

The Fledgling

Newsletter of the Southern Adirondack Audubon Society, Inc.

Vol. 34 No. 1, September-November 2016

Visit SAAS at: <http://www.southernadirondackaudubon.org>

Belize, national parks and snow programs set for fall

Birder and photographer Kevin Watson will present **"Birding in Belize"** on Wednesday, **September 28**, for the Southern Adirondack Audubon Society's monthly program. The talk will be held at 7 p.m. at the **Saratoga Springs Public Library** on Henry Street in downtown Saratoga Springs. It is free to the public.

Belize is an ideal destination for North American birders looking to explore the wonders of birding in the Neotropics. Just a short flight from the United States, it offers good birding infrastructure, a wide diversity of habitats and some dazzling birds. Formerly known as British Honduras, Belize still has some large tracts of protected rainforest, as well as dry savannah, wetlands and a world-famous tropical reef along the coast. This program will present some of the almost 600 species that have been recorded in this small

Join us in Belize!

Our Audubon chapter is organizing a trip to Belize from January 7 to 16, 2017. This trip is now open to the general public.

The deadline is coming up fast! Full payment of \$2900 is due by **October 4**; airfare is additional.

See pages 9 and 10 for details.



Kevin Watson photographed this spectacular Ocellated Turkey in Belize. He'll show his photos in Saratoga Springs on Sept. 28.

country, an introduction to some of the prime birding locations, as well as some "dos and don'ts" for first-time visitors.

Watson is a frequent traveler to the Neotropics, including five visits to Belize. He is co-author of *Hawk Mountain*, a coffee-table book about the renowned hawk watching site in Pennsylvania. His photographs have been published in many local and national publications. Born in London, he is a graduate of Oxford University. He resides in New Jersey.

Local photographers and naturalists Scott Stoner and Denise Hackert-Stoner will offer **"America's National Parks!"** on Wednesday,

October 26, at **Crandall Library** in downtown Glens Falls at 7 p.m.

The year 2016 celebrates the 100th birthday of the National Park Service in the United States. Stoner and Hackert-Stoner will offer a photographic tour of national parks from coast to coast. They will provide an in-depth look at these locations, from the popular large parks to the smaller and lesser known national monuments. They will also touch on some of the challenges that the U.S. faces as it moves into the second century in protecting some of America's greatest assets.

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Southern Adirondack Audubon Society

P.O. Box 4076
Queensbury, NY 12804

<http://www.southernadirondackaudubon.org>

Email:

info@southernadirondackaudubon.org

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2014-2016	OPEN OPEN OPEN
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Board meetings are held monthly except July, August and December. Members are invited to attend. Contact John Loz for details.

Committees:

Newsletter: Joyce Miller
(editor@southernadirondackaudubon.org)
Education: Mona Bearor
(saasmona@gmail.com)
Publicity: Laurel Male
(publicity@southernadirondackaudubon.org)
Conservation: OPEN
Membership: Barbara Beatty
(membership@southernadirondackaudubon.org)

Southern Adirondack Audubon Society (SAAS) is a certified local chapter of the National Audubon Society. The organization's primary goal is to protect the environment by preserving natural habitats and promoting environmental education. The group has more than 500 members in Warren, Washington, northern Saratoga and Hamilton counties in New York State. Contact a board member to find out more about volunteer opportunities.

President's Message

Exploring our chapter's region

By John Loz, SAAS President



Our chapter acquired six new zip codes from Northville north to Blue Mountain Lake this past spring. I decided to explore these new areas this summer and introduce our Southern Adirondack Audubon chapter to the people who live there. In Northville, I set up information tables for the town's National Trails Day event in June, and also at a three-day Woodworking and Fine Arts show in July offered by the local Rotary Club. I met a lot of great people who had some interesting bird stories to share. A few expressed their pride to see Audubon taking an interest in their community! I also dropped off our newsletters and talked about possible future programming with staff at the libraries in Northville and in Speculator, another new town added to our chapter. By the way, the Northville Public Library has a wonderful grassy backyard with Adirondack chairs — a perfect place to relax and read a book while enjoying the view of the Great Sacandaga Lake!

Later in July, I took a trip to another new area, Caroga Lake. There, I decided to hike Kane Mountain (after black fly season!) and take in the beautiful sweeping views of pristine blue lakes and emerald-colored mountains atop the fire tower at the summit. Singing summer birds encouraged me to



reach the top every step of the way. Songbirds also graced my hike around Blue Mountain Lake. I revisited Blue Mountain Lake later to attend a day-long class, "Build your Own Adirondack Pack Basket" at the Adirondack Museum. It was led by an amazing instructor from the [Adirondack Folk School](#), based in Lake Luzerne. Our group of 12 had nine hours to complete our creations before the museum closed that day and by golly, I worked through lunch to make sure that happened! I think I did a pretty good job for a first timer: you be the judge! (See inset, left.) And, I fully intend on using my pack basket on some bird walks, packing my lunch, binoculars, bird guide and foul weather gear as I explore hidden grasslands, wetlands, and forests just as early woodland surveyors did before nylon backpacks were even a notion in the minds of early settlers of the area.

I encourage you to explore our Audubon chapter's new 'western territories' for new birds and even challenge yourself to making something...rustic! And for those of you 'out west', I invite you to Go East! Cross the Hudson River and explore the grasslands and many historic canals and towpaths of Washington County for your own new birding excursion. You may be surprised at what you'll discover.

Volunteers welcomed

The SAAS board invites chapter members to join one of our committees, and perhaps apply to join the board. (We're in need of a secretary right now!) Contact president John Loz for details: president@southernadirondackaudubon.org.

Fall programs

Continued from page 1

America's national parks are a model for the rest of the world, they stated. From Maine's rocky coast to Florida's everglades, through the Great Plains and Badlands, to the mountains and deserts of the west, and on to the unique habitats of Alaska and Hawaii, the stunning beauty of the landscapes and fascinating diversity of wildlife are preserved through the National Park System.

Scott Stoner is past president of both the Audubon Society of the Capital Region and the Hudson-Mohawk Bird Club. Denise Hackert-Stoner is also a past officer of the bird club, as well as a field trip leader. Together, they founded and operate Naturelogues, a small local natural history and photography venture.

Their nature photography has been exhibited widely across New York's Capital Region and published in *National Wildlife* magazine, *The Kingbird*, *New York State Conservationist*, the *New York Wildlife Viewing Guide* and in Anita Sanchez's 2016 book, *In Praise of Poison Ivy*. They have presented numerous programs about the beauty and breadth of the natural history they have experienced while birding and photographing across North America. More of their work can be viewed at <http://www.naturelogues.com> or at <http://www.facebook.com/Naturelogues/>.

Researcher Charlotte Demers will present "**Know Your Snow**" on Wednesday, **November 30**, for the monthly program at **Crandall Library** in downtown Glens Falls at 7 p.m.

Demers is the manager of the Adirondack Interpretive Center, the outreach facility of the Newcomb Campus operated by the State University of New York's College of Environmental Science and Forestry. She has an A.A.S. degree in Environmental Science and a B.S. in Environmental Forest Biology from SUNY-ESF. Her primary research interest revolves around small mammals and their importance in forested ecosystems. She will discuss how snow is formed, the different type of snow flakes and



Scott Stoner and Denise Hackert-Stoner photographed Castle Geyser at Yellowstone, the first National Park that they visited. Their talk will be held on October 26 at Crandall Library in Glens Falls.

why snow is so important to many mammals. She'll offer information on "ice in" and "ice out" dates and the impact of climate change on Adirondack winters.

Please avoid wearing fragranced products to the program to avoid triggering allergies, asthma and migraines in others attending the event.

Before You Recycle: Precycle!

By Mona Bearor, Education Chair

Precycling is the reduction of waste through thoughtful buying decisions. Here are a few ways you can precycle in your everyday life:

- Buy products with the least amount of packaging; buying in bulk helps.
- Use shopping bags/containers brought from home or reuse the shopping bags that you bought the items in last time.
- Try products packaged in boxes made of 100% recycled materials, or in containers that can be reused.
- Avoid purchasing disposable products such as razors, diapers, plastic cutlery, and plates. Choose products designed for reuse such as cloth napkins or rechargeable batteries.
- Check rental agencies to see what is available - then rent rather than buy!
- Before buying something, ask yourself: Do I really need this product? Is there a longer-lasting alternative? Do I need it new or can I buy it used? Is it made locally? Local products drastically reduce packaging material needed for transportation and reduces thousands of pounds of CO₂ emitted during transport.

Asking yourself these simple questions can help you change your buying habits and make a huge impact on the amount of trash we send off to our landfills. Make it a challenge and try it for a month. Note the significant reduction in your volume of non-recyclable trash. Odds are, you'll be impressed and will adopt precycling as part of your day-to-day routine.

Birding by the Month

Watch for migrants

By Mona Bearor, Education Chair

Watch for these bird activities in upcoming months:

September

- Blackbirds, cowbirds, and starlings form huge flocks and perform aerial ballets.
- Look for nighthawks at dusk as they forage for insects on the wing.
- Flooded or plowed fields can reveal migrating shorebirds that have stopped to rest and refuel.

October

- Thrushes and sparrows move through the area on their way south to wintering grounds.
- Check large bodies of water for migrating ducks, loons, grebes, and geese.
- Check shrubby areas near water for lingering warblers.

November

- Keep your eyes on the skies for kettles of raptors and vultures on the move!
- It's not too early for the return of wintering owls and raptors to the grasslands.
- American Tree Sparrow, Northern Shrike, and Dark-eyed Junco return from their breeding grounds.

Listen to BirdNote

The two-minute podcast "Bird Note" is broadcast on public radio each weekday, offering research and facts about bird species and behaviors around the world.

Locally, it's available on North Country Public Radio at about 8:40 a.m. (93.5 FM Lake George, 97.3 FM Glens Falls, 89.9 FM North Creek) or online. You can also listen to the show at <http://birdnote.org/>

Species Spotlight

European Starling

By Joyce Miller, Newsletter Editor

Large swirling murmurations of European Starlings (*Sturnus vulgaris*) are breathtaking to behold in the cold months in New York State. These flocks can look like large wisps of smoke from a distance.

This familiar 8.5-inch bird is not native to North America. We can blame Shakespeare for this invasive bird's presence. An American businessman, Eugene Schiffelin, wanted America to have every bird species mentioned in Shakespeare. He released about 100 starlings in Central Park in Manhattan in 1890 and 1891. Ironically, Shakespeare only mentioned European Starlings once, in *Henry IV Part I*. (Many of the other introduced Shakespearean birds died out.)

These prolific and aggressive birds spread rapidly, reaching California by 1942. Their number is now estimated to be about 200 million, all sharing those original ancestors. Many attempts have been made over the decades to eradicate them, to little avail.

Why do many people not like starlings? European Starlings compete with native bird species for nesting spots, and have evicted native birds ranging from sapsuckers to Wood Ducks and Eastern Bluebirds.

Starlings are omnivorous, eating insects, fruit and grains, crops and even trash. They have adapted well to living near humans, often nesting in human-made structures, from buildings to street lights.

Starlings' wolf-whistle calls, clicks, purrs and warbles are familiar sounds to most of us. Starlings use at least 10 different vocalizations to express alarm, as well as agitation and other moods. They are related to mynah birds, and will also mimic other sounds, including more than 20 bird species. Both males and females sing.

According to Cornell's *All About Birds* website, they are named "starlings" because of their star shape when flying. More than 60 starling species exist in Europe, Africa and Asia. The oldest known wild European Starling was at least 15 years old.



Dr. Gordon Ellmers captured this image of a European Starling in mid-November, 2015, perched on a sumac branch in Fort Edward. This bird is in its white-spotted winter plumage.

Hemlock Woolly Adelgid infestation is getting closer

This is reprinted with permission from the New York State Department of Environmental Conservation, from the website <http://www.dec.ny.gov/animals/7250.html>. This website includes more information, including video, fact sheet and related article, and a link to report sightings.

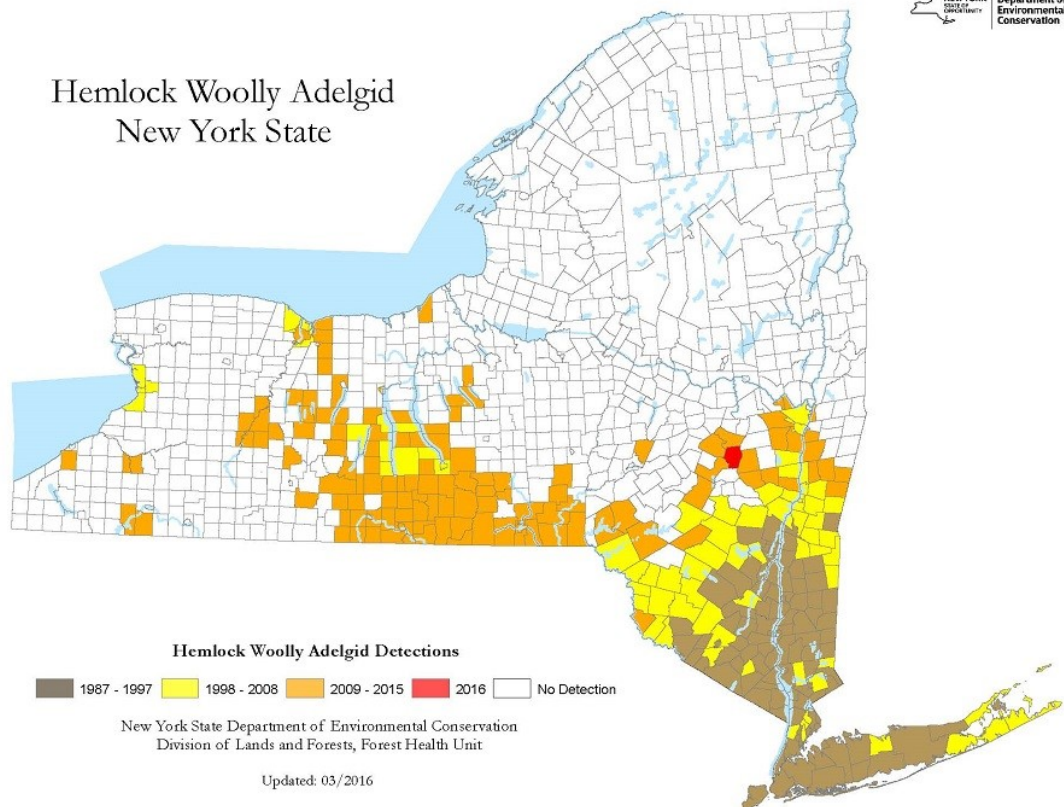
The hemlock woolly adelgid (*Adelges tsugae*) (HWA) is native to parts of Asia and was first discovered in New York in 1985. It is in the family Adelgidae, which is related to aphids. The adelgid uses long mouth parts to extract sap and nutrients from hemlock foliage, this prevents free growth, causing needles to discolor from deep green to grayish green, and to drop prematurely. The loss of new shoots and needles seriously impairs tree health. Infestation is usually fatal to the host after several years. Valued plantings of the shade-loving eastern hemlock (*Tsuga canadensis*) can be ravaged by the hemlock woolly adelgid, and the natural stands of hemlock in the forests and parks in upstate New York would be

greatly affected if the pest spreads to those locations. The wind, birds, other wildlife and the movement of infested host material (wood) by humans are all factors in the dispersion of the adelgid.

From the first discovery of the hemlock woolly adelgid in the Hudson Valley in the 1980's, the insect has spread north and west to the Catskills, the Capital Region and even the Finger Lakes and other parts of Western New York. Currently 25 New York counties are infested with the hemlock woolly adelgid.

Right: The tiny pale blue objects are Hemlock Woolly Adelgid, photographed in the Susquehanna River Hills region of Pennsylvania in 2012.

(Photo credit: Nicholas A. Tonelli; Wikimedia Commons. https://commons.wikimedia.org/wiki/File:Flickr_-_Nicholas_T.-Hemlock_Woolly_Adelgid.jpg)



Left: NYSDEC's map shows the progression of the Hemlock Woolly Adelgid as of March, 2016. It has so far been discovered in the Hudson Valley as far north as the Capital District.

Birding in Hudson Crossing Park, Schuylerville

By Mona Bearor, Education Chair

Editor's note: This is an excerpt of Mona's new article on our website describing local birding hotspots. For the full article and a helpful bird list for this park, see the Birding links on SAAS's website.

Hudson Crossing Park (HCP) is operated by a nonprofit organization of the same name, although the land itself is owned by several entities including the NYS Canal Corporation, the Towns of Northumberland and Saratoga, the Village of Schuylerville, and the New York State Museum. Close cooperation and in-kind support from those organizations have made this park a reality. The Dix Bridge over the Hudson, closed to vehicles for many years, saw many partners help raise the funds to rehabilitate it as a walking and biking bridge. In addition to the property owners, many other groups help with maintenance and programming in the park; some of those are Saratoga National Historical park, the Erie Canalway National Heritage Corridor, the Schuylerville Public Library, and the Schuylerville School District.

The park currently consists of about 50 acres, with most of the land lying between the Hudson River and the Champlain Canal leading to Lock C-5. The nonprofit HCP was formed in 2005, although the work of creating



This wrought-iron gate greets visitors to the park. Photo: Mona Bearor.

the park from neglected land was begun in the late 1990s. The park lands consist of riverfront, open fields, a wooded ridge between the Hudson River and the Champlain Canal, and brushy areas along the canal - all habitats that will support a great mix of avian species. There are a pollinator garden, a play area, and a canoe launch as well.

The name of the park comes from the fact that this location has long been a place for crossing the river because it is quite narrow there. Perhaps the most famous crossing to take place was the Bridge of Boats, by means of which the British Army crossed near today's Dix Bridge on its way to the Battles of Saratoga. But Native Americans crossed here before that, and remnants of trolley and railroad bridges still exist in the park.

Fall is a great time to visit the park. Southbound migration is underway and many species not seen at other times can be found then. Warblers missed in the spring may very well be seen in fall; kinglets move through as well. Sparrows always seem to be

perhaps it is the addition of this year's juveniles heading south for the first time. Blackbirds and Canada Geese will begin to flock up in readiness for moving out to a warmer climate.

Winter hosts many resident favorites such as Black-capped Chickadee, Tufted Titmouse, White-breasted Nuthatch, Northern Cardinal and noisy Blue Jays. Dark-eyed Junco will have returned from summer breeding grounds. Because the water most often does not freeze below the dam, this is a great area for waterfowl to congregate. The bridge offers a good spot to set up a scope to study ducks and geese as they feed.

Where there is open water there may be Bald Eagles. They have been sighted here, so check all the trees along the riverbank carefully!

We know this location hosts many species not yet observed. If you have any additions to the species list, please send the species name, your name, and the date the bird was observed to saasmona@gmail.com.

Directions:

From the north, head south on Route 4 from the Village of Fort Edward. Continue across the steel deck bridge, then turn left to continue on Route 4 towards the village of Schuylerville. Turn left onto County Route 42 where you see signs for Canal Lock 5. Continue on this road past the lock until you see the wrought iron gates. The parking area is on your right.

From the south, go north on Rt.4 from the Village of Schuylerville. Turn right on County Route 42 where you see signs for Canal Lock 5. Continue on this road past the lock until you see the wrought iron Hudson Crossing gates. The parking area is on your right.

more numerous in fall -

The walking bridge (inset) over the Hudson River provides a place to view migrating waterfowl. Photos: Mona Bearor.



Conservation news: ACWR

Conservation Committee chair Pat Fitzgerald summarizes several of SAAS's recent conservation actions:

At the request of Audubon New York, Southern Adirondack Audubon has signed on to a thank-you letter to Senator Kirsten Gillibrand for her co-sponsorship on Senate Bill 2341, which designates the Arctic National Wildlife Refuge coastal plain as Wilderness. Alaska Audubon has asked New York State chapters to sign to show our thanks. They will send a joint letter representing Audubon in both states.

Some background from Audubon Alaska regarding the Arctic National Wildlife Refuge:

- In 2015, President Obama called for the permanent protection of the vulnerable coastal plain of the Arctic National Wildlife Refuge by recommending a Wilderness designation for this extraordinary landscape, the first administration to do so.

- The U.S. Fish & Wildlife Service announced its revised Comprehensive Conservation Plan for the Arctic National Wildlife Refuge, and formally recommended Wilderness for the crucial Coastal Plain area – the biological heart of the refuge. The

Welcome, new members!

Currently, 497 members of National Audubon live in our chapter area. Many of our 162 chapter supporters belong to National Audubon Society and also financially support our local efforts of conservation and education. Chapter supporter dues are the main support for our activities. Gift memberships are available, and will be announced with an appropriate card at your request.

You may now donate to, join or renew through PayPal on the SAAS website. Special thanks to our members who included an additional do-

nation for our chapter in their membership or renewal.

Our newest chapter supporters are:

*Will Aubrey, Mayfield
Sue Breslin, Alplaus
Anne Brock, Cleverdale
Regina Kennedy, Queensbury
Marion Shorey, Greenwich
Brittany Christenson, Keeseville
Sharen Yurkewecz, Mayfield*

We offer our thanks to Al Caccese for his generous donation in memory of his wife, Rosanne.

Our membership form is below as well as on the SAAS membership page: <http://www.southernadirondackaudubon.org/membership/>.

recommendation also includes designating four additional Wild and Scenic Rivers on the refuge: the Atigun, Hulahula, Kongakut, and Marsh Fork Canning.

- Following the administrative recommendation, the future of the refuge is now in the hands of Congress. For the first time in the history of the refuge, Congress voted on Wilderness designation for the refuge.

- Although Congress ultimately did not pass the designation, the vote garnered crucial bipartisan support and sets a positive stage for the Wil-

derness bills pending before the House and Senate.

- Right now the task is to follow through with the Obama Administration's recommendation that the long-controversial coastal plain should be a wilderness, thus putting it off limits to oil and gas development. The way to achieve this is with legislation. The Wilderness bill pending in both houses of Congress would do just that, and the bill is gaining significant momentum. Having the New York Senator sign on to co-sponsor is a huge milestone.

Send in your 2017 renewal today!

Memberships are renewed at the start of each calendar year. Chapter supporters receive *The Fledgling* newsletter by email in March, June, September and December, and help support the educational efforts and programs of the chapter. Please print clearly below:

Name: _____

Address: _____

Email address: _____

Phone: (_____) _____

Please indicate your choices:

- ☐ I've enclosed a **\$10** check made out to "Southern Adirondack Audubon Society" to be a local chapter supporter and member.
- ☐ I am also including a gift of \$_____ for chapter use.
- ☐ I would prefer to get the newsletter in paper format and am including an additional donation of \$_____ to help cover postage and printing. (Suggested donation: \$5.)
- ☐ I am interested in volunteer opportunities.
- ☐ I've enclosed a \$20 check made out to "National Audubon Society" to also become a National Audubon member. (National dues do not include local chapter membership.)

Thank you for your membership! Please mail the form and your check to:

Barbara Beatty, Southern Adirondack Audubon Society, P.O. Box 4076, Queensbury, NY 12804

Cole's Woods Wildflower Walk Recap

By Sue Pierce

More than a dozen people, including Audubon and Lake George Garden Club members, attended the Flower Walk in Cole's Woods on June 2.



Diane Collins was recovering from a recent injury, and asked Audubon member Sue Pierce to lead the walk that day. Covering just about a mile, Sue led the group on a leisurely stroll exploring some of the various trails of Cole's Woods, located in Crandall Park, Queensbury.

This gem of a park offers an astonishing variety of wildflowers. We identified and discussed some of the lore of at least 25 plants, serenaded all the while by the delicate songs of the Winter Wren and the Brown Creeper.



This wild geranium is one of many woodland native plants found in Cole's Woods. Photo: Sue Pierce.

Left: Sue discusses wildflowers in Cole's Woods. Photo: Nan Polunci.

Wildlife talk offered on Sept. 29

Joyce Miller will offer a slide show on the birds and wildlife of western Brazil's Amazon and Pantanal regions on Thursday, Sept. 29 at 3:30 p.m. in Dearlove Hall on the SUNY Adirondack campus on Bay Road, Queensbury. It is open to the public. It is offered by the college's Professional Development Committee. Miller visited the area on a birding trip in July.

Miller is a Distinguished Professor of Library Science at SUNY Adirondack. She is also a Southern Adirondack Audubon Society board member and the editor of the chapter's newsletter.



Left: Joyce Miller photographed these Hyacinth Macaws investigating a tree cavity in the Pantanal area of Brazil in July.

Right: Giant Amazon lily pads can measure several feet across. This photo was taken at the Gardens of the Amazon lodge in July.



Field Trips: At this time, SAAS has no field trips planned for the fall. Visit the SAAS Field Trips website for updates: <http://southernadirondackaudubon.org/fieldtrips/fieldtrips.html>. (For regional birding field trips, check Hudson-Mohawk Bird Club's website: <https://hmbc.net/content/field-trips>.)

BELIZE

Blue-crowned Motmot (*Momotus momota*)



BELIZE BIRDING

SOUTHERN ADIRONDACK AUDUBON SOCIETY
January 7-16, 2017



In addition to its rich Maya history and Caribbean-influenced culture, the small country of Belize offers birders a huge diversity of migrant and resident species in lush and varied ecosystems. Join Southern Adirondack Audubon Society and explore habitats that include wetlands, pine forest, tropical moist forest, and a mangrove island on this unforgettable 10-day adventure.

PROGRAM HIGHLIGHTS

- Support sustainable, bird-based tourism and hemispheric conservation in Belize.
- Go birding at Crooked Tree Sanctuary, a vital habitat for migratory and resident wetland species.
- Journey by boat up the New River to the ruins of Lamanai, once a prominent ceremonial center of the Maya civilization.
- Hike through the towering jungle of Cockscomb Basin Wildlife Sanctuary, also known as Jaguar Preserve.
- Learn about the diversity of endemic butterflies at Green Hills Butterfly Ranch.
- Boat to Man O' War Caye, a major nesting site of the Magnificent Frigatebird.
- Bird around the Belize Zoo and see some of the country's shyest wildlife on a walk through the zoo.

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ITINERARY

BLD = BREAKFAST, LUNCH, DINNER

JANUARY 7 - CROOKED TREE

Upon arrival in Belize, transfer from the airport to Bird's Eye View Lodge. Enjoy dinner and an orientation this evening. *Overnight at Bird's Eye View Lodge. (D)*

JANUARY 8 - CROOKED TREE

Today travel by boat up the New River to the Maya ruins of Lamanai, with birding along the way. Lamanai, meaning "submerged crocodile," was once a prominent ceremonial center of the Maya civilization. The surrounding forest is home to hundreds of species, like the Collared Aracari, Snail Kite, flycatchers, and tanagers. *Overnight at Bird's Eye View Lodge. (BLD)*

JANUARY 9 - CROOKED TREE

Early this morning take a boat trip on the lagoon for birding. Visit the Crooked Tree Sanctuary, containing both wetland and terrestrial habitats. Learn about the Belize Audubon Society's role in the creation of this park. While here, be on the lookout for Northern Jacana, Sungrebe, and Jabiru, among others. This afternoon enjoy time to explore the area on your own. Talk with a local researcher or conservationist this evening. *Overnight at Bird's Eye View Lodge. (BLD)*

JANUARY 10 - SAN IGNACIO

Begin today with early birding and after breakfast travel to Pook's Hill Reserve. En route, stop at the Belize Zoo, which exhibits more than 125 native animals. Outside the zoo, watch for the Common Tody-flycatcher, Rufous-browed Peppershrike, Blue-gray Tanager, and Olive Sparrow. Settle in at Pook's Hill this afternoon and enjoy dinner at the lodge. *Overnight at Pook's Hill Lodge. (BLD)*

JANUARY 11 - SAN IGNACIO

Wake up today for early morning birding at Pook's Hill, described as a "birder's paradise." Spot toucans, trogons, orioles, woodpeckers, and hawks, just to name a few. After breakfast head out for a hike in the primary rainforest of Pook's Reserve. Following lunch go for a swim or inner tubing on the Roaring River. Meet at the Maya plaza later for a short talk about the archaeological history of the Pook's Hill site and the Maya people who lived in the valley. Take an optional night walk after dinner. *Overnight at Pook's Hill Lodge. (BLD)*

JANUARY 12- SAN IGNACIO

Early birding before breakfast. Afterwards depart for Hidden Valley Inn and Reserve (Mountain Pine Ridge Valley) for birding and lunch. Travel back to Pook's Hill, stopping en route at Green Hills Butterfly Ranch to discover the biodiversity of this small country's native butterflies. More than 200 bird species have also been recorded on the 100 acre property; watch for the dozens of hummingbirds that are attracted to feeders in the area. *Overnight at Pook's Hill Lodge. (BLD)*

FOR MORE INFORMATION OR TO ENROLL:

Contact Debbie Sturdivant Jordan at 866-748-6146 or debbie@holbrooktravel.com | <http://holbrook.travel/saabelize>

JANUARY 13 - HOPKINS

Early birding, then depart for Jaguar Reef Lodge, stopping en route at the Blue Hole National Park for birding. Afternoon boat trip on the Sittee River. Relax at the beachfront lodge near the quaint fishing village of Hopkins. *Overnight at Jaguar Reef Lodge. (BLD)*

JANUARY 14 - HOPKINS

Depart early today with boxed breakfast and lunch for a full day at the Cockscomb Basin Wildlife Sanctuary, also known as Jaguar Preserve. Hike through the towering jungle, making your way to one of the park's many impressive waterfalls. The reserve's varying ecosystems provide protection for species like the Ornate Hawk-Eagle, Keel-billed Motmot, and Crested Guan. Stop at the Maya Center Mayan Museum before returning to Jaguar Reef Lodge. *Overnight at Jaguar Reef Lodge. (BLD)*

JANUARY 15 - HOPKINS

Today take a boat trip to Bird Island, known as Man O' War Caye, to see rookeries and go snorkeling if desired. This bird sanctuary is a major nesting site for the Magnificent Frigatebird and is also home to a large community of Brown Boobies. *Overnight at Jaguar Reef Lodge. (BLD)*

JANUARY 16 - FAREWELL

Depart in time to catch your flight home. (B)



PHOTO BY BRIAN GRATWICKE



PHOTO BY DAVID TATE

PROGRAM PRICING

\$2,900 (12 participants)

Cost does not include gratuities or international airfare from Albany, estimated at \$900.

THE FINE PRINT

Price is based on double occupancy; single occupancy arrangements are offered at additional cost. A \$200 per person deposit and enrollment form is required to secure your space on the trip. This deposit is refundable until September 09, 2016 excluding a \$100 cancellation fee. Final payments are due no later than October 04, 2016. Cancellations received after this date are not refundable. Traveltrip cancellation insurance is strongly recommended. For more information call Travel Insured at 800-243-3174. Holbrook Travel's agency number is 15849.