

# FYKE NATURE ASSOCIATION NEWSLETTER

www.fykenature.org  
Vol. 61 – No. 4 – Winter 2015



## CALENDAR OF EVENTS

**December 4, 2015 - Monthly Meeting: 8:00 p.m., Allendale Municipal Building Members Night.** Please come and enjoy an evening of short presentations by Fyke Members or better yet, be a presenter and share your nature related slide shows, videos, artwork, photographs, poems, or collections with your fellow members. All should be of 5 minutes or less duration so that we can maintain a reasonable total meeting time. See the article on page 2 for information on preparing and presenting digital slide shows and videos.

**December 19, 2015 - Christmas Bird Count.** An all-day activity with a recap meeting open to all at the Allendale Municipal Building at 5:30 p.m. The co-compilers are John Brotherton and Stiles Thomas. If you would like to join one of the teams call Stiles at 201-327-3470. For any other questions, call John at 201-327-1483 or jbro29@optonline.net.

**January 22, 2016 - Monthly Meeting: 8:00 p.m., Allendale Municipal Building Travels in Peru, Kevin Watson.** Peru is one of the birdiest countries in South America, in addition to a rich cultural history and spectacular scenery. Photographer Kevin Watson presents a program that takes us from the Pacific coast to the high Andes and the center of the Inca Empire, then east to the humid cloud-forest slopes and the edges of the Amazon basin. Tanagers, toucans and hummingbirds are among the stars of the show, but we will also see the world's most beautiful Tern, as well as Penguins and other surprises.

**February 26, 2016 – Monthly Meeting: 8:00 p.m., Allendale Municipal Building The Mysteries of Migration, Gabriel Willow.** NYC naturalist Gabriel Willow gives a multimedia presentation about the mysteries of bird migration, exploring why NYC & NJ are of particular importance for migratory songbirds and other species. Learn about the latest science on avian migration, what migratory species are found in our area, what you can do to observe and conserve these species and what observation of these species can tell us about climate change and other environmental issues. We will also explore what particular challenges urban settings pose for migratory species."

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### Prelude to Dormancy

Like an evil whirlwind  
Cast by a sorcerer,  
The winter's icy breath  
Poses an early threat.  
The foliage is frosted  
By a dangerous glaze,  
Limbs folding over  
Like a man with no spine.  
Then, the sorcerer's beaten  
By the valor of life,  
As the warm air returns  
With the delay of the end.  
~~Doug Morel



## Members Night Presentation Information

By Kurt Muenz

If you're not familiar with preparing digital images (cropping, resizing, other enhancement) and creating presentations, I'd be pleased to assist or do this for you, providing you get the input to me prior to November 21, the sooner the better. For slide show presentations please transmit your images to me by e-mail before the deadline. I'll convert them to PowerPoint slide shows for projection and test them on the laptop/projector combination beforehand. I can prepare them as an automated slide show, where you only make comments at the start, or as a traditional slide show with remarks as each slide is shown. In such case plan to come to the meeting early to go over the simple means of advancing or reversing slides.

If you're submitting a video that's too big to email, it can be on a CD or DVD disc, or on a flash drive. I'll incorporate and pre-test such videos for presentation on my laptop. Again the sooner I get your images or videos, the better.

SPECIAL NOTE - For Own Laptop Presenters - those using their own laptops will be the first presenters. If there's a problem with your switchover, you'll be skipped and we'll immediately go to the next presentation. If skipped you'll be welcome to try again at the end of the meeting, after making adjustments on your laptop in the anteroom, with the understanding that audience members may leave if this repeat delays things.

Don't hesitate to contact me with any questions or comments, [elkumu@aceweb.com](mailto:elkumu@aceweb.com) or 201-447-0107.

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## The Big Sit! 2015 — Our 21th Year

By Carol Flanagan

Thanks to all the members of our team, the Celery Stalkers, who participated our 21st Big Sit! The Big Sit! is an event started by the New Haven Bird Club and now sponsored by Birdwatchers Digest.

The rules are simple, you sit inside a circle 17 feet in diameter for 24 hours, and count all the bird species you see or hear. Our circle is centered at the Pirie – Mayhood Tower at the Celery Farm.

Gaby Schmitt reports it was a glorious, if somewhat chilly, morning: mostly clear sky, bright sunlight illuminating the autumn colors on the opposite shore and a foggy mist on the lake. I highly recommend a stroll before the leaves are all down. As for the birding ... when your choices for bird-of-the-day include a Northern Harrier, a Merlin, a Brown Creeper or a flock of 13 Killdeer migrating through ... it's a delightfully impossible decision.



Our total this year was 48 species. Two new species for The Big Sit! were seen, Great Horned Owl, and Brown Creeper, bringing our cumulative total to 123!

### Participants:

John Bird  
John Brotherton  
Sara Buckley  
Julie McCall  
Bob MacPhee

Nancy MacPhee  
Doug Morel  
Rochana Muenthongchin  
Kurt Muenz  
Ravi Potluri

Gaby Schmitt  
Michael Tat  
Brian Kenny  
Manny Hoffman  
Jim Wright

**Species list:**

Canada Goose  
Wood Duck  
American Black Duck  
Mallard  
Blue-winged Teal  
Green-winged Teal  
Double-crested Cormorant  
Great Blue Heron  
Great Egret  
Turkey Vulture  
Northern Harrier  
Sharp-shinned Hawk  
Cooper's Hawk  
Red-shouldered Hawk  
Red-tailed Hawk  
Killdeer

Mourning Dove  
Great Horned Owl  
Chimney Swift  
Belted Kingfisher  
Red-bellied Woodpecker  
Downy Woodpecker  
Northern Flicker  
Merlin  
Eastern Phoebe  
Blue Jay  
American Crow  
Tree Swallow  
Black-capped Chickadee  
Tufted Titmouse  
Brown Creeper  
Golden-crowned Kinglet

Ruby-crowned Kinglet  
American Robin  
Gray Catbird  
European Starling  
Palm Warbler  
Yellow-rumped Warbler  
Song Sparrow  
Swamp Sparrow  
Eastern Towhee  
Northern Cardinal  
Red-winged Blackbird  
Common Grackle  
Brown-headed Cowbird  
House Finch  
American Goldfinch  
House Sparrow

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**Dedication of the Pirie-Mayhood Tower**

By Jim Wright

The dedication of the Pirie-Mayhood Tower was held on September 27, 2015, with a turnout of more than 30 members of the Celery Farm family. The tower is named for Rob Pirie, who supervised the construction of the original platform 30 years ago, and for Charlie Mayhood, a long-time friend of the Celery Farm.



Along with the Warden's Watch that Rob Pirie built in 1999, the tower has been one of the main gathering and birding spots in the Celery Farm. The Celery Farm itself has helped give us all an incredible appreciation of nature. These two platforms have helped give us a wonderful sense of community as well.

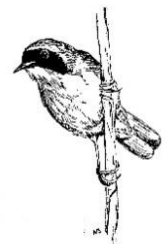
The dedication was preceded by a packed Hour on the Tower that featured 40 species of birds and a Red Fox, and followed by a gathering at the historic John Fell House.

A huge thank you to the Mayhood clan, Betty Aiken, and Rob Pirie and his mom, Barbara, for making the event special, and a big thanks to all who participated in this memorable morning.

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There was a House of Fell.  
Where ghosts were said to dwell.  
A writer named Wright  
Swore he saw them at night.  
Or was he cast under a spell?  
~~Molly Gardener



Spring warblers a beautiful sight.  
You spot one and then it takes flight.  
Their song may be clear  
To an unpracticed ear  
We need Rob to ID them just right.  
~~Molly Gardener



## Field and Feeder Notes

By Judith Cinquina

*Comment on the Drinking Water Supply Indicators of October 11, 2015:  
Abnormally dry weather continues to affect the indicators that NJDEP tracks to monitor drinking water supplies. Rainfall over the past month has not been sufficient to reverse the dry weather pattern that began in July. We are especially concerned with conditions in the Northeast Water Supply region where dry conditions have been most pronounced over the past ninety (90) days. Unless conditions improve over the coming weeks, further action – including a Drought Warning designation – may become necessary. Accordingly, the NJDEP remains vigilant over conditions as well as threats to the New Jersey's drinking water supply.*

*~~New Jersey Drought Information [www.nj.drought.org](http://www.nj.drought.org)*

In February, April, May, July, August, and September, the Fyke area received below average precipitation, and NJ farmers complained that they had not witnessed a drought like this one in 20 years. Less water meant a lower hatching level for flies and other insects, consequently migrant birds, dependent on insects to fuel their migration, moved on to better feeding grounds. September 29, Rob Fanning lamented the few migrants at the Celery Farm (CF), “My best warbler day so far is four species. It’s been horrendous, and that’s putting it nicely!” That same day, Simon Streatfield noted no sign of migration at Mahwah Green Acres (also called Mary Patrick Park). “No warblers, no sparrows! I’ve been keeping totals by species for about five years now. This was the first time I did not equal my high on any species at all.” Completely dependent on insects to fuel their migration, Chimney Swifts were probably affected too. As early as September 7, Kurt Muenz lamented the meager show at local roost sites, and stated, “I’m afraid there’s nothing for swift fanciers left in Ridgewood this year.” The 60 Swifts noted by Mike Limatola over the CF on the 7th and two dozen reported by Mark Kantrowitz over Graydon Pool in Ridgewood that same evening, notwithstanding.

And yet, just on the other side of Ramapo Mountain on September 27, Stephanie Seymour wrote that she had “An amazing day of migration with eight warbler species, including my 100th yard bird species: Tennessee Warbler!” Stephanie spent most of the day birding in her Ringwood yard and further wrote, “The amount of Parulas and Black-throated Greens here today was incredible.” She described four different waves that passed through her yard and recorded 37 species. Highlights included: 4 Wild Turkey, 2 C. Loon, 1 Osprey, 1 adult Bald Eagle, 1 Sharp-shinned Hawk, 12 Broad-wings, 1 Ruby-throated Hummingbird, 1 Blue-headed Vireo, 1 C. Raven that perched in her yard and chased the Crows, 6 Black and White Warblers, a Nashville, Cape May, 50 N. Parula, 2 Magnolia, 6 male Black-throated Blue, and 30 Black-throated Green Warblers, a Rough-winged Swallow, Solitary Sandpiper, 3 Indigo Bunting, and Savannah, Chipping and White-throated Sparrows among others. Her report brought back memories of similar fallouts in the 1970’s when I also lived in Ringwood. Unfortunately, I made no effort to count each species in those days. My notes contain only general statements like “many” or “a few” or “all over the place.” Stephanie enters her numbers into eBird, and thanks to eBird, I and thousands of other birders have begun to count (mostly estimate) the birds we encounter and contribute valuable information to researchers across the country and around the world.

Birding in our area, however, was not a complete drought. A Gray-cheeked Thrush bathed in my Upper Saddle River birdbath, on the 27th at 5:45 p.m., probably preparing to continue its migration to S. America. Like many songbirds, this thrush migrates at night. It luxuriated in the bath and provided ample opportunity to note its gray cheeks and sides, white throat, the dark spots on its buffy upper chest, small pointed bill, and spider-like feet. Three Hudsonian Godwits, discovered at DeKorte Park in Lyndhurst at the end of September, were probably the highlight of this fall migration for many Fyke members. Godwits are large shorebirds, distinguished by their relatively long, up-turned bills. According to Boyle, *The Birds of NJ*, 2011, Hudsonians migrate to South America far off shore in the fall, although a few may turn up along our shoreline. On the 28th, Rosemarie Widmer managed to see

the black underwing on one, an important field mark that differentiates it from other godwits. On the 30th, Rob reported that at least one of the godwits was still present, keeping company with five Short-billed Dowitchers, two Stilt Sandpipers and a “bunch” of Yellowlegs.

Lack of high water provided ample mudflats for shorebirds at the CF, Mahwah Green Acres and Halifax and attracted Solitary, Spotted, Least and both Yellowlegs species. Rob spotted the only Pectoral Sandpiper, September 25, and that was at the CF. There was enough water to lure a male Redhead Duck onto Lake Appert at the CF, October 19. Rob, who has been keeping records of birds seen at the CF for many years, found it on his lunch break, and stated it was his first ever for the CF. It was documented with photos by Jim Wright and others and was still present, October 24 affording many an opportunity to enjoy and snap pictures. Redheads are diving ducks, but they dive primarily for pondweeds, tubers and seeds, not fish. Their diet also includes a few snails and insect larvae. Here in NJ we're very lucky to find a single or small group of Redheads, but in the West, rafts of hundreds or even thousands may gather during the fall and winter. An immature Brant was also on the lake that day, along with an Am. Coot, a female Lesser Scaup, four Ruddy Ducks, seven Ring-necked Ducks, and many teal and Wood Ducks.

In the world of sparrows, there's nothing more majestic than a White-crowned. They stand tall and proud and aren't fidgety like a Song or prone to skulking unseen in the grasses until you flush them, but will proudly perch up when you pish. Furthermore, they're one of our handsomest sparrows with a striking black and white crown, pink bill and a pearly gray chest. Even a young White-crowned, with its rusty cap pulled down over its forehead, is elegant. Both an adult and an immature were at the CF October 20, Rob reported. Lincoln's, the sparrow that looks so much like a Song but has a more delicate face and habitually erects its dark crown feathers, was spotted at the CF, Halifax and DeKorte between the end of September and mid-October. Rob found a single Vesper at the CF, October 15. That same day, Doug Morel discovered a rare Lark Sparrow in a Paramus field. This western sparrow, with what Sibley labels “a harlequin face pattern” could easily compete with a White-crowned for best looking. A few Am. Pipits were seen in flight over the CF on the 15th and 22nd, and two more hunted the drained bottom of Crestwood Lake, the 21st.

Other birds of interest included a pair of Great Horned Owls that Alice Leurck photographed in Teaneck, October 4. Their young, if they fledged any, had probably dispersed, and the pair was roosting together like an old married couple, relaxing until December when the breeding cycle will begin all over again. Gabrielle Schmitt witnessed a raptor attack in Bergenfield, October 15. A Red-tailed Hawk snatched a squirrel right in front of her “disbelieving” neighbors. Gaby further relates that a middle-school young man was “totally awed” and took photos with his cell phone. Betty McDonnell spent a day birding and “vacationing” at home in Mahwah and managed to see a Carolina Wren, both Chipping and Swamp sparrows, E. Bluebirds, Palm Warbler, E. Phoebe, and both Golden-crowned and Ruby-crowned Kinglets. That list of species should be your clue that it was mid-October when every one of them is on the move, even if they're merely moving locally. On October 18, the Hour-on-the-Tower crew held their collective breath as a Cooper's Hawk chased down a Belted Kingfisher at the CF. The Kingfisher, barely skimming the surface of Lake Appert, flew back and forth until the Coop gave up and flew away. Bent relates a similar incident in his *Life Histories of N. American Birds*, 1961 Dover edition. As a Cooper's Hawk gained on a Kingfisher, “the Kingfisher, at the most critical moment, suddenly dove into the water, and the hawk's momentum carried it far beyond. As the Kingfisher rose, the hawk returned to the attack, with the same result, which was repeated six or eight times.” Slow fliers, Kingfishers often dive to escape accipiters, their major predator. If there is sufficient open water, Kingfishers may stick around for Christmas Bird Counts but some migrate as far south as the northern part of S. America to find enough fish to sustain them through the winter.

Let us know what visits your feeders. For information on the latest bird sightings, go to [www.fykenature.org](http://www.fykenature.org) and sign up with our discussion group where many of the reports for this column originated. Or send your observations to me at [judycinq@optonline.net](mailto:judycinq@optonline.net) or call me at (201) 327-1782.



## Into Oblivion

Freely soaring  
Through cold blue skies,  
Released finally  
From the place they were raised.  
Their lives complete,  
Now searching for tranquility,  
They fall to earth.  
Discolored, crumbled, unneeded,  
They fade away.

~~Doug Morel

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### **Over One Million Migrating Hawks Counted During International Hawk Migration Week**

Press release from the Hawk Migration Association of North America

Submitted by Judith Cinquina

Hancock, NH - The Hawk Migration Association of North America (HMANA) celebrated its second annual International Hawk Migration Week (IHMW) September 19-27, 2015 by tallying over 1.3 million migrating hawks, eagles and vultures at over 100 sites throughout Canada, the United States and Mexico.

Each year hundreds of thousands of hawks, eagles and vultures make their journey from Canada and the United States through Mexico to wintering areas as far as South America. Dedicated counters at hawk watch sites document this movement starting as early as August 1 and continuing daily into December. Their daily numbers are reported to HMANA's online database, HawkCount.org. This particular week in late September was chosen due to the sheer number of hawks that are counted across North America.

One hundred two watch sites from 31 states and provinces across the continent counted an astounding 1,370,005 raptors during September 19-27. Thirty species were tallied, the vast majority being Broad-winged Hawks (1,304,132) - since IHMW took place during their peak migration. Other high counts included 23,244 Sharp-shinned Hawks, 6,659 Turkey Vultures, 6,182 Mississippi Kites, 5,696 American Kestrels and 3,661 Osprey.

In addition to submitting their daily migration counts to HMANA's HawkCount.org database, sites celebrated across the map with hawk watching festivals, identification workshops and live bird of prey events. HMANA provided banners to participating watch sites in the monitoring network. Rich Conroy, site coordinator at Militia Hill Hawk Watch in PA, said: "We are thrilled to participate in IHMW as it draws attention to the network of sites reporting numbers throughout North America. I feel connected to migration on a larger scale and it is a wonderful opportunity to let visitors to our site know about the migration happening around them."

Raptors tend to follow topographic features during fall migration such as north to south running ridgelines, coastlines and river valleys. A funneling effect compresses their paths as they approach the southern U.S. The majority of hawks choose to avoid long water crossings so they are squeezed along the coast of the Gulf of Mexico and on through Mexico. This is why watch sites in Veracruz, Mexico, counted more than any other at 775,037 raptors during the week. Corpus Christi, TX, located on the U.S. Gulf coast tallied 267,395 raptors. Other counts across the continent included 53,341 at the Detroit River Hawk Watch, MI; 23,807 at Hawk Ridge, MN; 8397 at Holiday Beach Conservation Area, ON, and 949 at the Florida Keys Hawk Watch, FL.

## About HMANA

HMANA ([www.hmana.org](http://www.hmana.org)) is a nonprofit organization with a mission to advance scientific knowledge and promote conservation of raptor populations through the [Hawkcount.org](http://Hawkcount.org), an archive of count data with a wealth of information for birdwatchers and the general public alike, including maps and directions to sites, average counts, population status and migration timing by species.

HMANA partners with Hawk Mountain Sanctuary PA ([www.hawkmountain.org](http://www.hawkmountain.org)), Hawk Watch International (based in Utah: [www.hawkwatch.org](http://www.hawkwatch.org)), and Bird Studies Canada (in Ontario: [www.bsc-eoc.org](http://www.bsc-eoc.org)) in the Raptor Population Index program, which aims to track changes in hawk populations for conservation purposes.

For directions and contact information for hawk watch sites near you, visit [www.hawkcount.org](http://www.hawkcount.org).

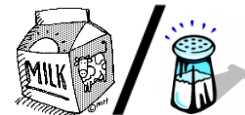
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## Got Milk? / Got Salt? Challenge

Charley West reported on the Got Milk? / Got Salt? Challenge held on September 13, 2015. In a cliff-hanger competitive battle, the Thomas family vs. the Hour on the Tower team ended their hours with 31 species for the Thomas Team (Catbird Cottage, Bristol, Massachusetts, US) and 33 species for the Hour on the Tower Team.

Jim Wright posted "Congratulations, Celery Farmers, on your great victory today. We did our best, but were betrayed by the usually reliable Ospreys, Wild Turkeys, Turkey Vultures, and Tree Swallows. We had 29 species, plus the too-low handicap of two birds.

Charley relates the HOT team celebrated at Dunkin' Donuts where "coffee and" was substituted for the traditional champagne spraying!



### The Hour on the Tower list:

|                           |                    |                         |
|---------------------------|--------------------|-------------------------|
| Great Blue Heron          | Killdeer           | Gray Catbird            |
| Green Heron               | Solitary Sandpiper | American Robin          |
| Black-crowned Night-Heron | Least Sandpiper    | Black-capped Chickadee  |
| Canada Goose              | Rock Pigeon        | Tufted Titmouse         |
| Wood Duck                 | Mourning Dove      | White-breasted Nuthatch |
| Green-winged Teal         | Belted Kingfisher  | Blue Jay                |
| Mallard                   | Downy Woodpecker   | American Crow           |
| Blue-winged Teal          | Northern Flicker   | European Starling       |
| Turkey Vulture            | Eastern Phoebe     | Northern Cardinal       |
| Sharp-shinned Hawk        | Tree Swallow       | Common Grackle          |
| Red-shouldered Hawk       | Carolina Wren      | American Goldfinch      |

### The Got Milk Team list:

|                           |                         |                      |
|---------------------------|-------------------------|----------------------|
| Mallard                   | Downy Woodpecker        | Gray Catbird         |
| Double-crested Cormorant  | Northern Flicker        | European Starling    |
| Great Blue Heron          | Merlin                  | Cedar Waxwing        |
| Sharp-shinned Hawk        | Eastern Phoebe          | Song Sparrow         |
| Red-tailed Hawk           | Blue Jay                | Northern Cardinal    |
| peep sp.                  | American Crow           | Red-winged Blackbird |
| Ring-billed Gull          | Black-capped Chickadee  | Common Grackle       |
| Herring Gull              | Tufted Titmouse         | American Goldfinch   |
| Mourning Dove             | White-breasted Nuthatch | House Sparrow        |
| Ruby-throated Hummingbird | American Robin          |                      |

## **One Birder's personal Journey with Lyme disease and Vector-Borne Illness**

By Lisa Ann Fanning

The CDC recently released a figure stating that new Lyme disease cases may actually be 10 times what was originally projected. They report that the number is closer to 300,000 new cases each year, making it the fastest-growing vector-borne disease in America. New reporting guidelines may also contribute to that number. Longer periods of warm weather are blamed for increasing the breeding season of ticks, and a rise in the population of those critters who help to spread the ticks, such as deer, mice and birds.

We all love the outdoors, and ticks seem more prevalent these days, and it seems like we all know at least one person who is dealing with or has dealt with Lyme. I have always loved the outdoors. Before birding, I was a general outdoorsy-type, hiking and involved with nature in some manner. So Lyme disease is nothing new to me. I first contracted Lyme when I lived in Massachusetts back in the early 2000s. I volunteered at Boston Light as part of a civilian program with the Coast Guard. For three days at a time, I would stay out on Little Brewster Island and work with Active Duty Coast Guard on projects around the island.

After one stay, I came home and went to work as usual. Later in the day, I felt a hot bump on my leg which was very itchy and had a strange rash around it. It looked exactly like a Bull's-eye. I showed my boss at the time who said "You need to get to a doctor immediately and ask them if you have Lyme Disease." I did just that and was sent home with a course of a month's worth of Antibiotics. Since then, I have had similar experiences an additional three times. (Only one of which did I actually see the tiny deer tick embedded in me.) Each time, I sought courses of Antibiotics and moved on.

It was this spring that my experience with Lyme changed. Earlier in the year, I struggled with the normal sinusitis, sore throat, flu-like symptoms that just weren't getting better. Then in May, I discovered a Bull's-eye on my inner thigh. How I could have been infected? I will never know. I am a "LunaTICK" when it comes to checking us when we get home from birding, I isolate our clothing, take a shower immediately after returning home, and even spray our clothing with Permethrin (consider the risks before using). So how did this happen?

The *Borrelia* species of spirochetes are a bacteria which penetrate blood vessels and colonize. Once they colonize, they can impact tissue such as the brain and central nervous system, joints, organs, etc. Exactly how does Lyme get transmitted?

1. Deer Ticks are so tiny and can be easily missed, or they can be carried into the home on our clothing-- and later find their meal later on, or carried in from the outside from pets.
2. There is current research taking place as to whether other vectors may be responsible for transmitting Lyme, biting flies, mosquitos, etc. The last two times I did not see a tick, yet I remember being bitten by Green-Headed flies.
3. There is current research as to whether Lyme may be in the blood supply.
4. There is current evidence that Lyme can be transmitted in-utero to the unborn
5. Other methods of transmission are currently being examined as well.
6. Debate lies over whether or not the condition can be chronic and if it ever really goes away. Personally, I think the evidence is there that it may lie dormant but not disappear.

Unless I could hit the rewind button, I will never know what caused it for me in the first place, but I do know what would be ahead of me for the next few months would soon become a difficult lesson in vector-borne illnesses. I immediately sought out the help of a LLMD (Lyme Literate Medical Doctor.) I am a huge fan of my General Practitioner, but Lyme is not very well-understood, so I felt it an important personal choice to enlist an "expert." If you do find yourself in the position of needing to take



this route, know that many times, their treatments are expensive, but it is money well-spent to some. You will also want to find the right LLMD for your school of thought. Some utilize traditional medicine, some incorporate alternative methods as well. I do not advocate for one over the other--it is very much, a personal choice.

After months of changing courses of antibiotics due to reactions, side effects, as well as taking multiple supplements and Probiotics, I still found myself in a place of painful joints, at times I needed help walking, "Brain Fog" disorientation or becoming easily confused, and strange sensations running through my legs. After continued visits with my LLMD, I was clinically diagnosed with Babesia, which is one of the many common co-infections which can hinder Lyme treatment. To be able to arrest the Lyme, the Babesia must be treated. I have since learned that the majority of Lyme patients report having at least one co-infection, while an estimated 30% may have multiple. The most common Lyme coinfections were Babesia (32%), Bartonella (28%), Ehrlichia (15%), Mycoplasma (15%), Rocky Mountain Spotted Fever (6%), Anaplasma (5%), and Tularemia (1%)

Which brings me to today. I am continuing my treatment and implementing changes in lifestyle, pharmacology (I take 20+ pills a day,) diet and lots of rest. It is important to understand the conditions which make the illnesses flourish such as blood Ph levels, detoxing heavy metals from the body which prevent the dispersal of toxins, and treat through slowing the growth of reproduction of these infections, while attacking them at the same time.

I would be remiss if I didn't take the opportunity to thank my support system, namely my husband and friends for their words of encouragement and understanding. There are also many online support groups, where information can be shared from one patient to the other. This has been my main source of learning.

If you find yourself in this predicament, consider the type of doctor you wish to use. If you do want to see a LLMD, contact your insurance company for a recommendation, research other's experiences in your area or online resources, such as the International Lyme and Associated Diseases Society, have online tools for finding a doctor in your area.

It is also important to understand that current testing is not always conclusive. Tests have high rates of false negatives, not to mention there are many strains of each of these diseases, and the one that may be impacting a patient may not be the species that a particular test can detect. There are various types of tests that may be utilized as well.

#### Symptoms of Lyme Disease (Source CDC.gov)

Remember, everyone is different, and some may experience different symptoms than listed here

- Fever, chills, headache, fatigue, muscle and joint aches, and swollen lymph nodes
- Erythema migrans (EM) rash (Bull's Eye) (Only some people see this rash)
- Severe headaches and neck stiffness
- Arthritis with severe joint pain and swelling, particularly the knees and other large joints.
- Facial or Bell's palsy (loss of muscle tone or droop on one or both sides of the face)
- Intermittent pain in tendons, muscles, joints, and bones
- Heart palpitations or an irregular heart beat
- Episodes of dizziness or shortness of breath
- Inflammation of the brain and spinal cord
- Nerve pain
- Shooting pains, numbness, or tingling in the hands or feet
- Problems with short-term memory

Sources: [www.lymedisease.org](http://www.lymedisease.org) and [www.cdc.gov](http://www.cdc.gov)

**Ways to Support Fyke:**

**Holiday Shopping?** While doing your online holiday shopping, don't forget we now have a direct link to AMAZON from our website. Fyke does not endorse any particular merchant. Log onto [www.fykenature.org](http://www.fykenature.org) and you will find the link on the first page. Every month AMAZON sends us a sales commission check.

**Celery Farm 2016 Calendars!** Celery Farm Calendars are available for a donation of \$15.00 to Fyke.

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**Time to Renew Your Fyke Dues**

The new membership year for Fyke started September 1, 2014 and ends August 31, 2015. This means that annual dues should be paid now. The dues schedule is: Individual - \$15.00, and Family - \$20.00. Checks should be made out to Fyke Nature Association, and mailed to John Brotherton, 249 E. Crescent Avenue, Mahwah, NJ 07430. Thank you!



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**Fyke Board of Trustees:**

President: Mike Limatola  
First Vice President: Jim Wright  
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Conservation: Jim Wright  
Hawk Watch: Judy Cinquina  
Land Trust: Hugh Carola  
Newsletter: Carol Flanagan  
Programs: Penny Whitlock  
Publicity: Gabriele Schmitt  
Webmaster: Kevin Watson

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**The Fyke Nature Association**, a 501 (c) (3) organization, meets at the Allendale Municipal Building, 500 W. Crescent Avenue, Allendale, NJ 07401 on the fourth Friday of every month January to May, and in September and October. The winter meeting is the first Friday in December. (No meetings in June, July, August, and November.)

Meetings and membership are open to all. Annual dues: Individual -- \$15.00; Family -- \$20.00. For further information, write to Box 141, Ramsey, NJ 07446, visit our website [www.fykenature.org](http://www.fykenature.org), or call Mike Limatola, President, at 201-739-8062. The Newsletter is published four times a year and manuscripts and artwork are welcome.

Interim Editor: Carol Flanagan, [carolflana@aol.com](mailto:carolflana@aol.com). Production: Molly Gardener, Herb Gardener, and John Brotherton.



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