



WINGBEATS

Newsletter of the Audubon Society of the Capital Region of New York State

Spring 2020

Welcome to the Board!

New year, new faces! At the end of February our volunteers and board members shook things up a little by voting in new President and Vice President members.

We are pleased to welcome Teresa Murphy as our new board president! We anticipate her optimism and dedication will continue to move us forward as she accepts the role in stride.

Nichole Fox, our Summer 2019 joined in as Vice President for a term. Coming into the Summer of 2020 she aspires to assist in continued community outreach and chapter growth.

Rebecca, our previous president remains involved, serving as a board member and generating great ideas! We are excited to keep her.

Other board members maintained their existing role. We remain grateful to their dedication and knowledge! For more about our board members check out **pages 3-4!**

Officers:

President: Teresa Murphy

Vice President: Nichole Fox

Treasurer: René Facchetti, Krista Galliher

Correspondence Officer: Fred Bockis

Recording Officer: Laetitia Duret

Board of Directors:

Rebecca Allmond

Jennifer Ford

Eric Latini

COVID-19: A Letter

Dear Readers,

It is difficult to turn on the news, social media platform, radio or have a conversation without hearing some update about the COVID-19 pandemic.

First and foremost we hope that everyone remains healthy as we navigate this new virus. As a chapter we have taken into account New York State and Center for Disease Control recommendations and have moved to hold April's board meeting Remotely. We will continue to adhere to recommendations moving forward.

Beyond our chapter, many of us are now actively practicing social distancing—and likely facing some cabin fever. This does not mean losing our cool though, there are still many ways to keep calm! It has been suggested by National Audubon (and we certainly agree) that now may be an exceptionally good time to take up a new (or exercise an existing) birding habit.

In fact, National Audubon Society has provided a very thoughtful Birding Package for those just looking for a smile.... Continued on Page 2.



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COVID-19: A Letter Continued From Page One...

...The “package” aptly named “The Joy of Birds” can be found at <https://www.audubon.org/joy-of-birds> and includes everything from birding articles to some cute and goofy bird videos.

For those with birding ambitions, as of the writing of this letter, outdoor ventures of the solo nature (or with those you’ve already safely stuck yourself with – aka roommates of the family, friend or romantic type) are approved. It is important to note: a 6 foot perimeter between people outside your household should still be maintained. So, wander the park, nature trail or peak outside your window to begin spotting. Check out National Audubon’s article [here](#), for one birder’s journey into solo birding and other helpful links to get started.

OK, let’s say you’ve started birding, you’re smiling, a little less restless and social distancing doesn’t seem quite as challenging. You think you want to dust off your binoculars (or order some online) and step up your spotting power. Well, we have a nice little tutorial in the column to your right to help out with those rusty and beginner skills. Check it out!

Finally, with those birding skills budding (like our lovely spring flowers) what else could you possibly do? Brag about it. That’s right, brag. Download the Audubon, Merlin ID or eBird apps from your app store and start logging your birds!

One last item. In January the NY Breeding Bird Atlas in conjunction with eBird launched their Atlasing program. We talked about this program a bit in last year’s issues, but in a nutshell Atlasing is like deep diving in the birding sense. You not only spot a bird but watch it for an extended period to observe its behavior (maybe you’ll get lucky and witness a protective or nesting ritual!). Visit <https://ebird.org/atlasny/home> to learn more.

Obviously, there are plenty of other activities to stay busy during this time of social distancing and self-quarantining. We’re a little biased for our birds here at the Audubon Society of the Capital Region, what can we say? In the end, we hope this article provides some useful tools in your Social Distancing Survival kit. Be well!

Sincerely,

Nichole Fox
Board Vice President
Audubon Society of the Capital Region

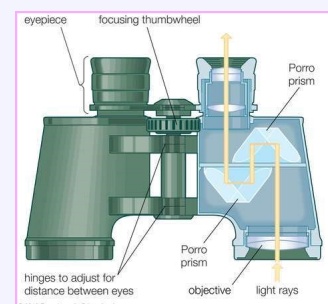
Binocular Quick Tips

1. Binoculars have many parts:
 - ✎ Coarse Focus Knob (aka Focusing Thumbwheel)
 - ✎ Fine Focus Knob (aka Diopter focus)
 - ✎ Left and Right Ocular (aka Eye pieces)
 - ✎ Left and Right Objectives

We recommend googling a diagram.

2. Locate a Stationary Target. Peer through your eyepieces to spot (IT WILL BE BLURRY).
3. Bring the two eye pieces together over your nose until there is only ONE image.
4. Cover your right eye and look for the target again, use the diopter focus knob to focus just a little bit. (IT WILL STILL BE BLURRY).
5. Open both eyes, focus back on your target. Use the Coarse Focus Knob to bring your target into focus.
6. Some models have eye piece shades to help block sunlight, if your model has these you may use them optionally by gently rotating/ extending the shade at the eyepiece.
7. Practice!
8. Be Patient with yourself, birds are speedy—which makes it that much better when you get a good look!
9. Be Safe! Do not walk or run when looking through binoculars. Be alert to your surroundings!

Check out [this video](#) for a quick tutorial.



Meet The Board

Teresa Murphy, President



Teresa joined the us two years ago. She has worked as a volunteer on various events and was elected as President at it's March Annual Meeting. Teresa retired from NYS after 35 years of service. She and her husband Regan spend time biking, kayaking, hiking, snowshoeing, going to the gym and walking their two little dogs, Dylan & Katie. Teresa is a Cornell Master Gardener and spends many hours gardening at her home and church gardens. She also loves taking photographs of flowers, butterflies and birds. Two years ago, without planning to do it, she started raising Black Swallowtail Butterflies after she saw caterpillars on her parsley plants.

Nichole Fox, Vice President

Nichole started with us in May of 2019 as our summer intern, helping organize events at both Schodack Island State Park and Tivoli. In December she graduated with her undergraduate degree in Biology and in February we voted her onto the board as Vice President. When she isn't working or helping out the chapter, she spends her time at a local equestrian farm riding, doing barn chores or working on her photography skills.



Fred Bockis, Communications Officer

Fred has been with ASCR for nearly a decade and serves as our Chair of Membership. A Navy Veteran and gifted linguist you can often find Fred at our tabling events. Fred is highly involved in many local organizations, is passionate about birding and is a great well-spring of jokes and puns to make you smile. When he is not volunteering with us he keeps busy attending local science lectures, woodworking, chess, ice skating and crossword puzzles.



Laetitia Duret, Recording Officer

Having joined us for a board meeting in early 2020, Laetitia is our newest addition. Ambitious and driven, she is passionate about climate change and what we, as normal citizens can do to help the cause. Keep an eye out for new programs, because Laetitia has plans! Laetitia, originally from France, has resided in the Capital Region for two year with her husband. When she isn't volunteering with us she can be found hiking, taking nature photos, participating in citizen science programs, or over volunteering with the Albany Pine Bush. For work, she has created a U.S. subsidiary of a French Innovation consulting company.



Rene Facchetti, Treasurer



Rene became involved with ASCR as a teen in 1986, editing the Newsletter and has since served in many roles ,including board member, treasurer and WebAdmin. Rene spends his free time advocating for the

environment, building things with wood or stone, landscaping, planting rare or exotic trees, spending time with his family, helping the school and local community or playing his guitar. He also run Platinum ITS, a local, longstanding tech company in the Capital Region.

Krista Galliher, Treasurer

Having discovered us in the spring of 2019, Krista has been actively volunteering and participating on the board since. She and her daughter Adalyn have become frequent flyers at our events and are always happy to help! Krista works as a finance professional locally and brings her skill set to the chapter. We are grateful to have her and Adalyn!

Meet The Board Cont.

Rebecca Allmond, Board Officer



Rebecca is our in-house insect enthusiast and organized this past season's moth night. Previously our board president she has opted to give another the opportunity to lead our chapter and continued to offer her wisdom as a board officer. Rebecca has been with ASCR for nearly 6 years, works for New York State full-time and enjoys kayaking, hiking and Netflix binging with her cat in her spare time.

Jennifer Ford, Board Officer

Jennifer joined the board in early 2019 and took on leadership of our Eagle Nest Watch Program! A local biology teacher and NYS naturalist, she spends her free time birdwatching, nature journaling and spending time with her family. She and her husband also produce maple syrup and keep bees!



Eric Latini, Board Officer



Eric has been with ASCR since 2011 and participates as the co-chair of our Conservation and Advocacy Working Group. He has dedicated himself to conservation efforts locally through the creation and distribution of Tangle-Tainers. He is one of our most skilled birders with an ear for

birdsong. This may not be surprising considering his musical talents. Eric is a trumpet player by profession. He performs with the Albany Symphony and Glimmerglass Opera. When he isn't performing or volunteering you can find him teaching at both Skidmore College and the College of Saint Rose in the role of professor.



What did I miss?

Our Annual Meeting took place on February 29, 2020 at Peebles Island State Park.

John Loz joined us to lead a bird walk, where, despite chilly weather, participants found themselves enjoying the day and spotting a variety of birds.

Presentations were conducted by John and Rebecca (both previously presidents of our chapter). John offered explanations of Audubon's structure, focusing on differences between the Audubon National Society, Audubon New York and local Audubon chapters.

Rebecca highlighted chapter's activities for the past year! Including:

- ✂ Tabling events at Schodack Island's Fall Festival, Albany Pine Bush's Lupine Festival and Mabee Farm.
- ✂ Programs such as, our Bald Eagle Nest Watch, Moth Night, Beginner Birders Program at Schodack Island and our Friends with Tivoli family day.
- ✂ And more!

Turns out, we were pretty busy! Our last line of business? We voted on our new board!

To all of those who were able to join us, thank you for making it a success. And to those of who were unable to be there, we hope to see you at other events this year!



Upcoming Events

ASCR Board Meetings

Second Mondays of every month.

Got a passion for serving in the Capital Region, consider working with us as a as a member of the board. Not sure what that entails? Join us to find out!

For the time being meetings will be held virtually on Zoom (although we hope to resume in -person meetings soon).

Contact us at: info@capitalregionaudubon.org for more on how to attend a virtual meeting.

Catch us at the following events!

Lupine Festival
Albany Pinebush Reserve
Albany, NY
May 30th from 10:00 am—4:00 pm

Please bear with us as we continue to organize and plan our 2020 programs. With the COVID-19 outbreak we consider it our responsibly to remain diligent in the safety and friendliness of our programs. As a result, all events are subject to change based on CDC, NYS and Federal directives. Please be sure to check out our website or Facebook for regular updates, subscribe to our mailing list and attend our virtual meetings to stay in touch.

Have ideas you'd love to share? Interested in planning an event with us?

Reach out at: info@capitalregionaudubon.org

Be sure to check our website for more programs and information!
www.capitalregionaudubon.org

Bird of the Quarter

Written by Fred Bockis

This issue's bird is the White Bellbird

Ornithologists have identified the noisiest bird on the planet, with a call as loud as a pile driver!

Native to the Amazon rain forest, the male white bellbird can reach volumes of 125 decibels— at least nine decibels louder than its noisiest rival. A typical human voice is only about 60 decibels.

The bellbird's call—a bizarre metallic-sounding squawk—forms part of a highly unusual mating ritual. When a female lands nearby, the male sings the first note of his deafening song facing directly away from his potential mate—then sharply swivels his head around and yells the second note right in her face. The female knows it's coming, because just before the turn she flutters back a few feet.

Whether such raucous behavior actually helps male white bellbirds secure a mate is not clear. It is found in forests in the Guianas, with small numbers in Venezuela and the Brazilian state of Pará.

The male is white with a black bill that has a wattle dangling from its top; the female is overall olive with yellowish streaks below and resembles other bellbirds.



A male White Bellbird.
Photo sourced from: Audubon.org
PC: Anselmo d'Affonseca

VOLUNTEER

Calling Volunteers!

Volunteers make the activities of ASCR possible and without them we could not host the many events, activities and projects we strive to provide for our birds and community!

Interested in starting/planning a new program? Just want to get involved? Lend a helping hand?

We love new faces and energy!

**Contact us at:
volunteer@capitalregionaudubon.org**

**Join our volunteer mailing list:
<https://www.capitalregionaudubon.org/volunteer.php>**



Conservation Corner

Native Gardening Resources

It is that time of year again! With most of us being limited to our living rooms or yards this is a great chance to focus on building our gardens with native plant species!

Native plants are both beautiful and beneficial, not only our birds but also native pollinators, such as the endangered Karner Blue Butterfly or Honey Bees, along with many other animal species.

Check out National Audubon Society's Native Plant Database for ideas and more information.
<https://www.audubon.org/native-plants>

We provided some local suggestions last year and have provided a refresher below:

Sells natives plants:

- ✂ Fiddle Head Creek Farm and Nursery, Ft. Ann NY
- ✂ WildThings Rescue Nursery, Valley Falls, NY
- ✂ Faddegons, Latham, NY

May sell natives plants:

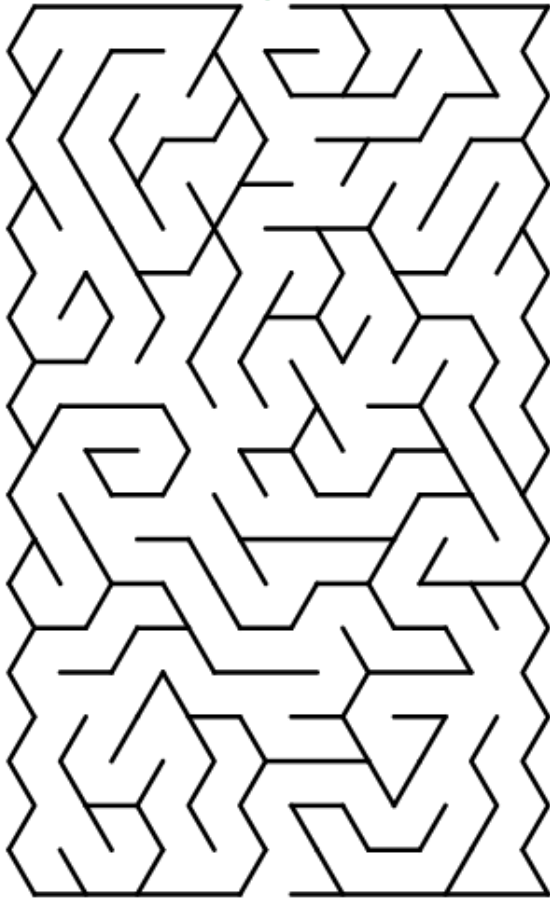
- ✂ Hewitts Garden Centers, Capital Region
- ✂ Georges Landscape and Nurseries,
- ✂ Latham Brookside Nursery, Ballston Spa
- ✂ Toadflax Nursery, S Glens Falls Black
- ✂ Creek Nursery, Altamont
- ✂ Beckers Farm, Rensselaer
- ✂ Kulaks Nursery, Rexford
- ✂ Saratoga Tree Nursery, Saratoga Springs
- ✂ Sunnyside Gardens, Saratoga Springs

Finally, small local vendors may also carry native plants, so keep your eyes out for pop up Native and Local Gardening Club Plant Sales!

ACTIVITIES



Start Here!

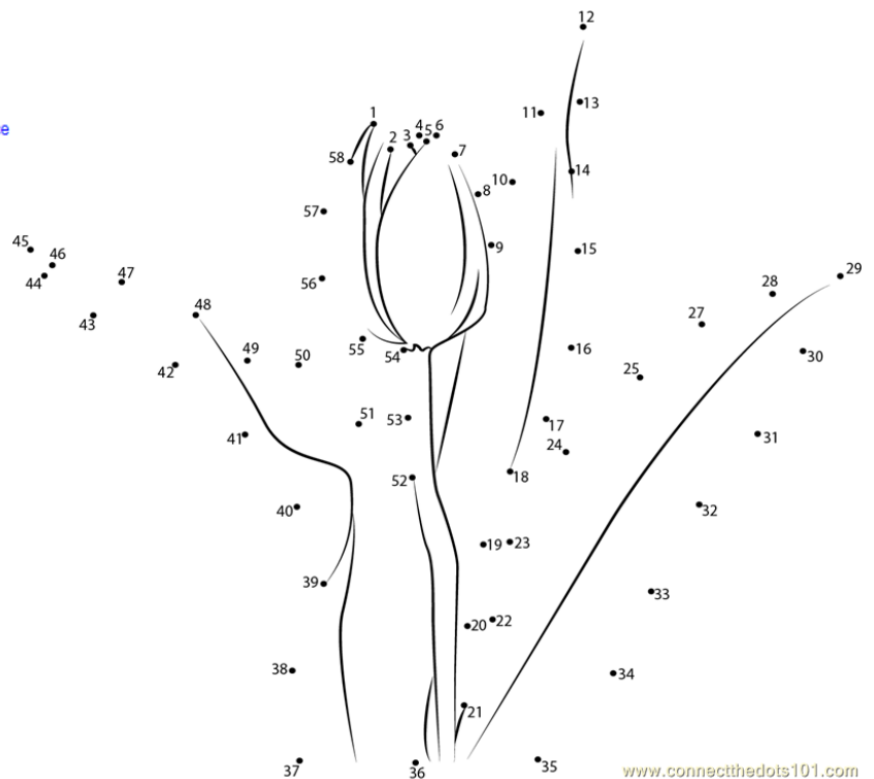


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Board members of the Audubon Society of the Capital Region

An All Volunteer Chapter Organization of the National Audubon Society

Officers

President: Teresa Murphy
Vice President: Nichole Fox
Correspondence Officer: Fred Bockis
Treasurer: René Facchetti, Krista Galliher
Recording Officer: Laetitia Duret

Directors

Rebecca Allmond
Jennifer Ford
Eric Latini

WebMaster: René Facchetti
WebAdmin: Rebecca Allmond

Board Meetings are the Second Monday of every Month in Loudonville. There we discuss upcoming events and make decisions that guide this chapter for the year.

Please join us!

Email

President@CapitalRegionAudubon.org
for more information!

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Albany, NY 12212-4135
www.capitalregionaudubon.org

Questions?

Email: info@capitalregionaudubon.org

Looking to have an impact in your community?

Become an Audubon Society of the Capital Region

Chapter Supporter.

As a Chapter Supporter, 100% of your membership dues stay local. This helps us support local conservation efforts, continue to promote birding and bird education, and to support other special initiatives, such as the construction of bird blinds and camp sponsorships for youth. The Chapter Supporter membership is just \$20.

In return you get:

- An official ASCR Chapter Supporter Membership card
- An ASCR Chapter Supporter window cling to prevent window strikes
- The satisfaction of knowing you are supporting local birds and their habitats

Click [here](#) for more information on how you can become an ASCR Chapter Supporter!!