



WINGBEATS

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

- Summer 2020 -

Audubon Society of the Capital Region Welcomes All People

We at the Audubon Society of the Capital Region welcome people of all race, nationality and religion to join us in our mission and enjoyment of birding.

Our chapter has and will continue to strive on promoting an environment of equality, respect and engagement among all races and cultures.

Officers:

President: Teresa Murphy

Vice President: Vacant

Treasurer: René Facchetti, Krista Galliher

Correspondence Officer: Fred Bockis

Recording Officer: Laetitia Duret

Board of Directors:

Rebecca Allmond

Jennifer Ford

Eric Latini

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Thank You to Strong Outcomes LLC!

As many of you know we have been working with a consultant over the past several months to help refine and focus our Chapter's mission and strategy.

Karen Strong, from Strong Outcomes LLC (and ASCR volunteer!), has proven to be a tremendous asset, helping us gather information and brainstorm our ideas in a productive way, even during the COVID-19 pandemic. Since wrapping up with her proposal in May we have continued conversations among ourselves and have made great progress.

We can't help but recognize when credit is owed and in this case it certainly is. Thank you Karen for all your hard work and dedication to our chapter's goals!

For more details on the exciting changes, plans and hopes for our Chapter please check out **Page 5** "What Did I Miss? Diving In"!

Not Just a Pretty....Song?

By E. Latini

We are past the time in the Northeast where the spring songs of our favorite birds have echoed thru the woods. Sadly, most of the Birds in the area have quieted down at this point in the season. This not unusual. They have already sung their breeding songs to attract mates, built nests, and many young have fledged. While some Birds continue to sing, others use just the basics of conversation now.

There are three basic kinds of Bird vocalizations. Songs, Chip Calls, and Flight Calls. A few species also sing less heard vocalizations including Night Songs and Flight and Display Songs. The most popular bird vocalizations are of course the Songs. Usually only the males will sing, especially during the breeding season. There are two main purposes for singing. One to attract a mate for nesting, and the other is to mark and defend territory. Each bird species typically has its own unique song. Bird songs vary greatly in pitch, speed and range. Some go up, some go down, and some go all around. One great way to identify a certain bird is to notice the shape and general characteristics of its Song. Try it!

Next are the Chip Calls. During the day, birds make short vocalizations we call Chip Calls. Only rarely have females of a species been heard singing songs. But Chip Calls are produced by both males and females. Some species call often, while others hardly call at all. Chip calls are also sometimes called "Alarm" or "Contact" calls. These calls tend to be shorter and at times only one syllable, or Chip. Birds make contact calls to each other while they are feeding and foraging. Again, these calls are brief in nature usually. They will become much louder and more active if an intruder is detected like a Hawk or another threat.

And finally we have the Flight Calls. These calls are given mostly at night during migration. The calls help to keep migrating flocks together, and also to keep spacing during flight. Many birds have distinct calls made only during their migrations. Some of these calls have very high frequencies. But many of the calls can be heard by humans. Much research is going on into the night time sounds of Birds. There is quite a bit to learn about these wonderful creatures and the sounds they make.

Bird Words "Egregious" By Fred Brockis

The English language is often considered one of the trickiest, with so many words having multiple uses, origins or definitions based on context. Bird words are no exception. In fact, several words relate directly or indirectly to birds as you will see here.

My favorite "Bird Word" is egregious, meaning outstandingly bad or shocking behavior. It describes a person's actions which are outside the norm. The word comes from Latin, (one of many languages in which I am fluent).

Egregious derives from 2 Latin words:

- ♦ **"e" or "ex" which means from or out of and**
- ♦ **"grex" for flock. When grex declines into other cases, it changes to grentis or of a flock, to a flock, etc.**

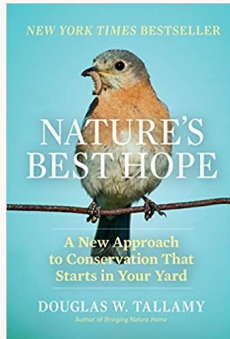
**Therefore, we combine:
e + grentis to form egregious.**

So, when a person is behaving in an egregious manner, his behavior is deemed to be "out of the flock," or the norm.



Book Review

Nature's Best Hope: A New Approach to Conservation that Starts in Your Yard
by Douglas W. Tallamy



If you are looking for a way to make a difference for birds and all types of pollinators right in your own back yard, this book is a great place to start.

Douglas Tallamy's premise is that if individuals take small steps, together, we can have a big impact. He outlines the idea that if each individual landscapes their yard in a way to provide habitat for birds, pollinators, and other wildlife, we can create wildlife corridors that could have a huge impact on helping many species that are in decline.

Tallamy also provides practical advice on adding native species to your landscaping, creating spaces that are both beautiful and helpful to wildlife.

This is a thoughtful and empowering book – if you have some time this summer, I highly recommend that you check it out!

-Jennifer Ford



What did I miss?

We may still be practicing social distancing but that hasn't slowed us down entirely!

We have stayed pretty busy during this last quarter with:

- ✧ Welcoming new members—assisting them in coming on board, and learning about our chapter!
- ✧ Revisiting our chapter strategy!
- ✧ Setting up new programs such as Climate Watch !
- ✧ Continuing to conduct historical programs, such as the Eagle Nest Watch and Tangle Tainers!

Turn the page for more!



PC: Teresa Murphy

An adult bald eagle drying in the sun spotted by our board president while kayaking near Hudson River Islands and Stockport Station Depot

What did I miss? Diving In

A New Strategic Plan

In 2020, ASCR started developing a strategic framework for its actions in the coming years. As part of this on-going work, our board members have defined the vision of our chapter as *a Capital Region where people, birds, and other wildlife thrive in a healthy environment* and an updated chapter mission statement:

The Audubon Society of the Capital Region is a volunteer community which connects people to nature and inspires them to protect birds and their habitats, today and tomorrow.

Working alongside Karen, through interviews, meetings and surveys we mapped out different environmental threats that have been identified by local conservation organizations. We are very grateful to all organizations and individuals that participated in this process. It truly helped us gain a better understanding of our community's expectations for our chapter!

Our board has also begun developing an action plan for the coming years, based on your feedback. Our actions will aim to make a difference locally through education and will strongly align with the National Audubon and Audubon NY's conservation priorities, specifically bird friendly communities and climate change.

Therefore, our chapter will focus on:

- ✂ Sharing locally-relevant, science-based information on those topics starting with our newsletter.
- ✂ Offer education programs for individuals regarding actions they can take to make a difference:
 - ✂ On June 1st our volunteers Eliza and Laetitia partnered with The Saratoga Plan for an "Intro to Birding" webinar. Which drew than 100 participants!! We had a great time learning how to recognize birds from our backyards and local preserves.
 - ✂ Our next Webinar topic will be geared toward reducing and preventing bird window collisions at home. More information to come as our board members actively develop this topic.
- ✂ Partner with local organizations to set-up conservation projects to make our community more bird-friendly from Avian Architecture (Bluebirds boxes) to native plant garden for example.

Given the current Covid-19 projects, we are working on online programming for the coming months while preparing conservation projects for next year.

Climate watch

Audubon's Climate Watch is a community science program that explores how North American birds are responding to climate change. According to National Audubon's 2019 climate change report, [*Survival By Degrees*](#), **"up to two-thirds of North American birds are vulnerable to extinction due to climate change"**. In response, thousands of people asked how they could help make the world a better place for birds. National Audubon provided us a way! Using specific survey protocols, anyone can help National Audubon learn more about how birds are responding to the changing climate. These surveys focus on bluebirds, nuthatches, goldfinch, towhee and painted bunting and have been conducted across the United States. Data collected help test the predictions in Audubon's Birds and Climate Change Report.

Thanks to the pilot phase of the Climate Watch between 2016 and 2018, a peer-reviewed article published in April 2020 has confirmed projections made earlier by National Audubon; that rising temperatures and changing precipitation patterns will likely result in the colonization of new territories by North American birds ([Click here to view the article](#)). Further, the efforts of community scientists across the country have allowed real-time observation of these disruptions and will guide **"conservation efforts for the colonization of new, favorable Territories"**.

Our Audubon Society of the Capital Region board members have been educating themselves regarding this citizen science program and will be working as a local coordinator. ASCR's role, as a local coordinator is to engage and train participants to conduct Climate Watch surveys and ensure data is submitted to the national Climate Watch team. Climate Watch is conducted twice per year — January 15 to February 15 and May 15 to June 15. This spring, three of our board members each performed surveys of Eastern Bluebirds from Albany to Troy, familiarizing ourselves with survey protocol and preparing us to teach new participants. Stay tuned for our call to recruit participants for the next survey period!

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.

We're trying out hand at virtual events!

Please join our mailing list to remain privy to our upcoming events! Keep your eyes peeled for our next Webinar focused on Reducing and Preventing Bird Window Collisions in your home!

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

The Cedar Waxwing is...



PC: Tom Gannon. Sourced from: Allaboutbirds.org

- ✧ A gregarious, medium-sized bird, mostly brown, grey and yellow—with a yellow band on the tip of the tail and a pale yellow belly.
- ✧ Named for its red wax-like wing tips.
- ✧ It weighs 1.1 oz and is only 5 - 9 in.
- ✧ Is a native of North & Central America.
- ✧ Breeds in open wooded areas in southern Canada and...
- ✧ Winters in the southern half of the United States, Central America, and far NW South America.
- ✧ These birds travel in flocks. Are highly nomadic and are not endangered.
- ✧ Its diet includes cedar cones, fruit, and insects. Its habitat is open woodlands, fruiting trees, & orchards.
- ✧ They swallow their food whole so prefer small fruits & berries. They often descend on berry-laden trees and hedges, briefly hovering while plucking the berries for their feast.
- ✧ Cedar and maple trees are some of their preferred trees for nesting.
- ✧ Incubation ranges from 12 to 16 days and is carried out by both parents.

Trivia: A group of waxwings are collectively known as an "ear-full" and a "museum" of waxwings.

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! Especially as we begin our journey with our new strategic plan!

No experience necessary! Just a positive attitude and desire to help!

Contact us at:
volunteer@capitalregionaudubon.org

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



Conservation Corner

Plant This Not That

Many flowers, shrubs and trees that you find in your garden and sold at garden centers are not native to our area and can become invasive in the wild, taking over the native species that bees, butterflies, animals and birds depend on for nectar and berries.

We strongly recommend planting native species. They are adapted to our soil, climate and are more disease resistant. Plus, they offer the most benefit to our local birds and pollinators.

Plant These! (Some common native species):

✿ **Shrubs:** Arrowwood, Lowbush Woodland Blueberry, Black Elderberry, Red-Berried Elderberry, Black Chokeberry, Red Chokeberry, Gray Dogwood, Red Twigged Dogwood, Dwarf Fothergilla, Native Hydrangea, Ozark Witch Hazel, Wild Red-Flowered Raspberry, Serviceberry, Spicebush, Summersweet, Winterberry

✿ **Trees:** Canadian Hemlock, American Mountain Ash, Eastern Redbud tree

Not these! (Common non-native trees and shrubs):

✿ Japanese Barberry, Burning Bush, Black Locust, Norway Maple

Native Plant Nursery:

✿ Gade Farm, 2479 Western Ave, Altamont, NY
✿ Wild Things Rescue Nursery, 209 Brundige Rd, Valley Falls, NY
✿ Helia Native Nursery, West Stockbridge, MA

May sell native plants:

✿ Becker's Farm, Rensselaer, NY
✿ Black Creek Nursery, Altamont, NY
✿ Faddegons Nursery, Latham, NY
✿ George's Landscape & Nursery, Latham, NY
✿ Kulaks Nursery, Rexford, NY
✿ Saratoga Tree Nursery, Saratoga Springs, NY
✿ Sunnyside Gardens, Saratoga Springs, NY
✿ Toadflax Nursery, S. Glens Falls, NY

Finally, local garden clubs and small vendors may also carry native plants, so keep your eyes out for their sales.

ACTIVITIES

Word Bank

Invasive species

Native Plants

Blue Bird

Climate Change

Field Survey

Binoculars

Summersweet

Black Elderberry

Flight Call

Chip

Cedar Waxwing

Summer Word Search

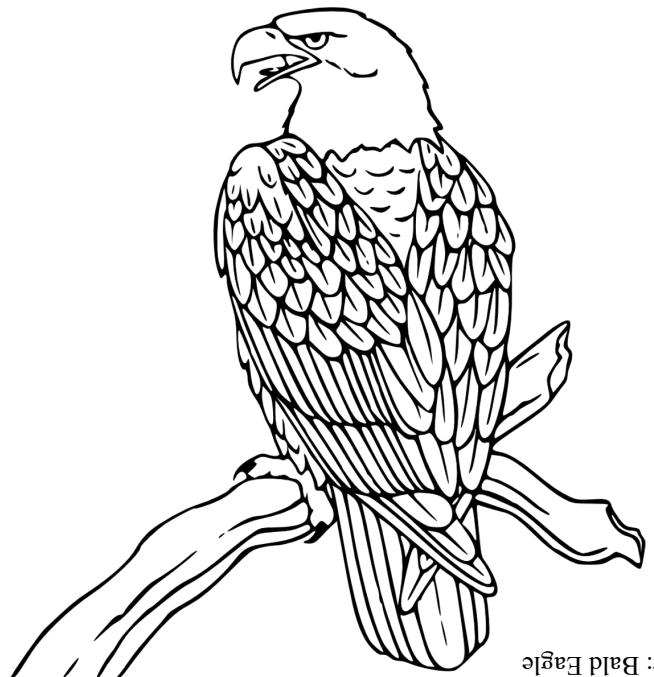
I	E	D	B	G	F	F	M	I	D	L	E	I	F	G	L	Y	E	S	E
C	P	T	O	I	L	P	N	T	Q	H	L	C	J	N	N	T	Q	U	R
X	H	O	A	I	N	V	S	S	F	M	D	W	Q	I	N	K	L	R	A
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H	J	A	G	D	Q	S	U	M	M	E	R	S	W	E	E	T	I	W	R
L	N	L	Q	U	T	M	P	V	D	D	Y	S	T	N	Y	K	P	W	I

Provided by Discovery.com

See if you can spot
every word on the list!



Do you know this bird?
Color me in!



Answer: Bald Eagle

Image by: <https://www.bestcoloringpagesforkids.com/bald-eagle-coloring->



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: Vacant
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!

Audubon Society
of the Capital Region
P.O. Box 14135
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!!