



WINGBEATS

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

-Autumn 2021-

Lawson's Lake Bird Walk Planned

Please join the Audubon Society of the Capital Region (ASCR) for a Bird Walk at Lawson's Lake on October 2, 2021, starting at the Administration Building at 8:30 AM. The walk will be led by Eric Latini. This event will be capped at 15 people.

Information has been posted on our website; to register, please go to <https://www.signupgenius.com/go/10c0b49a8a72fabfe3-lawsons>. Any questions should be directed to capitalregionaudubon@gmail.com.

Please be mindful that current social distancing and face mask guidelines will be followed. It is strongly suggested that you bring a mask with you and wear it when you are within proximity of others. Hand sanitizer is recommended, especially if sharing equipment. A few pair of clean binoculars will be available to borrow if needed.

Suggestions for future walks are always welcome. Details for all walks will be posted on our website (<https://www.capitalregionaudubon.org/>) and Facebook page (<https://www.facebook.com/theASCR>).



In This Issue...

Fall Bird Walks.....	1
Bird Seed Sale Flyer.....	2
Bird Seed Sale Order Form.....	3
Lights Out Program.....	4
Book Review, Berry Bushes.....	4
Get Involved!.....	5-6
Activities.....	7
Chapter Leadership Information.....	8

Tivoli Lake Bird Walk Scheduled

The Friends of Tivoli Lake Preserve and Farm are hosting a fall bird walk on Saturday, October 9, 2021, from 9:00 AM – 11:30 AM. After an introduction by the Audubon and Tivoli leaders, the walk will be slow and quiet, with many stops to listen and to scan with binoculars and the naked eye. Participants will learn how to identify birds by sound as well as by sight, their habitats, and their food sources.

Attendees will also learn about Tivoli Lake and its trails, courtesy of Kim Tateo, Executive Director and Farm Manager of Friends of Tivoli Lake and Farm, Inc. The walk will begin off of the trail at the Judson Street and Livingston Avenue parking lot. The event is free but donations are gratefully accepted. The walk will be capped at 15 attendees.

The following COVID-19 protocol will be followed:

- Participants must be free of COVID related symptoms. Please note: if you are showing signs of COVID-related symptoms and cannot attend the session, you will have the option to request a refund of your donation.
- We will ask participants to maintain social distance (6') from one another.
- Mask policy: We kindly ask that you wear a mask while walking alongside others and within enclosed spaces. Please feel welcome to remove your mask when socially distant. It is our goal to create a safe and inclusive space to connect with ourselves, each other and the Earth. We recognize that everyone within our community has different health needs and access to health care. Because of this, FOT has decided to maintain its mask policy. If you have any questions, please feel welcome to reach out to our staff. We thank you greatly for your time energy and understanding and look forward to sharing a beautiful 2021 season with you!

For more information and to register, go to <https://www.eventbrite.com/e/audubon-society-bird-walk-tickets-166961158319>. Questions about Friends of Tivoli Lake Preserve and Farm, Inc. can be directed to kim@friendsoftivoli.org.



ANNUAL BIRD SEED SALE

The Audubon Society of the Capital Region will be hosting its Annual Bird Seed Sale. This is a great opportunity to help our organization while stocking up to feed your favorite backyard birds over the winter months. We will be taking orders **September 1 through October 3, 2021**. Purchase seed with us and pay *no tax*!

Help support your local chapter of the National Audubon Society!

Order Online at www.capitalregionaudubon.org/store or send a completed order form (next page) and payment to our P.O. Box.



Get your suet & seed
for winter bird feeding!

Your purchase is TAX
FREE!

Keep your backyard
birds happy & fed
through winter!



AUDUBON SOCIETY OF THE
CAPITAL REGION

P.O. Box 14144
Albany, NY 12212-4144

www.capitalregionaudubon.org



2021 BIRD SEED SALE FUNDRAISER ORDER FORM

First Name _____ Last Name _____
 Email Address _____
 Phone Number _____ Cell _____
 May ASCR text your cell for seed pick up reminders? Yes _____ No _____
 Address _____
 City _____ State _____ ZIP Code _____

ORDER DEADLINE: SUNDAY, OCTOBER 3, 5:00 PM

PRODUCT PICKUP: SATURDAY, OCTOBER 16, 9AM - 11AM William K. Sanford Library, 629 Albany-Shaker Road, Loudonville, NY

Please ensure that you pick up your bird seed on the pick-up day. **ASCR is unable to store any bird seed.**

Seed and Suet Purchases are TAX EXEMPT and support the mission of the Audubon Society of the Capital Region.

Bird Seed selection features products from Aspen Song—All Natural Wild Bird Aspen Song mixes are designed to provide the best possible nutrition with the broadest possible appeal to our backyard visitors.

Black Oil Sunflower—20 lb. bag

The soft seed hulls allow the food value of the nutmeat to be easily accessed by all of the seed-eating birds. This is the best single ingredient choice for attracting the most colorful songbirds.

Quantity	Price	Total
_____	\$23	\$_____

Sunflower Kernels—25 lb. bag

Sunflower seeds with the shell removed means that every bird species can access the nutritional value of the sunflower kernel. No accumulation of empty shells here!

_____	\$53	\$_____
-------	------	---------

Value Blend—30 lb. bag

This general purpose mix is great for attracting ground-feeding birds like Dark-eyed Junco, Mourning Dove, Tree Sparrow, Eastern Towhee, etc. Includes Red Milo, Cracked Corn, White Proso Millet and Sunflower.

_____	\$22	\$_____
-------	------	---------

Ultimate Blend—20 lb. bag

Ultimate Blend—40 lb. bag

A corn-free mix that includes Black Oil Sunflower, White Proso Millet, Black Stripe Sunflower, Peanuts, Sunflower Kernels, Safflower, Tree Nuts and Shelled Pumpkin seeds.

_____	\$35	\$_____
_____	\$60	\$_____

Choice Blend—20 lb. bag

Choice Blend—40 lb. bag

Over 30% Sunflowers & Peanuts, and includes White Proso Millet, Black Oil Sunflower, Cracked Corn, Peanuts, Safflower and Black Stripe Sunflower.

_____	\$30	\$_____
_____	\$50	\$_____

Nut and Fruit Suet—11 oz. Cakes (1/2 CASE)

Nut and Fruit Suet—11 oz. Cakes (CASE OF 12)

A mix of seeds and nuts will satisfy woodpeckers, sapsuckers, buntings, and more!

_____	\$14	\$_____
_____	\$28	\$_____

Hi Energy Suet—12 oz. Cakes (1/2 CASE)

Hi Energy Suet—12 oz. Cakes (CASE OF 12)

These suet cakes from Pine Tree Farms provide top quality seeds, grains, peanut butter, and peanuts to attract a variety of wild birds.

_____	\$11	\$_____
_____	\$22	\$_____

Buy a Bag, Donate a Bag. ASCR has partnered with [Project Growth](#) and [Lawson's Lake](#). Please consider donating a bag of seed or half case of suet to Lawson's Lake through ASCR in order to help them attract birds to their Bird Sanctuary that was created by the youth of Project Growth. Your donation is tax deductible.

Yes—please add an additional bag of seed or 1/2 case of suet to my order:

Value Blend 30 lb. bag	_____	\$22	\$_____
Hi Energy Suet (1/2 Case)	_____	\$11	\$_____

ASCR Chapter Supporter Membership (1 year)

Your membership contribution helps to support our mission to protect and maintain ecological systems, promote wise use and conservation of natural resources, and improve environmental quality. Please support your local chapter. Membership will expire 12/31/2022.

_____	\$20	\$_____
-------	------	---------

ASCR Additional Donation

Please enter amount \$_____

Your donation helps to support the many programs of ASCR throughout the year including educational programs, conservation efforts, and the protection of birds and their habitats. All donations are tax deductible as allowed by law. ASCR is a 501(c)(3) non-profit organization

Please calculate your order total and enter.

ORDER TOTAL \$_____

Mail this order form with your full payment by check to: Audubon Society of the Capital Region, PO Box 14144, Albany, NY 12212-4144. **Orders must be received by ASCR by Sunday, October 3,** so please plan accordingly for mail orders.

To ORDER ONLINE: please visit www.capitalregionaudubon.org/store. Email capitalregionaudubon@gmail.com with questions.

Lights Out : Providing Safe Passage for Nocturnal Migrants

From the Audubon.org Website

Every year, billions of birds migrate north in the spring and south in the fall, the majority of them flying at night, navigating with the night sky. However, as they pass over big cities on their way, they can become disoriented by bright artificial lights and skyglow, often causing them to collide with buildings or windows.

While lights can throw birds off their migration paths, bird fatalities are more directly caused by the amount of energy the birds waste flying around and calling out in confusion. The exhaustion can then leave them vulnerable to other urban threats.

Dozens of species are affected, including priority species—those we have identified as most in need of and most likely to benefit from our help—such as the Allen's Hummingbird, Wood Thrush, and Golden-winged Warbler. Just one building can cause major problems for birds in the area; within one week in 2017, nearly 400 passerines (warblers, grosbeaks, etc.) were caught in the [floodlights of a 32-story Texas skyscraper](#) and killed via window collisions.

Audubon's Lights Out program is a national effort to reduce this problem.

The strategy is simple: by convincing building owners and managers to turn off excess lighting during the months migrating birds are flying overhead, we help to provide them safe passage between their nesting and wintering grounds.

Contribute to Lights Out

- Turn off exterior decorative lighting
- Extinguish pot and floodlights
- Substitute strobe lighting wherever possible
- Reduce atrium lighting wherever possible
- Turn off interior lighting especially on higher stories
- Substitute task and area lighting for workers staying late or pull window coverings
- Down-shield exterior lighting to eliminate horizontal glare and all light directed upward
- Install automatic motion sensors and controls wherever possible
- When converting to new lighting assess quality and quantity of light needed, avoiding over-lighting with newer, brighter technology

Turning off bright lights helps birds move on within minutes, as discovered by the Cornell Lab of Ornithology and New York City Audubon during the annual 9/11 memorial in New York City. [Hundreds of birds are caught in the memorial's beams](#) every year but turning them off for just 20 to 30 minutes at a time greatly reduces the density of birds in the area. Taking more steps to decrease the amount of light our buildings emit minimizes unnecessary bird deaths saves money by reducing energy consumption, and supports your or your organization's sustainability goals.

For more information on the Lights Out program and to read about existing Lights Out programs, go to <https://www.audubon.org/lights-out-program>.

Berry Bushes: Natural Bird Feeders

by Carol Quantock



Many of us are gardeners as well as birders, so using our plantings as food and shelter for our winged friends is almost a “no-brainer”. Now is a great time to contact local native plant sellers to purchase berry producing shrubs and trees. End-of-season sales are happening right now, so be on the lookout for shrubs

and trees to plant this fall. Some suggestions for our area include:

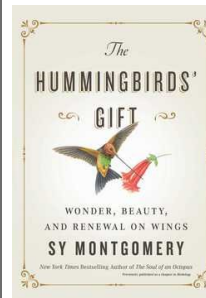
- American Beautyberry (*Callicarpa americana*)
- American Cranberry (*Viburnum trilobum*)
- Dogwood (*Cornus spp.*)
- Elderberry (*Sambucus spp.*)
- Juniper (*Juniperus spp.*)
- Red Chokeberry (*Aronia arbutifolia*)
- Serviceberry (*Amelanchier spp.*)
- Snowberry (*Symphoricarpos albus*)
- Viburnum (*Viburnum spp.*)
- Winterberry (*Ilex verticillata*)

All these plants provide beauty with their flowers, followed by fruit for wildlife (humans, too, in some cases), serve as host plants for butterflies and moths, and shelter/cover.

Fall Book Review

The Hummingbirds' Gift: Wonder, Beauty, and Renewal on Wings

by Sy Montgomery



Sy Montgomery has written many books about encounters with animals (*How to be a Good Creature*, *Soul of an Octopus*, and *The Good, Good, Pig*, just to name a few). Her latest book explores the fascinating world of hummingbirds.

Brenda Sherburn is a wildlife rehabilitator. At her invitation, Sy Montgomery joins her to help rehabilitate two orphaned baby hummingbirds. Montgomery details her experience helping to save these two little birds while providing fascinating facts and information about hummingbirds.

In this book, you get to know the two baby hummingbirds as individuals, while at the same time learning about hummingbird biology and ecology.

If you haven't picked up this little gem of a book yet, I encourage you to do so—it is simply lovely.



—Jennifer Ford



Get Involved!

After defining our vision, mission statement, and niche, ASCR has defined the threats to birds that we would like to focus on as well as the tools we will use to do it.

We have written an action plan for the 2021-2024 period to define which programs we would like to implement each year regarding strategy, community engagement, funding, bird-friendly communities, climate change, birding for beginners, conservation, etc. This action plan was voted on during our December Board meeting on December 14th, 2020 and can be accessed on our website.

Our chapter is run only by volunteers. Therefore, the more volunteers we have, the more we will be able to do. You don't have to be a board member to participate. You can join us simply as a volunteer to help out with one or more programs.

Send us an email to capitalregionaudubon@gmail.com to ask about attending our board meetings, and bring a potential member.

Board Meetings to Resume in September *Second Monday of every month*

In-person meetings will resume on September 14, 2021 (a Tuesday instead of our usual Monday). We will meet at the Good Shepherd Lutheran Church, 510 Albany Shaker Road, Loudonville, 12211 at 6:30 PM. We welcome all who have interest in our chapter, what we do, how we do it and how you might contribute.

Contact us at: capitalregionaudubon@gmail.com for more information.

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

AUDUBON SOCIETY OF THE CAPITAL REGION PLANS TWO FALL BIRD WALKS

ASCR is offering two fall bird walks (see page 1), one at Lawson's Lake and one at Tivoli Lake Preserve in Albany in October.

Winter walks are always a possibility: we won't see the variety of species we see in the spring and summer, but owls, eagles, and "winter" passerines are active.

If you are interested in attending or assisting with bird walks or future events, please email capitalregionaudubon@gmail.com.

BALD EAGLE WATCHERS STILL NEEDED

Do you love to watch birds and wildlife? Do you enjoy spending time outdoors? Are you looking for ways to volunteer that allow you to do both of those things? Then Bald Eagle Nest Watch might be for you!

In this fun and flexible program, volunteers monitor a Bald Eagle nest once a week, and submit observations via an online citizen science website (citsci.org). The data are used by the NYSDEC to help monitor Bald Eagle nests, and success rates, in this area. **The next watch will begin in January 2022 and run through June.**

Please contact our new Bald Eagle Nest Watch Coordinator, Sean Hogan, at hogan1858@hotmail.com for more information.

ANNUAL SEED SALE (FALL 2021)

This event is one of our largest undertakings. Teresa and Fred have been instrumental in coordinating the sale from orders to delivery these

(continued on page 6)

Get Involved!

(continued from page 5)

last few years, but it takes a team and some serious planning to really run smoothly. If you are interested in helping set up this fall's sale, we will be looking for about 2-4 people to help us out. Please check out the details on page 2 and the order form on page 3 as well as on our website and Facebook page.

BIRD WINDOW COLLISION PROGRAM ADVOCATES

Bird-window collisions occur on average one million times a day in the USA and it is one of the top three human causes of bird mortality worldwide. Our chapter delivers presentations about this problem to educate people and provide solutions to reduce the threat of their windows. We are still looking for advocates ready to deliver a presentation once or twice per year. The presentation is ready to use with slides and notes included. We train you and partner you with someone experienced! We are hoping to reach new audiences but need our volunteers!

If you are not comfortable with public speaking but feel this project speaks to you, you can help us by making window collision deterrent products available locally (contact us for details).

CLIMATE WATCH PROGRAM SURVEYORS

Audubon's Climate Watch is a new community science program that explores how North American birds are responding to climate change. We are looking at participants willing to conduct surveys for Eastern Bluebirds once annually, between May 15 to June 15. Locations include the Albany Pine Bush Preserve, Five Rivers, Vischer Ferry, Schodack Island, Troy/Cropseyville and can be completed at your leisure. We are also looking for volunteers to help coordinate the program – including recruiting and training participants, assisting volunteers in planning and conducting Climate Watch surveys, and ensuring that the data collected is submitted to the national Climate Watch team.

BIRDING FOR BEGINNERS WEBINAR (BIRDING 101)

Our chapter has set up a webinar to educate our community on the basics of birding (when and where to bird, how to use binoculars, which clues should you collect in the field to identify birds).

The presentation is ready to use with notes for each slide and we will train and partner you with somebody who has already delivered the program. We aim to offer this program two or three times in 2021 (please know we will do this as a team, you are not required to offer more than one presentation). You can also help us by reaching out to local libraries and preserves to organize the webinar without delivering the presentation yourself.

BIRDING FOR BEGINNERS (WALKS)

Depending on the COVID-19 situation, we will continue offering our birders' walks, and would like to start planning for winter and spring events. If you would like to assist us in sponsoring a bird walk, that would be great!

CONSERVATION (TANGLE TAINERS)

The ASCR has set up containers for fishermen to collect wastes from fishing to decrease instances of birds getting trapped by fishing lines. Our volunteers Eric and Fred collect the content of these containers on a regular basis. If you would like to help them for the maintenance or help set up more containers, we would love to have you!

NEST BOX BUILDING

We would like to resume the nest box building program through workshops with children and families as soon as possible. No woodworking skills are needed. This position focuses on coordinating the program.

Message us at
capitalregionaudubon@gmail.com
if you're interested in learning more!



ACTIVITIES





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: Krista Galliher
Correspondence Officer: Fred Bockis
Treasurer: René Facchetti, Krista Galliher
Recording Officer: Lindsay Homenick

Directors

Jennifer Ford
Eric Latini

WebMaster: René Facchetti
WebAdmin: Vacant
Newsletter Editor: Carol Quantock

Board Meetings are held on the second Monday of every month. We discuss upcoming events and make decisions that guide this chapter for the year.

Please join us!

Email
capitalregionaudubon@gmail.com
for more information!

**Audubon Society
of the Capital Region**
P.O. Box 14144
Albany, NY 12212-4144
www.capitalregionaudubon.org

Questions?

Email: capitalregionaudubon@gmail.com

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. 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!!