



WINGBEATS

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

-Autumn 2022 -

Bird Seed Sale 2022 A Resounding Success

ASCR President Teresa Murphy reports that this year's Bird Seed Sale was the most successful ever, with a total of 123 items sold at a gross profit of \$3,739.00. The ASCR Board wishes to thank everyone who purchased seed, suet, or mealworms, and is especially appreciative of seed/suet donations to Lawson's Lake. Reminder: pickup of seed orders will be held on Saturday, October 22, from 9:00—11:00 AM in the parking lot of the W. K. Sanford Public Library, 629 Albany-Shaker Road, Loudonville. ASCR volunteers will be on hand to load your order into your car.

Article Contributions Always Appreciated!

Your editor is always on the lookout for articles for *Wingbeats* or suggestions for articles for future issues. Your submission need not only concern itself with birds: in this and past issues, we've covered climate change, gardening for wildlife and pollinators, and other nature-related subjects. Please contact Carol Quantock at cquantoc@nycap.rr.com for information and to submit articles. *Wingbeats* is published quarterly in the spring, summer, fall, and winter.



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Lawson's Lake Fall Fest - October 15, 2022

by Carol Quantock

Audubon Society of the Capital Region (ASCR) members will be present at the Lawson's Lake Fall Fest, which will be held on Saturday, October 15, 2022, from 11:00 AM to 4:00 PM, at 293 Lawson Lake Road, Feura Bush. We hope you can join us and check out the Project Growth bird house sanctuary that ASCR assisted with. For directions and details, go to <https://www.albanycounty.com/departments/recreation/lawson-lake-county-park>.

Autumn in the Arboretum - October 22, 2022

by Carol Quantock

Audubon Society of the Capital Region (ASCR) members will also be present at the Fourth Annual Autumn in the Arboretum, which will be held on Saturday, October 22, 2022, from 11:00 AM to 3:00 PM, at the Pine Hollow Arboretum, 34 Pine Hollow Road, Slingerlands. We hope you can come chat with us and learn more about birds and their habitats. Go to <https://pinehollowarboretum.org/> for more information and tickets.

Conservation Corner

Reprinted from NYSDEC Website

Do Not Feed Wildlife

Numerous problems arise when we feed wildlife. The intention may be to have a closer encounter with wildlife, to help animals in the winter, or to increase the number of available game animals. However, feeding wildlife interferes with a natural healthy balance between wildlife populations and their habitat.

Why Feeding Wildlife Does More Harm than Good

A Threat to Human and Animal Safety

As wild animals are fed they become used to the presence of people. Animals like coyotes and black bears can become a potential threat and can harm both humans and pets. Additionally, more vehicle collisions may occur as deer are drawn closer to roads nearby homes.

Wildlife Overabundance

An overabundance of wildlife damages natural habitat and creates nuisance issues with humans. For example, overabundant deer populations can result in increased damage to natural forest habitat from over-browsing, agricultural crop loss, and automobile collisions. Deer can cause damage to gardens and landscape plants. Bears and raccoons raid garbage and pet food. Abundant geese and other waterfowl lead to increased droppings.

Increased Risk of Disease Spread

In the wild, animals naturally disperse across the landscape. However, food promotes the concentration of animals into a small area. This increases the potential for diseases to spread. Food gets contaminated with feces, saliva, and urine, which easily harbor infectious disease-causing micro-organisms like bacteria, viruses, prions, or fungi. Once introduced, animal diseases like Chronic Wasting Disease in deer are difficult to eliminate and some can be transmitted to humans (zoonosis).

Ducks and geese, among other waterfowl, may willfully eat human foods like crackers, bread, cornbread, cake, pie crust, commercially-available breadcrumbs, and popcorn. However, these items have very little nutritional value and are poor substitutes for their natural foods. Putting out this type of scrap food may also attract predators and put these birds in danger.

Malnutrition in Wildlife

Human foods do not offer a healthy diet for animals. When wildlife become reliant on the food source at hand, they stop feeding on the variety of natural foods they need in their diet for proper nutrients. Feeding the wrong diet to a newborn animal can cause permanent damage to developing muscles, bones and tissues. Young wildlife may not learn to feed normally, which decreases its chance of survival. Plastics and other waste from raided garbage bags are also harmful to animals.

Unnatural Behavior of Wildlife

Animals that become reliant on an abundant year-round food source may not migrate during the normal time of year. Fed animals also become more aggressive towards each other and towards humans as they lose wariness. This results in animals becoming devalued and losing the quality that most people like about wildlife - their "wildness."

Wildlife Feeding is Illegal for Deer, Bear, and Moose in New York State

- *To take action against many of these issues, DEC has implemented rules and regulations that prohibit the intentional and unintentional feeding for several species of wildlife, including: deer and moose feeding regulations and bear feeding regulations: (<https://govt.westlaw.com/nycrr/Document/I21edc492c22211ddb7c8fb397c5bd26b?viewType=FullText&originationContext=documenttoc&transitionType=CategoryPageItem&contextData=%28sc.Default%29>).*
- *"Feeding Wildlife...Just Say No!"- This 34-page booklet produced by the Wildlife Management Institute discusses the many issues related to feeding wildlife (<https://wildlifemanagement.institute/store/product/2>).*



6 Surprising Flowers You Never Knew Are Invasive

by Kaitlin Stainbrook
Reprinted from Birds and Blooms Website

Before these invasive flowers run amok in your garden, learn how to spot them and discover what flowers you can grow instead.

Avoid Growing These Invasive Flowers

It's hard to fault a plant for growing and spreading (that's what plants do, after all!), but invasive flowers are another story. Nothing strikes more fear in a gardener's heart than discovering that the gorgeous plant they incorporated into their landscape last year is now taking over and refuses to be evicted. Not only will these aggressive plants crowd out the rest of your garden and spoil what you've worked so hard on, they can have devastating effects on local wildlife.

Besides the six invasive flowers listed below, you should also avoid planting wildflower seed mixes, which can include harmful plant species. If you're not sure if a new-to-you flower is invasive or not, go online. The Invasive Plant Atlas of the United States (invasiveplantatlas.org) and the United States Department of Agriculture Plant Database (plants.usda.gov) are two good options for invasive flower research. Or check to see if you have a local master gardener program or botanical chapter in your area.

Baby's Breath

Gypsophila paniculata

Although it has a cute name and delicately white flowers that bloom in loose clusters in July and August, baby's breath is a perennial herb originally from Eastern Europe and considered invasive. During wedding season, you'll find it in plenty of bouquets and corsages. It's a popular filler flower in ornamental gardens. Baby's breath isn't always a problem, but it's particularly invasive in sandy dunes along the Great Lakes where it stabilizes the soil and prevents native plants, like pitcher's thistle, from gaining a foothold. A single baby's breath plant can spread 14,000 seeds!

Instead Try: Heath Aster or Flowering Spurge

Lily-of-the-Valley

Convallaria majalis

Lily-of-the-valley is an invasive flower that spreads slow and steady via its root system. What makes it great as a ground cover plant (it's low-maintenance, does well in shade and often thrives where other plants fail), also makes it a formidable invader as it grows past its flower bed or border. You'll recognize lily-of-the-valley by its tiny, bell-shaped blossoms and sweet scent. All parts of this plant are poisonous, so wear gloves if you choose to grab a spade and go to war with lily-of-the-valley.

Instead Try: Bunchberry or Starry False Lily-of-the-Valley

Queen Anne's Lace

Daucus carota

The colonists brought Queen Anne's Lace to North America where the wind quickly spread seeds across fields, meadows and pastures. A member of the Parsley family, there are a lot of legends about how this invasive plant got its name, including one story about a lace-making contest by Queen Anne II. (She challenged her ladies-in-waiting to make lace as dainty and intricate as the white bunches of blooms of Queen Anne's Lace.) Look closely at its bloom clusters, and you'll usually see a small dark purple flower at the center of each one.

Instead Try: Milk Parsley or Bishop's Flower

(continued in next column)

(6 Surprising Flowers, continued from previous column)

Dame's Rocket

Hesperis matronalis

It's easy to mix up the white, pink, and purple flowering stalks of dame's rocket with other native flowers, like blue or woodland phlox. (Spot the difference by counting the flower petals. Phlox has five, but Dame's Rocket has four.) It spreads via seed and is invasive across North America. Gardeners sometimes end up introducing Dame's Rocket without meaning to, because it's regularly included in wildflower seed mixes.

Instead Try: Fireweed or Penstemon

Orange Daylily

Hemerocallis fulva

Daylilies, particularly orange daylilies, are common along roadsides (hence, their nickname "ditch weeds") and a popular enough plant that it's almost hard to believe they're not native. (In fact, all daylilies originate from Asia.) Despite their common name, they're not true lilies. You can easily tell by comparing the multiple-stemmed daylily to the single-stemmed true lily. Also unlike lilies, daylilies spread through their tuberous roots and once they've made a home in your garden, they're incredibly hard to get rid of.

Instead Try: Butterfly Weed or Wood Lily

Creeping Bellflower

Campanula rapunculoides

Introduced from Eurasia as a pretty choice for ornamental gardens, the creeping bellflower quickly snuck out of gardens. It can now be found in grasslands, fields, roadsides, woods and more. Spot it by the purple, bell-shaped flowers that grow along one side of its stem. Once its creeping roots make its way through soil, it's difficult to eradicate. This invasive plant is considered a "noxious weed" for a reason.

Instead Try: Northern Bluebells or Virginia Bluebells

Native Plant Garden Installed at Regeneron Pharmaceuticals

by Carol Quantock

In response to the successful lectures at Regeneron Pharmaceuticals earlier this year, Teresa Murphy and Carol Quantock were asked to assist Regeneron personnel in creating a native plant garden at the One Global View facility. The objective of the garden is to increase pollinator habitat as well as increase awareness of the importance of native plants to the environment.

Some of the plants that were planted by employees, under the guidance of Brandon Bleyl, Environmental Health and Safety expert at Regeneron, ASCR President Teresa Murphy, and ASCR VP Carol Quantock, were: New York Ironweed, Swamp Milkweed, Butterfly Weed, Showy Goldenrod, Blue Mistflower, Purple Coneflower, Wild Blue Indigo, Black-eyed Susan, Great Blue Lobelia, Red Bee Balm, and Beardtongue.

Plans are underway for expansion of the garden beds in the Spring of 2023 as well as the installation of mesh fencing to prevent deer, rabbit, and woodchuck damage.

Bird of the Quarter

Reprinted from the National Audubon Society Website

Dark-eyed Junco



PC: National Audubon Society

Juncos are a popular and widespread winter visitor to almost all of the United States from the boreal forests of the North and high mountains. They prefer mixed woods and coniferous habitat, but they are staples of backyards, where they bounce around under feeders foraging and eating spilled seeds. The eastern version of the junco—the dark-eyed one, pictured above—features a white belly and a slate head and back, but there are a few different subspecies of the bird that vary geographically.

Good bird fact: Dark-eyed Juncos are colloquially known as “snowbirds” due to their sudden appearance throughout much of the country when the temperature starts dropping. The term is often used for a variety of winter birds, but juncos are the true snowbirds.

Bird Word: Peregrination

by Fred Bockis

Peregrination: This word is an obvious ‘Bird Word’. It’s Latin for ‘foreigner’. It once meant ‘alien’, but now is used as ‘tending to wander’. It describes a falcon traditionally captured during its first flight or ‘pilgrimage’ from the nest. Peregrinate also means ‘to travel especially on foot’. It refers to any kind of long, wandering journey.

They’re Baaaaaaack!

by Carol Quantock

And all of a sudden, it’s fall, and we’re witnessing another one of nature’s spectacular color and light shows. Leaves have been dropping little by little for over a month, but very soon the high winds and rain of late October and throughout November will render deciduous trees bare and leafless. We will be raking leaves and trying to stay ahead of the onslaught.

I’ve been keeping my binoculars handy to observe the arrival of the winter backyard birds and have been rewarded this week with a large number of Dark-eyed Juncos, White-throated Sparrows, White-breasted Nuthatches, Red-breasted Nuthatches, Black-capped Chickadees, and Tufted Titmice. The sparrows have been hopping and scratching at the leaves and grass, searching out the goodies that await them, and the rest of them seem to be wondering why we haven’t put out the feeders yet. It’s a bit early, so they’ll have to wait until right after Thanksgiving, after the black bears go into hibernation.

With falling leaves in mind, please pay attention to the excellent advice that so many environmentalists have been imparting to us for several years: **leave the leaves**. Fallen leaves provide cover and overwintering spots for a multitude of insects and amphibians. Raking the leaves or blowing them into a woody area adjacent to your property will help keep insects and/or larvae alive for Spring. (My husband blows the leaves into our garden beds, where they serve as natural mulch.) There is much discussion about whether to chop up leaves before using as mulch, and there are good points for both points of view. The major point of agreement is that you should not bag them up for disposal in a landfill.

As always, I encourage you to contact me at cquantoc@nycap.rr.com with feedback, suggestions for articles, and articles themselves if you’d like to contribute.



News You Can Use

Facts About Butterfly Host Plants

Confused about host plants versus nectar plants for butterflies? It's easy to mistake one for the other when trying to plant the most useful plants to attract breeding butterflies. Here are a few facts to get you started for next Spring:

- ✂ Host plants are the plants on which butterflies lay their eggs. Once hatched, the larvae (caterpillars) will consume the leaves and then move on to their chrysalid stage before eclosing as adult butterflies.
- ✂ Nectar plants are the plants on which butterflies will feed once they are "out and about" and on the wing. This is when they pollinate plants as they fly from one to the next.
- ✂ Many species of butterflies are highly dependent on certain habitats. This is often where the plants that their caterpillars eat are found. For butterflies, it is host plants that determine the place they call home.
- ✂ Even a small pollinator garden will definitely help the effort to preserve endangered butterflies. Yes, even your little plot will help! It would also be a good idea if your neighbors did the same thing, which would result in providing a "corridor" for butterflies.
- ✂ Plant host plants for the butterfly species native to your area. It's tempting to plant host plants for butterflies whose habitats are in different areas of the country, but the likelihood of the species actually visiting the plants is pretty remote. Plant and butterfly species have been co-evolving over millennia, and it's best to stick with the plants that actually attract the native butterflies.
- ✂ Native plants are usually the best choice for butterflies, but non-natives that belong to the same family are adopted by some species, too. Dill, parsley and fennel aren't American plants; they got their start around the Mediterranean. Yet the larvae of the black swallowtail and anise swallowtail will happily munch them all. Monarchs will accept any milkweed species, no matter how far from its native origin it is growing. This isn't always true, though; using certain non-native pipevine species can be fatal for pipevine swallowtails. Do your research before planting.

ASCR Board Meetings

Second Monday of every month

Unless otherwise notified, meetings will be held in person. We'll be meeting at the Good Shepherd Lutheran Church, 510 Albany Shaker Road, Loudonville, 12211 at 6:30 PM. Face masks are optional. This is an easy and meaningful way to get involved. 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.

ANNUAL SEED SALE (FALL 2022)

This event is one of our largest undertakings. Fred and Teresa have been a great team in coordinating the sale from orders to delivery these last few years, but it takes a team and some serious planning to really run smoothly. We're very happy to have several volunteers on hand to assist customers with their orders on pickup day, but we need at least one person to chair the seed sale for 2023. Please consider being an integral part of this worthwhile fundraiser.

This year, there were a few changes in the products that we offered. Due to the ongoing war in Ukraine, sunflower seeds are in shorter supply, and supply chain issues continue to impact product and shipping costs. Updates for the 2023 Seed Sale will be published in this newsletter as well as on our website as they become available.

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

Get Involved!

Great Photos from One of Our Newer Members



Member Douglas Rogers at Montezuma NWF on August 27.



ASCR members Douglas and his sister Margie Rogers toured several national parks during the summer, and graciously shared several photos with us. A Wild Turkey, left, at Zion NP, Utah; at right, a Common Raven at Arches NP, Utah.



Left photo: male Evening Grosbeak; center: male Western Bluebird; right: Wild Turkey hen with one of her poults.



Resources and Useful Websites

Please refer to the list below for organizations, good books, websites, and apps pertaining to native plants and the environment. The winter 2023 Wingbeats will include an updated list of birding websites, books, apps, and other resources for birds.

Books

- Tallamy, Dr. Douglas, *Bringing Nature Home*
- Tallamy, Dr. Douglas, *Nature's Best Hope*
- Tallamy, Dr. Douglas, *The Nature of Oaks*
- Darke, Rick and Tallamy, Dr. Douglas, *The Living Landscape: Designing for Beauty and Biodiversity in the Home Garden*
- Lawson, Nancy, *The Humane Gardener*
- Sousa, Elle, *The Green Garden*
- McGrath, Anne, *Wildflowers of the Adirondacks*
- Lorimer, Uli, *The Northeast Native Plant Primer*
- Mizejewski, David, *Attracting Birds, Butterflies, and Other Backyard Wildlife, Expanded Second Edition (Creative Homeowner) 17 Projects & Step-by-Step Instructions to Give Back to Nature (National Wildlife Federation)*
- Native Plant Shopping Guide, <https://www.hgcnv.org/projects/shopping/> (downloadable guide in PDF format)

Organizations

- Cornell Cooperative Extension of Saratoga County - <http://ccesaratoga.org/>
- NYS Department of Environmental Conservation - https://www.dec.ny.gov/docs/lands_forests_pdf/factnatives.pdf
- iMap Invasives Network - <https://www.imapinvasives.org/>
- New York Invasive Species (IS) Information Partners for Regional Invasive Species Management - <https://nyis.info/prisms/#~:text=PRISMs%20are%20intended%20to%20coordinate,direct%20eradication%20and%20control%20efforts>
- Xerces Society - <https://www.xerces.org/>
- Homegrown National Park - <https://homegrownnationalpark.org/>
- Pollinator Partnership - <https://www.pollinator.org/>
- Sustainable Saratoga - <https://sustainablesaratoga.org/>
- Audubon Society of the Capital Region - <https://www.capitalregionaudubon.org/>
- Wild Ones Capital Region New York Chapter - <https://capitalregionny.wildones.org/>
- Capital District Native Plant Society - <https://www.facebook.com/CapitalNativePlants/>
- Native Plant Trust - <https://www.nativeplanttrust.org/>
- Ecological Landscape Alliance - <https://www.ecolandscaping.org/>
- Lady Bird Johnson Wildflower Center - <https://www.wildflower.org/>
- Missouri Botanical Garden Plant Finder - <https://www.missouribotanicalgarden.org/plantfinder/plantfindersearch.aspx>
- National Wildlife Federation - <https://www.nwf.org/nativeplantfinder/>
- Audubon Society Plants for Birds - <https://www.audubon.org/PLANTSFORBIRDS>
- Pollinator Pathway - <https://www.pollinator-pathway.org/>

Native Plant Sellers and Landscapers

- Amanda's Garden Native Plant Nursery - <https://www.amandasnativeplants.com/> (Ellen Folts, Prop.)
- Wild Things Rescue Nursery - <http://www.dawnswildthings.com/> (Dawn Foglia, Prop.)
- Catskill Native Nursery - <https://www.catskillnativenursery.com/> (Mike Adamovic, Prop.)
- Helia Native Nursery - <https://www.helianativenursery.com/>
- The Plantsmen Nursery - <https://www.plantsmen.com/> (Dan Segal, Owner)
- Jessecology Eco Friendly Landscaping Design & Organic Gardening - <https://jessecology.com/> (Jesse E. Peters, Prop.)
- Front Stoop Gardens, LLC - <http://frontstoopgardens.com/> (Kate Brittenham, Prop.)

Apps

- Merlin Bird ID, Cornell Lab of Ornithology, <https://merlin.allaboutbirds.org/>
- iNaturalist, <https://www.inaturalist.org/>
- Picture This Plant Identifier, https://play.google.com/store/apps/details?id=cn.danatech.xingseus&hl=en_US&gl=US (Google Play)
- Picture This Plant Identifier, <https://apps.apple.com/us/app/picturethis-plant-identifier/id1252497129> (Apple Store)



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Questions?

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***An All Volunteer Chapter Organization of the
National Audubon Society***

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

Please join us!

Email
capitalregionaudubon@gmail.com
for more information!

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 pro-
mote birding and bird education, and to
support other special initiatives, such as the
construction of bird blinds. There are three Chapter
Supporter memberships available:

Individual: \$20.00

**Couple (two persons residing in same home):
\$35.00**

**Family (three or more adults/children residing in
same home): \$50.00**

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 be-
come an ASCR Chapter Supporter!!