



Greenwoods Newsletter

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Light Pollution

The night sky in Hong Kong is no longer dark.

Commercial building lighting, numerous advertising boards and streetlights are the major causes of over-illuminated night sky.

In this newsletter of Greenwoods, we will look into this problem of serious light pollution in Hong Kong.

What is light pollution? Light pollution is caused by excessive artificial light. For example, obtrusive building lightings obscure the stars in the night sky for city dwellers. It not only affects astronomical observations and researches but also disrupts ecosystems.

Maybe you are familiar with some adverse impacts of light pollution on our daily life. For instance, strong lightings from neon signboards can cause sleep deprivation of people living in the vicinity. But how does light pollution influence the ecological balance?

Light pollution can influence natural patterns of animal behaviors, weaken their ability to distinguish nighttime from daytime, and cause problems in their movements. In addition, animal navigation, competition, communication and animal physiology are also influenced by light pollution. In the most extreme cases, For example, migrating birds can be disoriented by lights on tall structures. Estimates by the U.S. Fish and Wildlife Service of the number of birds killed after being attracted to tall towers range from 4-5 million per year to an order of magnitude higher.

Frogs and salamanders are also affected by light pollution. They are nocturnal animals, which means they only become active at night. However, light pollution delays their activities and short-



ens the time period for breeding and other activities.

In fact, light pollution leads to far more problems than disruption of ecosystem.

Firstly, it wastes energy. When the light beams are not focused to intended targets or the light is more extensive than needed, there is a waste of energy.

Also, light pollution has adverse effects on human physiology. Several studies suggest a link between exposure to light at night and risk of [breast cancer](#), due to suppression of the normal nocturnal production of [melatonin](#). Other researchs show that excessive light on the human body increase headache incidence, making people feel stressful and anxious.

Reducing light pollution implies many things, such as reducing sky glow, reducing glare, reducing light trespass, and reducing clutter. One method is to Improve lighting fixtures, so that they direct their light more accurately towards where it is needed, and with less side effects.

Every one of us can contribute by minimizing our use of light and reducing useless lightings.

Protecting the environment necessitate efforts from everybody in the society. We need to keep a faith in our heart, a faith to change our wasteful habits, cherish every bit of resources and finally save our natural environment. This is also what we, Greenwoods, strive for.



Figure: Full cutoff lighting fixture

Getting close to nature & play with cows!

A tour to Hong Kong Baptist Assembly and Happy farm



Yoyo~ We are Greenwoods, a green organization.

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You will have a chance to release yourself from city life and get close to nature.

In the “ Happy farm” , you can even milk the cows yourself! You will have a wonderful beginning of your university life here, with a refreshing tour and a group of new friends!



Date: 19th to 20th September, 2009

Site: Hong Kong Baptist Assembly & Happy Farm

If you are interested in our activity, please contact us!

62293209 (Kane) or Allyssa (61038176) or Andy (60333448).

You can also email us.



Join Greenwoods immediately to get an elegant leaf-shaped membership card!

Welcome to share your opinion with us via any ways:

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