDF (does not require Acrobat).

Both Projects:

Internet access and interest in learning how to load files into a Drupal database.

Ability to roughly identify common native species a plus.

If you are able and willing to help, please contact me at info@flnps.org. There are other web-related tasks needing attention, so if you are really enthusiastic, this need not be the end! ജ

Reprinted from Solidago

ROBERT DIRIG'S "Frond Dimorphism and Structure in Mackay's Fragile Fern, Cystopteris tenuis," Solidago 20(3), p. 9, Sept. 2019; in NYFA Quarterly Newsletter 31(1), p. 18, Winter 2020.

KENNETH HULL's lovely poem "Winterberry," from Solidago 21(1), p. 9, April 2020; in On The Fringe, Journal of the Native Plant Society of Ohio 39(4), p. 4 [where presented as prose!], December 2021.

Thank You!

FOR THIS ISSUE, we thank writers Robert Dirig, Stephanie Erlandson, Rosemarie Parker, Norm Trigoboff, David Werier, & members of the Steering Committee; and *photographers* S. Daniel (p. 7), Stephanie Erlandson (p. 10), J. Long (p. 5), Rosemarie Parker (pp. 6-7), David J. Stang (as formally credited on p. 3), Kyle Webster (p. 3), David Werier (p. 3), F. Robert Wesley (pp. 5-6 & 8) & Robert Dirig (pp. 2, 9, & 11). Art on p. 1 and layout & design are by the Editor; proofreading by Rosemarie Parker; and printing by Gnomon Copy. Rosemarie posted and Anna Stalter emailed our newsletters and monthly announcements; Whitney Carleton mailed paper copies; and Rosemarie and Anna organized calendar items. Steering Committee members continued with the "routine but noble tasks" of our organization.

Best Wishes to FLNPS members (and all others in our reading audience) for safety, and joyous outdoor revels during the incipient glorious renewal of spring flora!

- Robert Dirig

Solidago 23(1), March 2022 Plant Trivia

by Norm Trigoboff

- 1. The ancient Egyptians used Papyrus (Cyperus papyrus) and its close relatives for paper, rope, boats and food.
- 2. They dreaded wheat rust. The disease was reddish and so were the dogs used. It likely stopped working just before the decline and fall of the Roman Empire. Their logic about red dogs may sound weird, but they likely would squint at how many of us drop plastic bags with fresh dog poop on the sides of trails.
- 3. All are wheat (genus *Triticum*) except Triticale, which is a hybrid of wheat and rye (genus Secale). Was everything spelt right? Okay, okay, that was corny.
- 4. A. True. The old Japanese term for this sort of therapy translates as forest bathing. If this works, as research suggests it does, the big U.S. drug companies will likely try to block legislation that would allow it here, fund studies that show it fails to work, or find a way to patent exposure to nature.
- B. True. The mature washed seeds are free of opium, which is in the latex. The same plants may yield edible seeds and opium.
- c. False. An abundant midge (and other insects) pollinate Theobroma cacao through random contacts with the flowers. The rainforest is so thick with flying insects that plants may do without attractive flowers and scents. See:

http://www.chocolateproject.ca/news/2018/11/11/ consider-the-cacao-flower.

- D. True. The contestants eat raw nettle leaves. The officials measure the leftover stalks to find the winner. Alcohol might be involved.
 - Alas, sugar from sugarcane.
- 6. Wheat.
- 7. The waste beet juice from sugar refineries helps salt stick to roads instead of bouncing off. It also lowers the melting point of water. The sugar yields both effects (and might lure more deer and woodchucks to graze roadsides).
- 8. Welwitschia mirabilis has two very slow growing evergreen leaves. They may reach 1500 to 2000 years old.
- 9. Raphia regalis a palm native to Africa, may have leaves over 25 meters long. (An old Welwitschia mirabilis may have cranked out 150 meters of leaf, but only a small part of that was green at any one time.)
- 10. The many abandoned land mines in Angola discourage collectors.

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WILD GARDENING

The Lure of Tiny Sedges

by Rosemarie Parker

Carex plantaginea about to flower. (J. Long, photo)



N ONE of the very first FLNPS walks, the leader stopped by a stream to point out a "sweet little sedge." It could have been DAVID WERIER, or ROBERT WESLEY, but my mental monologue was something like "Well, to each their own???" And now, many years later, I am totally in love with tiny sedges. I can appreciate larger sedges and grasses, but the ones under 6 inches are the ones that I must stop and run my fingers through.

Carex plantaginea in flower. (F. R. Wesley, photo & enlarged detail)



Two distinct shade-loving groups have my favor wide-leaved (Carex plantaginea and C. platyphylla), and wiry little guys like Carex appalachica, C. pensylvanica, and C. eburnea. In our region, Carex retroflexa, C. radiata, and C. rosea could all be misidentified as C. appalachica, and I am sure this is not a complete list of confusers. I am focusing on the five species that are more available in commerce and local plant sales.

Wide-leaved Sedges

Carex plantaginea (Plantain-leaved/Seersucker Sedge), Figs. 1-3, and Carex platyphylla (Broadleaved Sedge), Figs. 4 & 10, are common sights in our forests, especially on slopes with rich soils. They both have interesting flower heads early in spring. Carex platyphylla is more often found higher on a slope, in drier regions with less competition (ref. 1). The semi-evergreen leaves usually have a bluish tinge with a hint of seersucker (ref. 3). Carex plantaginea is generally lower on a slope or in a floodplain, frequently with limy soil or calcareous bedrock (ref. 1). The nearly evergreen leaves are medium green and are strongly puckered into a seersucker surface. SUSANNE LOR-BEER's mnemonic "Ginny (i.e., ...ginea) loves seersucker" helps me keep the two species straight.

Very Narrow-leaved Sedges

When grown in a garden setting, with supplemental watering in very dry periods, these three sedges will start the season as clumps that tend to fall into a rippling sort of groundcover effect (when dense), and then develop gold highlights in fall. In the wild, though, these three sedges are also seen as individuals, not clumps or patches, and are a bit less impressive and harder to identify.

Carex eburnea (Ivory or Bristleleaved Sedge), Figs. 5-6, is found in thin soils over calcareous rock (ref. 1). It is fairly common on gorge ridges. At 2-4 in. (height, not leaf length), C. eburnea is shorter than either C. pensylvanica or C. appalachica. Carex eburnea also maintains an upright bristle (sea urchin form) longer in the growing season. The leaves are very narrow at 0.2-1 mm wide.

C. eburnea in a trough, showing \neg **late season color.** (R. Parker, photo)



Carex platyphylla in spring. Note the overwintered leaves and glaucous color. (F. R. Wesley, photo)



Carex appalachica (Appalachian Sedge), Fig. 7, is found in "mesic forests, sometimes associated with ledges" (ref. 1). It does not have runners so forms discrete small clumps, has leaves 1-1.5 mm wide, and is very similar to some other local sedges (ref. 3), so use a key.

Carex pensylvanica (Woodland Sedge), Figs. 8-10, has leaves that get wider than the other two, about 0.5-3.6 mm wide, and "the perigynia [the sacs surrounding the achenes, or seeds – R.P.] are pubescent (most Carex are not)" (ref. 1). It is found in dry-mesic forests and rocky areas, "often forming extensive 'lawns' in somewhat open oak and hickory dominated forests on middle slopes, upper slopes, and crests" (ref. 1). In fact, C. pensylvanica is often recommended as a shady lawn alternative in native plant gardening articles. Unlike C. eburnea or C. appalachica, Carex pensylvanica spreads by runners (ref. 3).

Carex appalachica in a garden setting, late spring. (R. Parker, photo)

Carex pensylvanica in bloom → (S. Daniel, photo)

Carex pensylvanica just before flowering (S. Daniel, photo) ↓





Cultivation

All of these sedges will grow well in part shade and well-drained soil. I have *C. plantaginea* in a flat, dryish site in shade and it survives by its lonesome. In a sloped, part-shade site that receives supplemental watering in dry periods, the initial plant has produced numerous seedlings. In similar fashion, *C. appalachica* survives and spreads slowly in dry shade, but is significantly healthier on a slope in part shade with occasional watering. *Carex eburnea* is quite happy in troughs, or near rocks on slopes. Although some references imply *C. eburnea* can do well in sun, it did not thrive in sunnier spots of the Gabion Gravel Garden in Cornell's Mundy Wildflower Garden. It is very happy at the shady edge of that location, which also has more soil.

Propagation

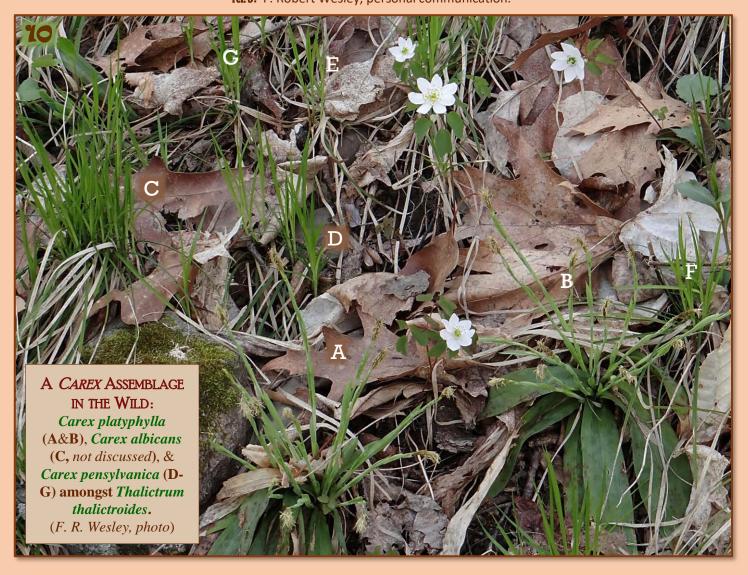
These spring-blooming *Carex* seeds need a warm/moist stratification. Let the seeds dry for ~ 5 days, then put in moist media at room temperature (ref. 2). Ideally one would warm-stratify the seeds already sown in a flat, but keeping that moist all summer is beyond me. So I warm-stratify in a plastic bag. Some seeds may germinate in the warmth, but either way, put seeds/plants in a cool moist environment by late fall. I use a well-draining soil-less mix (add starter chicken grit or sand to normal mix) and sow or transplant into the mix in fall. Then I put them in a cold frame to overwinter. Germination and/or further growth is good the following spring.

Thanks to ROBERT WESLEY for helping me keep facts straight and adding even more facts. Also thanks to DAVID WERIER for maintaining the *New York Flora Atlas*. I consulted the atlas many, many times while writing this article.

References

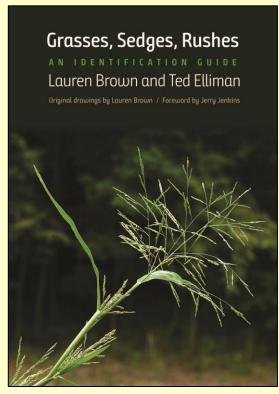
ref. 1. New York Flora Atlas, sampled January 2022, https://newyork.plantatlas.usf.edu/
ref. 2. Cullina, William, Native Ferns, Moss, and Grasses: From Emerald Carpet to Amber Wave, Serene and Sensuous Plants for the Garden, Houghton Mifflin Harcourt, 2008.

ref. 3. F. Robert Wesley, personal communication.



BOOK REVIEWS

by Robert Dirig

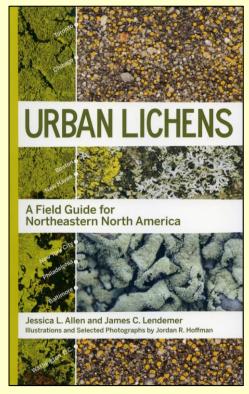


The Yale University Press has recently published two interesting and helpful guides to plants and lichens.

Grasses, Sedges, Rushes, An Identification Guide, by Lauren Brown & Ted Elliman (2020, xviii + 251 pp., 6×8 in. format, with a Foreword by Jerry Jenkins) is handsomely produced and beautifully illustrated with line drawings by Brown, supplemented by many color photographs. Grasses, sedges, and rushes can be easy to appreciate, but challenging to identify. "This book is written for the lay person, and it requires no specialized botanical knowledge" (p. 2). "Most of the grass, sedge, and rush species discussed in this book are common and wide-spread throughout the northeastern quarter of the United States" (p. 221). As usual with books like this, I began by browsing randomly, eventually flipping through the entire text. When I finally got down to reading it, I was surprised to realize how many I already knew, including grasses, which I have found quite difficult to learn. A glossary and many diagrams and illustrations make the book easy to use. Essays on ecology and history of the American prairies, rare and invasive species, and lists of species by habitat and season provide context. A few plants that might be confused with graminoids are also included: Equisetum hyemale (Tall Scouring Rush), Allium vineale (Cow Garlic), Typha latifolia (Broadleaved Cattail), Acorus calamus (Single-veined Sweet Flag), Plantago major and Plantago lanceolata (Common and English Plantains), and Field Horsetail (*Equisetum arvense*).

<u>Urban Lichens, A Field Guide for Northeastern North America</u>, by Jessica L. Allen & James C. Lendemer (2021, x + 158 pp., 5×8 in. format, with illustrations and selected photographs by Jordan R. Hoffman) is "a practical field guide to the common lichens found in the northeastern megalopolis, including New York City, Toronto, Boston, New Haven, Philadelphia, Baltimore, Washington, D.C., and as far west as Chicago" (inside cover). It is the first lichen book for urban audiences.

This delightful little reference brings modern lichenological understanding to a field guide format. It provides an accessible view of the lichen symbiosis, detailing other organisms that live within their structure—"an unfathomably complex and diverse community of bacteria, non-lichenized fungi, microscopic worms, and water bears, ... better thought of as a tiny ecosystem" (p. 1). The brief but excellent introduction covers lichen morphology, substrates, reproduction, identification, uses to humans and other animals, and hints on finding them in large cities. The 60 species accounts feature common and scientific names, descriptions, and notes on substrates, abundance in urban areas, and similar species. Each lichen is illustrated with beautiful color photographs, often enlarged to show diagnostic details, and a penny, dime, quarter, or Metrocard as scale (p. 27). Species are arranged by form (crustose, foliose, or fruticose) and color. A comprehensive taxonomic key to species appears on pp. 108-131. An excellent glossary, bibliography,







and complete list of the lichens of New York City round out the book, which is designed in lovely lichen colors throughout. Many common crustose species may be identified using this book.

≺ Candleflame Lichen (*Candelaria concolor*), a common urban species, grows on street trees in Ithaca, N.Y., often evident as yellow streaks or masses in rain channels on the trunks. This tiny foliose species is best appreciated when viewed through a hand lens.

PLANT PROFILE

Leatherwood (Dirca palustris)

by Stephanie Erlandson

LEATHERWOOD grows in the deep shade of rich mesic forests, often dominated by maple, hemlock, and yellow birch trees. It is one of the few plants in these ecosystems that can tolerate deep shade. Thus, it is also an indicator species of older, high quality, undisturbed forests. It is not rare, but it is still a treat to find, since many forests these days have been disturbed by human activity, and Leatherwood is less common there.

I often encountered this plant while working on a team with the Wisconsin DNR last summer. We worked in rich mesic forphotos by the author



ests every day, and Leatherwood was a common plant there. I felt very spoiled that I got to see it so often! I never got tired of it.

It is an easy shrub to identify. The bright yellow flowers that appear in April and May are unique, and later in the season, the leaves develop diagnostic splotches that aid in identification. But the best diagnostic characteristic is found in the twigs and bark. These are very flexible but hard to break — if you suspect Leatherwood, just give the twigs a twist and notice how difficult it is to break them. Apparently, you can even tie them in a knot and they still won't break.

The flowers appear in clusters of 2-6 and emerge in early spring, before the trees in the canopy leaf out. In this way the life history of Leatherwood is similar to that of the spring



ephemeral wildflowers. The flowers are tubular, about ¼ inch long. There are eight long stamens that protrude from the flowers, which are pale to bright yellow. The leaves are alternate, egg-shaped, and do appear similar to the leaves of many other species until the diagnostic splotches appear in mid to late summer.

Leatherwood is pollinated by many different types of bees, including little carpenter bees, mason bees, and Halictid bees. Herbivores include leaf-mining larvae of moths, fleabeetles, and scale bugs. Fortunately, Leatherwood is known to produce a couple of insecticides that are effective against moths, giving them some protection at least. It also produces compounds that are toxic to many mammals, such as deer and rabbits. The bark and fruit are toxic to humans, too.

Leatherwood is found from Minnesota to Maine in the northern part of its range, and from Arkansas to South Carolina in the southern part of its range, dipping down into Alabama as well. It is thought to be dispersed by mammals and birds, although there is no concrete evidence of this yet.

As I transition to doing botanical work in more open, grassland areas next summer, I know I'm going to miss hanging out with Leatherwood. Still, I also know that I'll get to interact with many other fun species that I haven't spent as much time with before. I look forward to that too.

References

Ramsewak, R. S., Nair, M. G., Murugesan, S., Mattson, W. J. and Zasada, J., 2001. Insecticidal fatty acids and triglycerides from *Dirca palustris*. *Journal of Agricultural and Food Chemistry*, 49(12), pp. 5852-5856.

https://www.illinoiswildflowers.info/trees/plants/leatherwood.ht ml#:~:text=Range%20%26%20Habitat%3A%20The%20native%20Ea stern,state%20(see%20Distribution%20Map)

http://bonap.net/MapGallery/County/Dirca%20palustris.png



Hepaticas Are Harbingers of Spring!



Sharp-lobed Hepatica (Hepatica acutiloba), 2 May 2018 [left, Finger Lakes] & 13 April 1974 [center, Catskills]. Round-lobed Hepatica (Hepatica americana), 29 April 2000 [right, Albany Pine Bush]. Photos by Robert Dirig. Hepaticas appear very early in the vernal pageant of woodland wildflowers. The Sharp-lobed species seems to favor more acidic soils. Both are jewels of the season!

Finger Lakes Native Plant Society

Spring 2022 Calendar

<u>Tuesday, March 15</u>, 7:00 p.m.: A Zoom talk on Native Grasses by Jerrold I Davis of the Bailey Hortorium at Cornell University.

Tuesday, April 19, 7:00 p.m.: A Zoom talk on Haudenosaunee Food Ways by Catherine Landis & Neil Patterson of SUNY-ESF in Syracuse.

<u>Tuesday, May 17</u>, *7:00 p.m.*: A *Zoom* talk on the Nature Conservancy's **Limestone Pavement Barrens** of Jefferson County, N.Y., by *Robert Wesley* of the Cornell Botanic Gardens.

Wednesdays, March 23 & April 27, 8:45 a.m.: Zoom presentations on Meadow, Thicket, Woods & Water: The Patterns of Native Landscapes, and Planning for the Unplanned: Native Design as an Ecological Process, both by Larry Weaner (part of a series on Landscape Design for Heavy Rains, Beauty, and Butterflies, co-sponsored by FLNPS, for landscape professionals and homeowners around Skaneateles Lake). Please see the FLNPS website for a link to information about these programs.

Also please watch our *website* (flnps.org/activities), *listserv*, and *facebook page* for details, and updates about other and future programs.

IN-PERSON FLNPS MEETINGS DURING THE PANDEMIC from the FLNPS Steering Committee

Thank you to everyone who submitted a response to the Steering Committee's recent web-based survey, a link to which was emailed to all current and recent members. We had a 25% response rate (54 out of 218 sent) and some very clear trends. Most people would attend in-person meetings under the proposed guidelines and protocols (63%), but a significant number would not (37%). That suggests FLNPS should try to have in-person meetings when the guidelines would allow it; many members are really missing the contact and are anxious to return.

But the results also suggest that quite a few members would like some sort of video option to continue — even, perhaps, after the pandemic. So we will, at a minimum, make video recordings of any future in-person meetings (if the speaker permits it), and those will be available for viewing fairly soon afterward. We're almost certain this is technically feasible. We're also investigating the possibility of *Zoom*ing in-person meetings live, but we'll need to do some testing to be confident we can offer this sort of "hybrid" meeting. And, of course, we're hoping that offering the video and (possibly) *Zoom* options will not have too large of an impact on our in-person turnouts. But clearly, we'll just have to try some of these things and see how it goes.

In the meantime, please review our "Guidelines & Protocols" web page. (A link to that can also currently be found near the top of the FLNPS home page.) As you'll see there, when we reach low enough Covid transmission numbers within Tompkins County, we'll likely have our meetings in person, and that format change (on a *per-meeting* basis for our March, April, and May meetings), if it occurs, will be made clear in the individual meeting announcements that usually go out about three weeks beforehand. So please stay tuned!