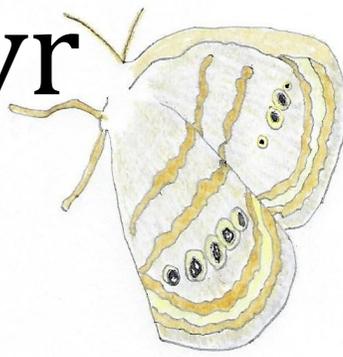


# The Lonely Satyr

For Butterfly Enthusiasts  
of Northeast Indiana



July 1, 2024

## *It's Good Work*

*By Leslie Arnold*

My family and I registered to participate in Project FeederWatch this past winter. Upon registering, we were asked if we would be willing to answer additional questions about any emotions we had during the counting process. After recording the basic information about our feeder count like time, weather, and our species list, we were then led through a series of questions asking about our feelings while counting. I had never really thought about my emotional connectedness to bird watching and so it added an intriguing level of awareness to the project. I found myself reflecting on all of the times I smiled listening to my six-year-old son correctly identify a bird, the excitement we all shared recording a newcomer, the frustration of a Crow spoiling the party, and the feeling of worry watching our cat watch the birds from under a bush. (Yes, I own a domestic indoor-outdoor cat, the Bradford Pear of naturalist pet choices). There was no right or wrong answer, only open-ended prompts. If we had witnessed something violent like a fight or even a murder, or something sad like an injured bird, there were other questions to fill in about how this impacted us. Fortunately, our feeders were a peaceful community this winter. The FeederWatch season ended, and the survey slipped from my mind until recently when I read a research journal article about the links between community science, nature connectedness, and better wellbeing for all. The research grabbed my attention because it focused specifically on butterfly counters.

You may find a link to the article on the Butterfly Conservation website at:

<https://butterfly-conservation.org/news-and-blog/counting-butterflies-reduces-anxiety-new-study-proves>

What does it mean to be connected to nature? I believe connectedness is far more complex than we fully understand now, but we are beginning to sense its critical importance. I believe one can be connected to nature, but even more deeply connected *with* nature.



Above: Pipevine Swallowtails

Photo credit: Leslie Arnold

Chain O' Lakes State Park, Albion, IN

6/25/2024

## Good Work continued

I also believe, as the study proved, one can be physically and emotionally connected together, or just one or the other. The journal article, *Connection for conservation: The impact of counting butterflies on nature connectedness and well-being in citizen scientists* defined nature connectedness as “a psychological construct that refers to a person’s subjective sense of relationship with the natural world, including the extent to which they feel a part of nature.” In other words, all of that time spent outside collecting data, taking photographs, and taking a part in conservation helps to build a connection with nature. Furthermore, your senses and emotions are awakened to something they crave and those cravings lead to more awareness, more appreciation, more engagement, and more action.

The Big Butterfly Count is a popular community science event in the United Kingdom. Similar to Project FeederWatch, the research team asked for volunteers who were participating in the Count to fill out a survey at key moments during the count period. They measured nature connectedness, health and wellbeing, nature noticing, pro-environmental behaviors, and overall count experience. The results are wonderful. They showed that taking part in a mere fifteen (15) minute community science activity, specifically butterfly counting, was “associated with increased nature connectedness, decreased anxiety, and increased noticing of butterflies and nature.” It has been discussed, but finally possibly proven, that the more emotional response you have to a task in nature like counting, the greater impact it will have on your connection to nature.

Butterfly counting can stir feelings of joy, wonder, peace, and excitement. It can also bring about worry and frustration. These “negative” feelings also strengthen the bond. The journal research strongly emphasized the need for emotional connection for successful community science projects. Improved human wellbeing is achieved through feeling and being closer to nature. People who simply counted bees or other insects reported no emotional connection. Yes, they gained awareness of the species themselves and also their plight, but they didn’t really have any joyful relationship. I thought back to my seasonal work at Mounds State Park in Anderson, Indiana, completing deer browsing surveys. I felt absolutely no emotional connection to the deer or the plants while walking and recording. I did become more aware of the health of the entire food web, but that’s where the engagement ended. So, what is different about butterflies (and birds)? Beauty? Mystery? Fragility? Humility?

Butterfly Conservation, the organization behind the Big Butterfly Count, describes the count as ‘taking the pulse of nature.’ I found this to be a deeply satisfying description for all butterfly monitoring worldwide. Let us not forget as volunteer monitors that we are a part of nature. Maybe we see our own reflection in a butterfly’s wings.



Above: Little Wood-Satyr  
Photo credit: Steven Etheridge  
ACRES, Blue Cast Springs, Allen Co., IN  
6/7/2024

Steven said this Little Wood-Satyr was just one of 21 that morning!

Steven also reported seeing Question Marks, Hackberry Emperor, Eastern Tailed-Blue, Spicebush Swallowtail, Red Admiral, and a Duskywing at Blue Cast Springs



## Good Work continued

This research could be a powerful tool to those who manage and lead butterfly community science projects. The emotions of the volunteers could be studied and valued right alongside the species data. This information could be used to find ways to improve the community science experience for the volunteers. More connectedness should create the desire for more data collecting.

To become more connected to nature, decrease anxiety, and help improve the wellbeing of the entire natural world are selling points nearly impossible to argue. Sign me up.

Sample Survey: Nature Noticing:

In the past week, how often have you noticed nature?

In the past week, how often have you noticed butterflies?

Possible answers: Never/Rarely/Some of the time/Often/All of the time

Take this simple survey throughout the butterfly count season and see if your answers change. Ask a friend or family member who is not a butterfly monitor the same questions.

We are the lucky ones. This survey is about us! Butterfly counters! This further proves and validates all of our hard work. I think each of us know in our hearts there are benefits to counting far beyond the data. Hopefully this journal article will ignite a movement.

### Reference:

C.W. Butler, I. Hamlin, M. Richardson, M. Lowe, R. Fox  
"Connection for conservation: The impact of counting butterflies on nature connectedness and wellbeing in citizen scientists." *Biological Conservation*. Volume 292 (April 2024) 110497.

<https://doi.org/10.1016/j.biocon.2024.110497>



Above: Dorcas Copper  
Photo credit: Talus Rutgers  
Barry State Game Area, MI  
6/27/2024

Also reported seeing Bog Coppers;  
nectar sources observed were Dog  
Bane, Butterfly Weed, Common  
Milkweed, and Alfalfa blooms



Above: Appalachian Brown  
Photo credit: John Michael Durback  
Chain O' Lakes State Park, Albion, IN  
6/25/2024

## Summer Butterfly Sightings

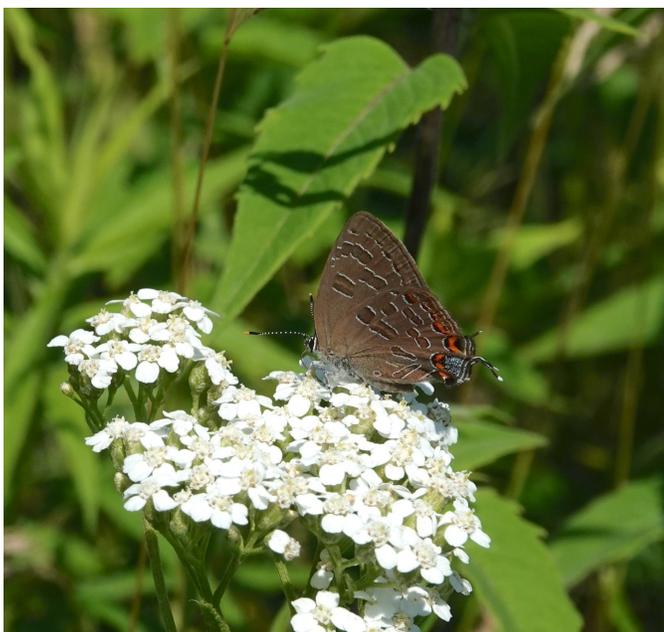


Above: Monarch  
Photo credit: Carole Mitchell  
Goshen, IN  
6/26/2024



Above: Dion Skipper  
Photo credit: John Michael Durback  
Chain O' Lakes State Park, Albion, IN  
6/25/2024

A call to Ronda Spink, Jeffrey Belth, or others to confirm this ID please. This may be the first time it has been found at Chain O' Lakes SP.



Above: Striped Hairstreak  
Photo credit: Ronda Spink  
Chipman Preserve, MI  
6/2024

Ronda also reported seeing Gray Hairstreaks, Banded Hairstreaks, and Coral Hairstreaks!



Above: Pearl Crescents  
Photo credit: Steven Etheridge  
Gene Stratton Porter State Historical Site, IN  
7/2/2024

## Summer Butterfly Sightings

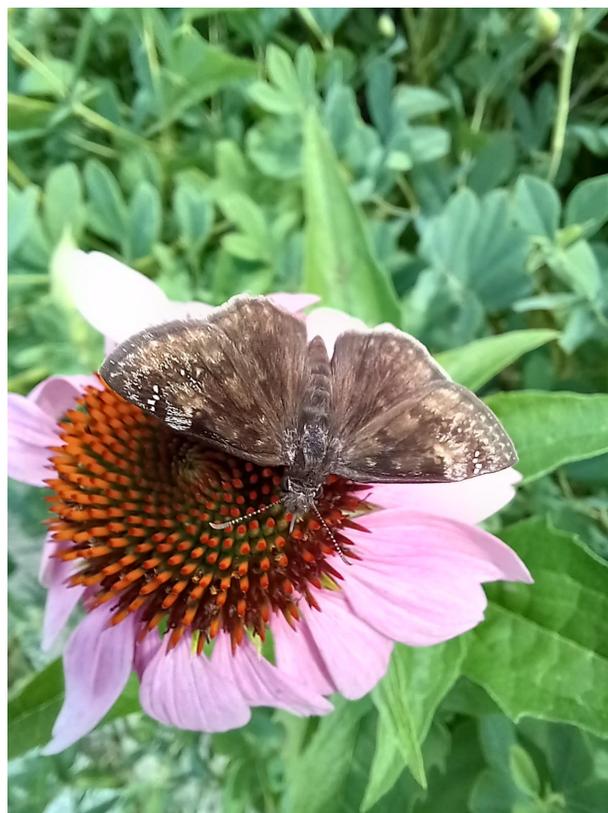
Results from the NABA Noble County Count at Chain O' Lakes State Park, Indiana, June 25, 2024:

Dun Skipper - 2  
Least Skipper - 7  
Eastern Tiger Swallowtail - 1  
Pipevine Swallowtail - 18  
Cabbage White - 1  
Orange Sulphur - 2  
Clouded Sulphur - 1  
Spring/Summer Azure - 1  
Great Spangled Fritillary - 4  
Pearl Crescent - 8  
Question Mark - 35  
Eastern Comma - 2  
Red Admiral - 51  
American Lady - 1  
Appalachian Brown - 2  
Wild Indigo Duskywing - 3  
Tawny Emperor - 5  
Hackberry Emperor - 1  
Unidentified Anglewing - 8  
Unidentified Swallowtail - 2  
TOTAL: 155

This is one of the longest running counts in Indiana. We only had two volunteers this year. We would love to have you join us next year to keep it alive!



Above: Question Mark  
Photo credit: Leslie Arnold  
Chain O' Lakes State Park, Albion, IN  
6/25/2024



Above: Wild Indigo Duskywing  
Photo credit: Leslie Arnold  
Chain O' Lakes State Park, Albion, IN  
6/25/2024

## Community Calendar

Contact the event host prior to traveling to make sure it's not cancelled.

**Saturday, July 13**

**10:00am - 1:00pm**

**Pollinator Promenade**

**Elkhart Environmental Center**

**1717 E. Lusher Ave., Elkhart, IN, 46516**

FREE event features a speed walking race around the prairie, pollinator-themed costume contest, scavenger hunt, vendor booths with pollinator products, educational activities and games. For details or to register for activities, visit:

<https://elkhartindiana.org/government/pollinator-promenade/>

Call 574-293-5070 with questions or to volunteer at event.

**Saturday, July 13**

**10:00am**

**Mysteries of the Mitchell's Satyr**

**Sarett Nature Center**

**2300 Benton Center Rd., Benton Harbor, MI, 49022**

Sarett is one of the few places in the world that has prime habitat for this federally endangered butterfly. Join Director Nate Fuller to learn its habitat needs and natural history. Includes a walk to try to see the butterfly in flight. Please call 269-927-4832 to register.

Member/\$5, Non-Member/\$8, Children/\$3.

**Saturday, July 27**

**11:00am - 3:00pm**

**Monarch Festival**

**Love Creek County Park**

**9292 Huckleberry Road, Berrien Center, MI, 49102**

Partnering with Sarett Nature Center for a day of all things Monarchs. Outdoor booths, educational talks, crafts, face painting, and more. Call 269-471-2617 with questions.

<https://www.berriencounty.org/371/Naturalist-Service>

Click on "events calendar" and "Monarch Festival" to view full list of activities and cost.

(No endorsement or discrimination of specific events or vendors on this community calendar is intended or implied.)

## NABA 4th of July Counts

### Southwest Michigan

Allegan Count - Saturday, July 13

For information about joining the Allegan count, contact Dennis Dunlap and [dunlapmd@charter.net](mailto:dunlapmd@charter.net)

Kalamazoo Count - Saturday, July 20

For information about joining the Kalamazoo count, contact John Brenneman at [jbrenneman@naturecenter.org](mailto:jbrenneman@naturecenter.org)

### Northeast Indiana

East LaGrange Count - Saturday, July 27

For information about joining the LaGrange count, contact Leslie Arnold at [leslie@forestteacher.org](mailto:leslie@forestteacher.org)

This year, this count does not have a meeting place and group walk; it is "on your own" within the count circle. Mongo is the center of our 15 mile circle. You can sit, walk, drive, bike, or buggy!

You will be emailed/mailed count paperwork when you register.

If you'd like your event information to be in August's newsletter, please turn it in by July 24. Local sightings are my favorite part of the newsletter, so please report what you're seeing. Don't be shy! Photos are great!

Please seek permission to use any photos in this newsletter. Butterflies make you work for them, so reward dedication!

To subscribe and submit, contact:

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[leslie@forestteacher.org](mailto:leslie@forestteacher.org)

260-854-2225

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46795

